

## **Strengthening and Resistance Exercises Workshop Guide**

### **Starter Activity - Get Active Questionnaire**

Complete the attached Get Active Questionnaire. We will return to this page at the end of the workshop.

### **Exercise for Bone Health**

Osteoporosis Canada recommends:

- at least 150 minutes of moderate-to-vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more - weight-bearing is better
- muscle and bone strengthening activities using major muscle groups, at least 2 days per week
- physical activities to enhance balance and prevent falls daily
- practice spine sparing strategies and good posture daily

### **What is Strength Training?**

With the person beside you, discuss what strength training means to you and what your experience has been with strength training. Record your ideas below.

## Why Should I Strength Train?

Strength training will

- build your muscle
- make your muscles stronger
- prevent falls
- protect the spine
- slow the rate of bone loss

## General Rules of Strength Training

Strength exercises should

- target
  - shoulders and arms
  - upper and lower legs
  - upper back and chest
- be performed **at least** 2 days per week
- be challenging so that you can only do **8 to 12 repetitions** in a row
- make your muscles feel tired

## When Exercising

Remember to...

- wear comfortable, supportive footwear
- be aware that muscle soreness after exercise is normal
- use a firm, stable chair for support
- learn to perform the exercise with proper technique
- control the speed of your movement

## Lower Body Exercise Routine

### Squat

Repeat up to 15 times



- Begin in a standing upright position in front of a chair.
- Lower yourself into a squatting position, hinging at your hips and knees, until you lightly touch the chair.
- Return to starting position and repeat.



I will be able to perform strengthening exercises safely and correctly

18

### Heel Raise

Repeat on each leg up to 15 times



- Begin in standing holding onto a chair for support
- Slowly raise your heels off the ground
- Lower back to the floor and repeat

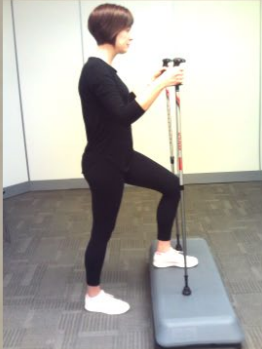


I will be able to perform strengthening exercises safely and correctly

19

## Step Up

**Repeat on each leg up to 15 times**



- Begin in an upright standing position with a step in front of you, holding a chair or railing for support
- Step forward onto the step with one foot, then step up with your other foot
- Step back to the ground in reverse order and repeat



I will be able to perform strengthening exercises safely and correctly

20

## Upper Body and Upper Back Strength Routine

### Wall Push Ups

**Repeat up to 15 times**



- Begin in an upright standing position with your arms straight and hands resting on a wall at/just below shoulder height
- Bend your elbows, leaning in towards the wall, then push back into the starting position and repeat

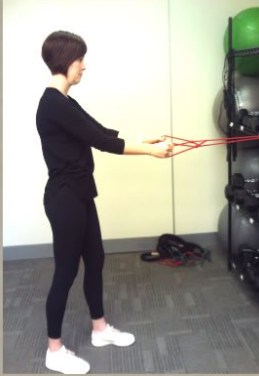


I will be able to perform strengthening exercises safely and correctly

22

## Standing Row

**Repeat up to 15 times**



- Begin in a standing upright position holding both ends of a resistance band that is anchored in front of you at chest height
- Pull back against the resistance, bending your elbows, squeeze your shoulder blades
- Slowly return to the starting position and repeat

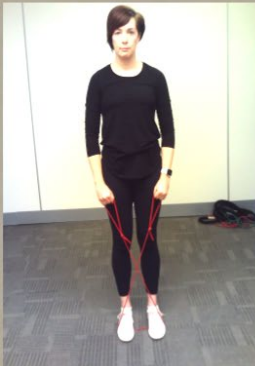


I will be able to perform strengthening exercises safely and correctly

23

## Upright Row

**Repeat up to 15 times**



- Begin standing in an upright position holding both ends of a resistance band that is looped under your feet
- Pull up on the band, keeping your hands close to your body, bending your elbows until your hands are at chest height
- Lower hands back to starting position and repeat



I will be able to perform strengthening exercises safely and correctly

24

## Planning and Goal Setting

Consider the following questions and write down your ideas in the space below.

These are the first steps towards creating a plan for your bone health.

- How do you want to continue with safe movement and bone health exercise?
- How will you take action to benefit from the information you have learned?
- What goals will help you stay motivated?

## How do I set goals?

Fill in the blanks below with the appropriate keyword.

Setting SMART goals helps you make clear, successful changes.

- |       |  |
|-------|--|
| _____ | what do you want to do? how much will you do? when will you do it? how often?  |
| _____ | what will it look like to achieve your goal? how will you keep track of your progress and measure your success?  |
| _____ | set yourself up for success, sometimes it is better to start small to build momentum   |
| _____ | does your goal fit into your everyday life? can you take the actions needed to meet your goal in the midst of your daily commitments, responsibilities and level of support? |
| _____ | when will you meet your goal?  |

### **Cool-down Activity**

Review your Get Active Questionnaire from the starter activity.

Consider the following questions and record your responses below.

- What changes do you need to make to your daily routine?
- How can you make these changes?
- Which areas should you focus on first?

Once you have completed the above, create a SMART goal for improving your exercise routine that you can work towards over the next week.