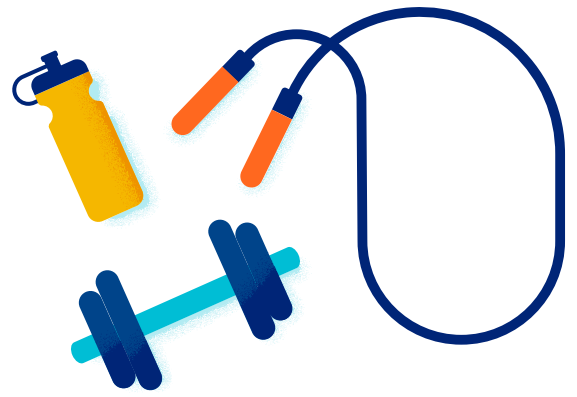


Health tip: Strength for health



Resistance training is a key component of a healthier lifestyle. It increases bone density, strengthens muscle, and may help reduce risk of osteoporosis.

Physical activity recommendations¹

- At least 150 minutes per week
- Add moderate to high-intensity resistance training
- Spend less time sitting
- Additional benefits by being active at least 5 hours per week
- Increase over time

Program design²

When developing a program, be sure to consult an appropriate medical professional to determine the correct starting point based on your health status. Consider the following when designing for specific strength goals:

- **Repetition:** One repetition, or “rep”, is one complete movement of a particular exercise. It refers to the number of times you continuously repeat each exercise in a set.
- **Sets:** One set is a group of consecutive repetitions of a particular exercise without resting.
- **Intensity:** Defined as a level of muscular activity that is quantified in terms of work performed per unit of time.
- **Variety:** Referred to as switching around your routine, such as introducing new exercises over time.
- **Rest interval:** The time taken to recuperate between sets of exercise. The rest period will vary depending on the intensity of the exercise being performed.

FITT Principle⁴

- F. Frequency:** number of times per week you are planning to exercise.
- I. Intensity:** how difficult the exercise is or will be.
- T. Time,** or duration, refers to how many minutes or repetitions of the exercise period.
- T. Type** refers to what kind of exercises (aerobic, muscle-strengthening, balance, flexibility) are performed during the exercise period.



Strength training tips³

- Warm up and cool down
 - Add hand/ankle weights, or try circuit training
 - 10 to 12 repetitions = 1 set
 - Complete 1 to 2 sets of each exercise
 - Exhale on exertion, inhale on recovery
 - Avoid working a sore or injured muscle
 - Rest for 1 to 2 days between workouts
-



Sources:

1. CDC. https://www.cdc.gov/physical-activity-basics/guidelines/adults.html?CDC_AAref_Val=. 2023. Accessed October 2024.
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4. Cleveland Clinic. <https://health.clevelandclinic.org/fitt-principle>. 2023. Accessed October 2024.