

## Strength training begins

Written by Holyoke Enterprise

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“Strong People Stay Healthy” is a research-based strength-training program that Colorado State University Extension is planning to offer in Phillips County.

In order to accommodate busy lives, the program for Holyoke is scheduled for Monday and Wednesday afternoons, 11:45 a.m.-12:45 p.m. in the Peerless Center gym starting Jan. 14.

Since the workout is low intensity, where muscle groups are being isolated, there is no need to have full workout gear on. All participants will need to do is change their shirt and shoes from their business attire if they are going during their lunch break.

There is a fee for the 12-week class to cover building rental and weight purchases. Those interested in joining should call Tracy Trumper at the CSU Extension office at 854-3616.

If one is told there is one simple thing to do that would provide relief from arthritis, restore balance, reduce the risk of falling, increase bone mass, control weight, manage diabetes, improve depression and sleep and reduce the risk of heart disease, would anyone believe it?

Although it sounds too good to be true, the fact is that resistance or strength training can do all of that and more. Years of scientific research have shown regularly performed exercise with weights, especially for middle-aged and older adults, can have profound results on the loss of muscle mass and development of chronic diseases that are frequently associated with aging.

When people hear the word “strength” or “weight” training, they often picture a muscular person on a weight bench lifting a bar loaded down with free weights.

The actual benefit of lifting weight comes when muscles move against an opposing force. Therefore one can be lifting cans of food, beanbags or one’s own body—anything that challenges the muscles. A person does not need to have a personal trainer or worry about “bulking up” with lifting weights. One just needs some floor space and an hour of time 2-3 days each week.

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This exercise program is taken from the StrongWomen™ Program, developed by Miriam Nelson, Ph.D., and associate professor at the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy at Tufts University. It is based upon years of research on how strength training and proper nutrition improve the health of middle-aged and aging adults.

Research shows that beginning at about age 50, most people lose about 1 percent of muscle tissue each year. Mid-life bone loss is also well documented.

The exercises used in this program are designed to strengthen those muscles most important in doing daily activities and improving the quality of life for aging people or maintain levels of fitness and weight gain for the middle aged.

Holyoke Enterprise January 10, 2013