

AUGUST WELLNESS: STRENGTH TRAINING



Strength training (also known as resistance training) is an important component of an overall exercise program. Benefits gained through strength training include increased muscle size, muscle strength, power and endurance; as well as general physical functioning.

As we age, muscle loss occurs. With this muscle loss, joint pain may develop, bones may weaken and issues with balance may present themselves. Strength training can help with building muscles to improve these factors.

American College of Sports Medicine (ACSM) recommends strength training at least twice per week. These workout sessions should engage all major muscle groups, and exercises should be performed with as much effort as possible.

Strength training consists of any exercise that puts resistance against the muscle. Examples include exercises using: body weight, dumbbells, resistance bands, barbells, kettlebells and weight machines.

To reach all muscles in the body, exercises should be performed through what is considered “pushing exercises” and “pulling exercises”. Body-weight exercises should also be included to reach the core muscles. These exercises are explained in the article which can be reached by clicking on the link below.

A general guideline for the amount of weight and number of repetitions, is to find a weight that you can lift 2-3 sets of 8 -10 repetitions. This recommendation is from ACSM in the article linked below. However, this suggestion will differ depending on: overall fitness, personal exercise goals, medical history and individual restrictions. For more detailed guidelines, click here:

[ACSM Guideline Update 2026](#) or **[National Strength and Conditioning Association](#)**

It is best to work with an exercise professional to design a strength training program that is geared directly to your needs. Consulting with your primary caregiver before beginning any exercise program is also recommended.

It is important to learn the correct form to use when performing strength training exercises. The correct form can be demonstrated in most strength conditioning classes, by personal trainers, or by trainers at a gym. To begin a strength training program that offers instruction, you can join a gym, attend senior center exercise programs, join the Y, hire a certified personal trainer, attend strength training classes at health clubs or look for options within your community.

To learn more about strength training, click here to reach the article from Harvard Health:

[New Resistance Training Guidance May Simplify Your Workout](#)