

Wellness Tidbits



STRENGTH TRAINING: IT'S NEVER TOO LATE!

As we age, it is important to make maintaining our health, strength and mobility a priority. These are foundational in performing daily tasks with ease, enjoying recreational activities, as well as directly affecting our overall quality of life.

Why:

After age 50, muscle mass has shown to decline 1-3% per year, with more rapid losses after age 65. This is about 4.5 pounds of muscle strength per year. Incorporating strength training two times per week helps you to regain the muscle lost in addition to a multitude of other benefits such as: reduced osteoarthritis, diabetes, osteoporosis, back pain and depression; weight management; improved balance and sleep; glucose control; increased strength and metabolism; and slowed cellular aging.

How:

The good news is that it's never too late to start! Training intelligently, safely and with a purpose can help you reap the benefits while staying injury-free.

- **Warm-up, mobilize, stretch**
- **Focus on quality**
- **Mix-it-up:** Rotate through a variety of different types of exercises and the order in which you complete them.
- **Increase time under tensions:** Experiment with different tempos/speeds to reduce joint stress and provide your muscles with a different stimulus.
- **Consistency is key:** Taking time off from workouts can cause injury.



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How to Play

- 1) Read the article above
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

After age 50, muscle mass has shown to decline ____% per year, with more rapid losses after age 65.

**ANSWER FITBIT®
CHALLENGE HERE!**

