

Strength First

Abstract: Strength, along with bone and muscle mass, tend to decrease with age. For older adults, these equate to losses in balance, coordination, flexibility, as well as increasing fall related injuries. Therefore, engaging in strength training on a regular basis aids in protecting the immune system, preventing falls, building muscle mass and preserving overall health. Creating awareness about the importance of strength training is the initial step in modifying older adult behavior as they learn the value of simple, routine strength building activities to improve their health.

Presentation Description: This one hour interactive presentation explains why building strength is the first step in developing a healthy mind and body, as well as a prominent key to successful aging. Strength First activities do not rely on a computer to be effective, nor are they expensive. We demonstrate how to build rudimentary strength building instruments from everyday household items. We then demonstrate the ease of some very basic Strength First exercises to provide the awareness and importance for performing the activities on a regular basis.

Learning Objectives:

1. Attendees will describe why every older adult should engage in strength training.
2. Attendees will participate in building their own strength training instruments from a variety of household items.
3. Attendees will demonstrate simple strength building exercises which can be accomplished using their homemade instruments.