RICHMOND CARES RICHMOND GIVES
Richmond Family & Friend Caregiver Hub

Another program of RCRG
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Getting Strong Safely – 45 +

Elaine Chan, BCRPA Fitness Leader, RYT 200 Yoga Instructor, Community Mental Health Worker

Keep your vitality, a life without health is like a river without water.

HEALTH

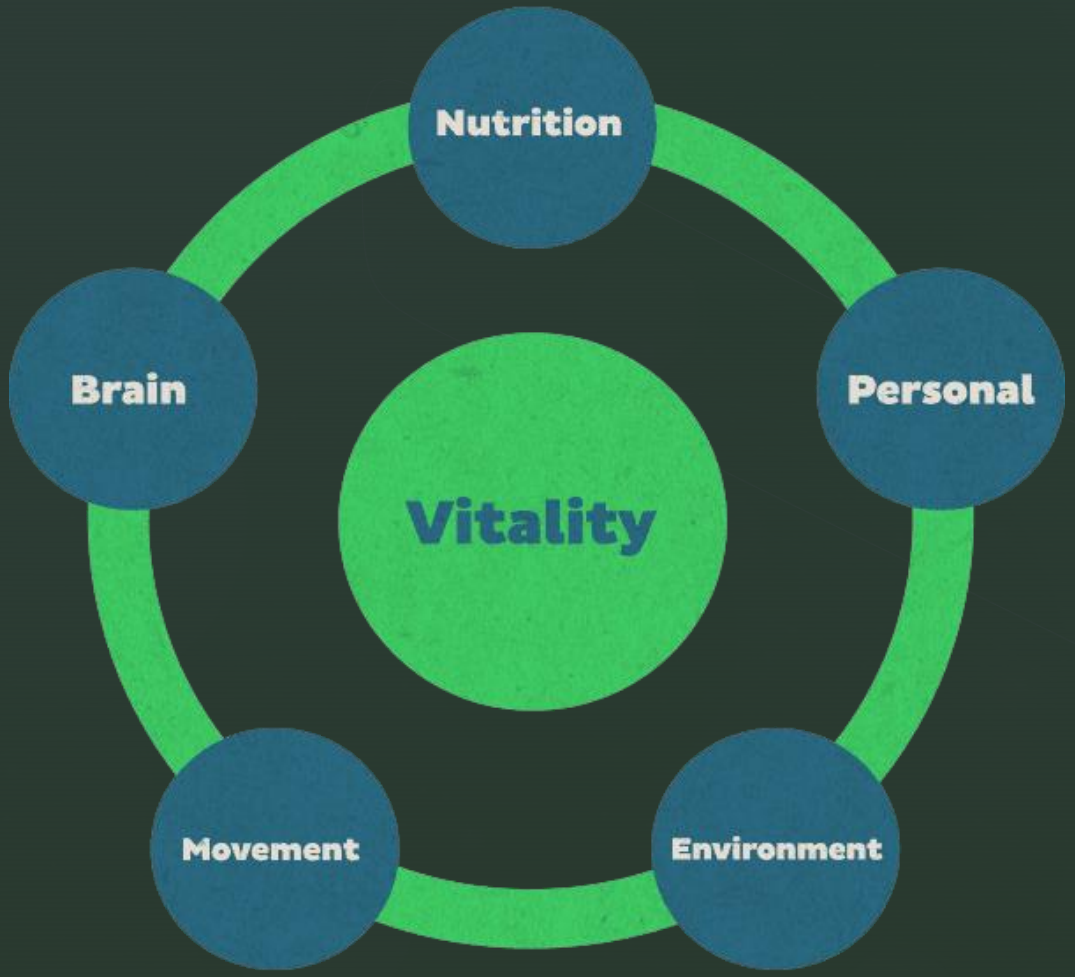
DIET

EXERCISE

What is vitality?

- Lively and animated character.
- Power of enduring
- Capacity to live and develop
- Physically and mentally strong
- Excited about all aspects of life

Ways to keep our vitality:



Before you begin, safety first:

- Rule out major health risks....
- Follow Instructions. Modifying exercises
- Don't Overdo It. ...
- Wear Appropriate Gear. ...
- Maintain a balanced diet….
- Get social….Join a group
- Use supportive devices….
- Protect your joints.
- Clear out plenty of space.
- Proper footwear still matters.
- Drink plenty of water.
- Make time for a warmup.
- Check your form and posture.
- Balance your workouts and set aside time for recovery.

Safety Tips for Seniors

Starting an Exercise Routine

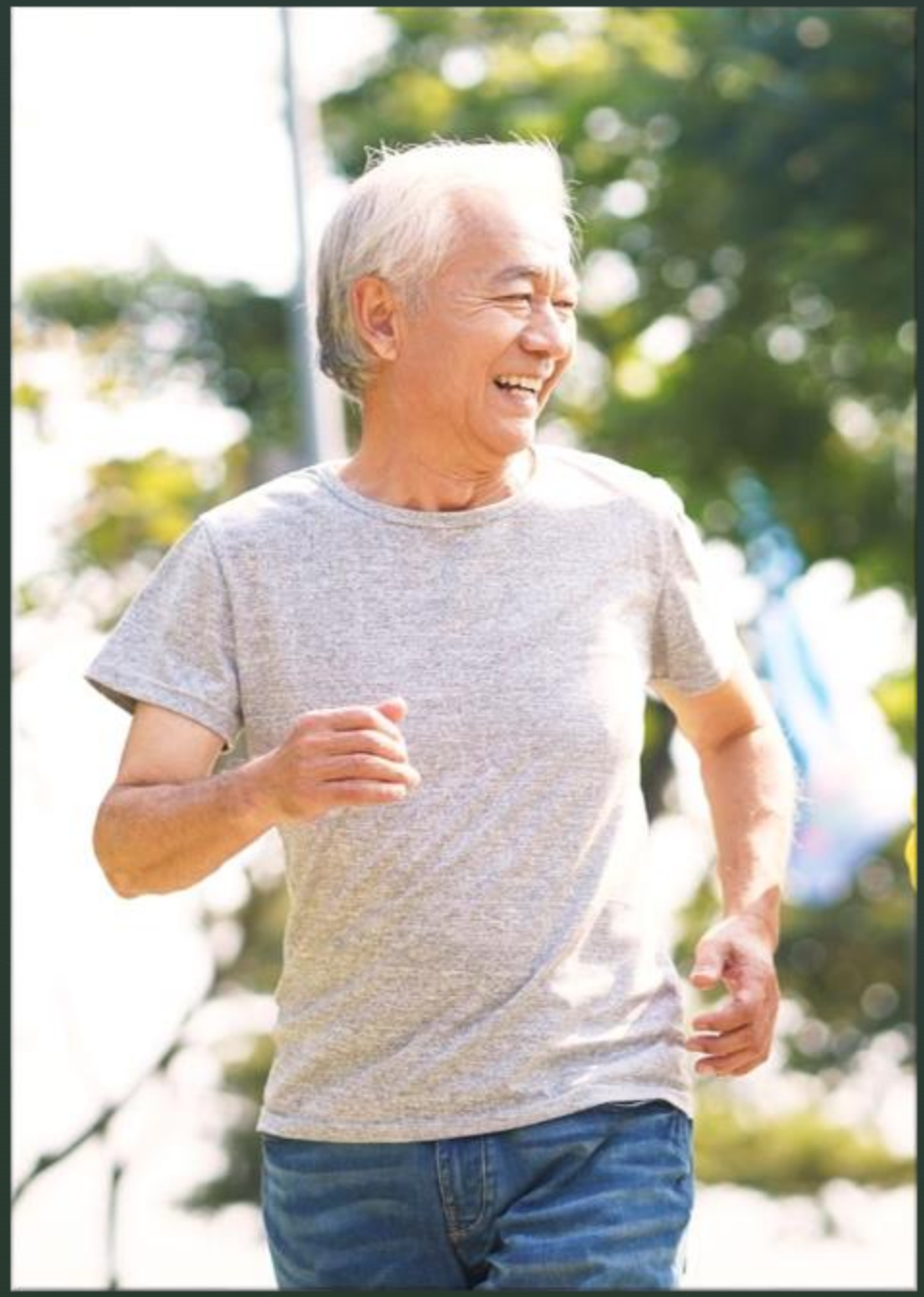
01 Always consult your health care provider before embarking on a new workout.

02 Start slowly and gradually increase the amount of activity as you go.

03 Warm up and cool down.

04 Stay hydrated.

05 Stop all exercises if you become nauseous or feel pain in your chest.



Stay fit and age better

With Five Types of Exercises:

- ✓ Strength (resistance)
- ✓ Aerobic
- ✓ Balance
- ✓ Flexibility
- ✓ Relaxation

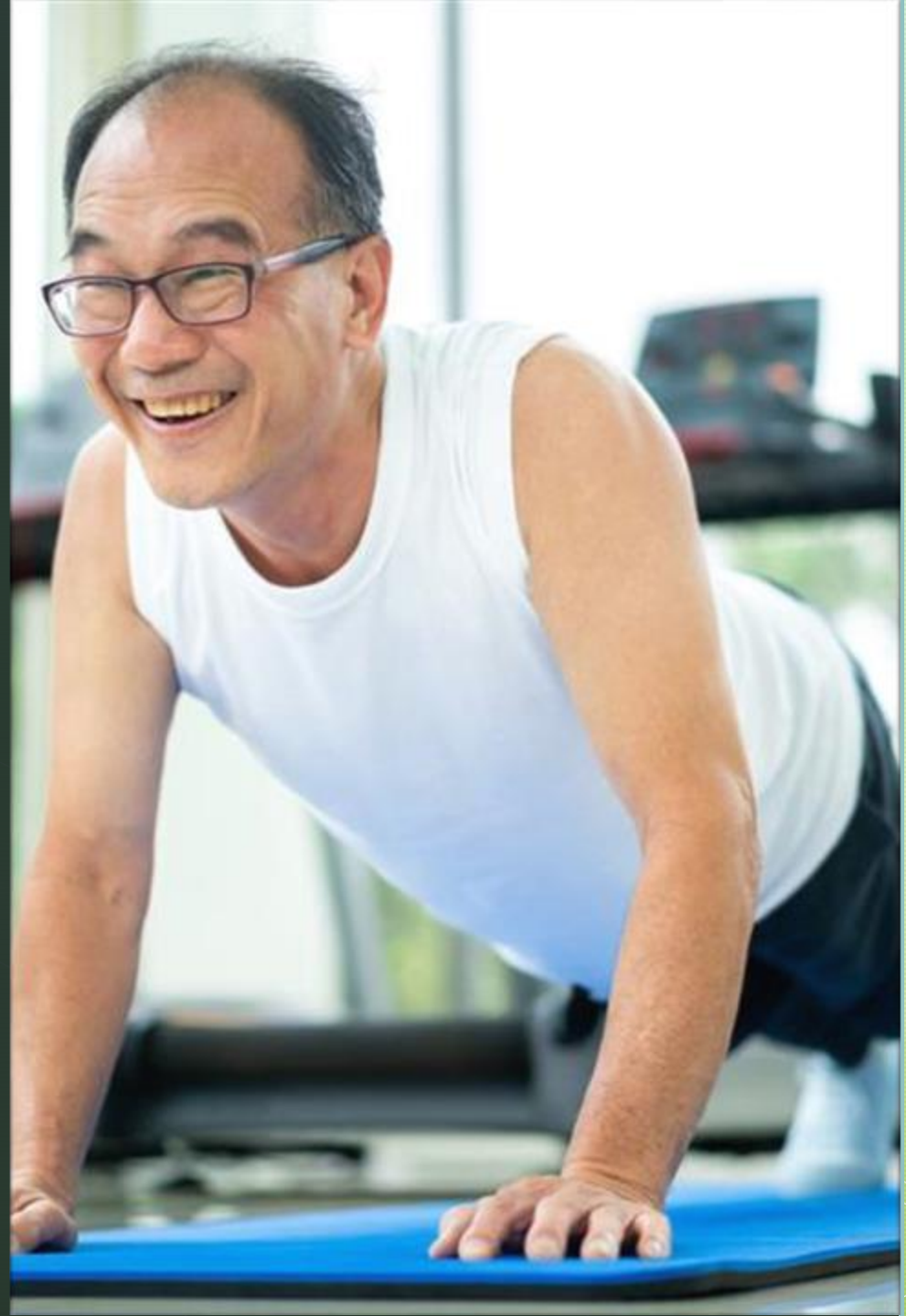
Preserve your muscle and bone mass – Harvard Health

- **You** can **lose** up to 40% of your **muscle** mass between your 20s and your 80s.
- **Most people will reach their peak bone mass between the ages of 25 and 30**. By the time we reach age 40, we slowly begin to lose bone mass regardless of calcium intake.
- Changes in the **muscles**, **joints**, and **bones** affect the posture and walk, and lead to weakness and slowed movement.
- At least half of the **age**-related changes to **muscles**, **bones** and **joints** are caused by **disuse**.

Weight-bearing and Strength-developing exercises help us:

- ✓ Preserve muscles, build strength
- ✓ Maintain bone density
- ✓ Improve balance, coordination, and mobility
- ✓ Reduce your risk of falling
- ✓ Maintain independence in performing activities of daily life
- ✓ Greater sleep quality
- ✓ Boost memory and cognitive functions

https://morelifehealth.com/articles/strength-training-guide



6 benefits of weightlifting for improving mental health

Depression

1. Training was able to significantly reduce depressive symptoms in both healthy older adults and elderly as well as wheelchair-bound older adults with dementia
2. Of the volunteers, 61% of high intensity training and 29% of low intensity training groups saw over a 50% reduction in depressive symptoms on the Hamilton Rating Scale of Depression

Anxiety

3. Improving strength through weightlifting improves levels of anxiety and overall tension

Psychological well being

4. Daily light training is powerful enough to improve self-perception of physical well being, body satisfaction, and self-esteem
5. Weightlifting significantly improved overall positive mood, levels of fatigue, and tension as well as aerobic-based training
6. Reducing the amount of sedentary time and increasing the amount and intensity of training significantly improves scores on mental health composite assessments

The verdict

Having at least daily light training up to consistent high intensity training are valuable ways to improve the overall mental health of the aging population

F.I.T.T. PRINCIPLE

	Endurance	Strength	Flexibility
Frequency	Exercise 3-5 days per week.	Exercise 2-3 days per week.	Exercise 3-5 days per week.
Intensity	Train at 60-80% of target hear rate.	Train at your maximum capability.	Stretch muscles longer than usual.
Time	30-60 minutes per day.	60 minutes per day.	60 minutes per day.
Type	Any aerobic activity which strengthens your heart and lungs and improve your blood circulation.	Light weights or yoga.	Yoga, Tai'Chi or any other stretching activities.

In and Around the house

Follow these simple strategies when lifting, reaching, or kneeling down to help decrease pain and prevent injuries:

LIFTING:

- Squat and bend your knees. Let your legs and rear end muscles do the lifting, not your back.
- Contract your abdominal muscles.
- Keep your feet wide apart rather than close together.
- Move close to objects you are working on.

REACHING:

- Work below shoulders when possible to avoid neck or shoulder strain.
- Use a ladder to stay at the level of your work.
- Take frequent breaks to stretch your muscles.
- Keep your feet firmly on the ground.
- Use both arms whenever possible.

KNEELING:

- Move close to your work so you are not stretching or straining your back to reach.
- Always face your work without twisting.
- Squat with your knees on the ground or at least one knee on the ground.
- Keep your back relatively straight.

Upcoming workshops and fitness programs:

- Fast Asleep – become a better sleeper
- Rethinking Chronic Pain
- Just tired or fatigue?

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Thank You

Stay Strong Safely

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