

Why Strength Training is a Must for Everyone!

Strength Becomes More Important with Age

Think you're too old to start a strength training program? Well think again! Strength training is just what your body needs to fight the loss of muscle, bone mass and strength that comes with age.

Everyone, no matter how young or old, should be doing some kind of regular strength training. This could be at the gym or at home using very little equipment. Resistance bands and balls, small hand weights, water and even your own body weight can be used as resistance when designing a strength training program.

So what's the point? If you've never participated in a strength training program, why start now? Here are some

very important reasons strength training makes a difference in your quality of life:

Improves your ability to do everyday activities: The stronger your muscles, the easier it is to get groceries out of the car, get a package off of the top cabinet shelf, push the lawnmower.....the list goes on and on!

Improves your balance and stability: The stronger and more resilient your muscles, the more balance is sturdier. This will help keep you safe in your daily activities and decreases the risk of falls or accidents.

Builds muscle strength: Adults lose between five and seven pounds of muscle every decade after age 20. Strength

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Crock Pot Buffalo Chicken Lettuce Wraps



All the flavors you love from buffalo wings without all the added fat. Making shredded buffalo chicken in the slow cooker is super easy, anyone can do this and you can use the chicken for everything from wraps and salads, to pizza toppings, sandwiches and more! A great low-carb, guilt free way to eat this is in a lettuce wrap topped with shredded carrots, celery and blue cheese dressing (or dressing of choice).

Ingredients:

For the chicken:

- 24 oz boneless skinless chicken breast
- 1 celery stalk
- 1/2 onion, diced
- 1 clove garlic
- 16 oz fat free low sodium chicken broth
- 1/2 cup hot cayenne pepper sauce (I used Frank's)

For the wraps:

- 6 large lettuce leaves, Bibb or Iceberg
- 1 1/2 cups shredded carrots
- 2 large celery stalks, cut into 2 inch matchsticks

Directions:

In a crock pot, combine chicken, onions, celery stalk, garlic and broth (enough to cover your chicken, use water if the can of broth isn't enough). Cover and cook on high 4 hours or on low for 6-8 hours.

Remove the chicken from pot, reserve 1/2 cup broth and discard the rest. Shred the chicken with two forks, return to the slow cooker with the 1/2 cup broth and the hot sauce and set to on high for an additional 30 minutes. Makes 3 cups chicken.

Servings: 6 • Size: 1/2 cup chicken + veggies

Calories: 147.7 • Fat: 0.1 g • Carbs: 5.2 g • Fiber: 1.6 g • Protein: 24.9 g • Sugar: 1.7 g Sodium: 879 mg

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training will help prevent this muscle loss, and rebuild what you may have lost.

Decreases your risk of osteoporosis: Inactivity and aging can lead to a decrease in bone density, leading to brittleness. Studies have shown that consistent strength training can increase bone density and prevent osteoporosis.

Reduces blood pressure: Strength training can be beneficial for the prevention and treatment of high blood pressure by strengthening the heart, allowing it to beat more efficiently.

Increases calorie burn: Strength training increases the body's metabolic rate, causing the body to burn more calories throughout the day. This aids significantly in long term weight loss.

Reduces low back pain: Research has shown that strength training can increase low back strength and alleviate low back pain.

Time spent on strength training can literally help you turn back the clock and feel younger each day. Here are some principles to remember when putting together a program:



TIPS ON STRENGTH TRAINING

- Start by strength training 2 days/week, building up to 3 days/week for more of a challenge. Make sure you have at least one day of rest in between each session.
- Start with 2-3 exercises each for lower body and upper body and 1-2 core exercises (abs, lower back).
- Start with one set of each exercise (12-15 repetitions- slow and steady), using light hand weights, resistance bands or your own body weight. As you progress, you can work up to 2 and then 3 sets.
- As you add additional sets, rest 30 seconds to a minute in between each one.
- Never hold your breath during the exercises. Always exhale when exerting force (on the hard part of the movement).
- Always warm up before and stretch before and after each session.
- Pay attention to proper form and technique, as they are very important for injury prevention and producing results.
- When selecting a weight, it should be heavy enough that you feel the muscle working and the difficulty increasing as you get to the 15th repetition. The weight should be light enough that you can do 15 repetitions without pain or breaking proper form.
- Strength training should never be painful! If you experience pain, stop the exercise immediately.

No matter what your age, you have a lot to gain from regular strength training. Just remember to consult your doctor before starting any exercise program. It is one of the most important things you can do to ensure your independence for many years to come.

Source: www.myfitnesspal.com