

Strengthening and Resistance Exercises Workshop Guide

Starter Activity - Get Active Questionnaire

Complete the attached Get Active Questionnaire. We will return to this page at the end of the workshop.

Exercise for Bone Health

Osteoporosis Canada recommends:

- at least 150 minutes of moderate-to-vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more - weight-bearing is better
- muscle and bone strengthening activities using major muscle groups, at least 2 days per week
- physical activities to enhance balance and prevent falls daily
- practice spine sparing strategies and good posture daily

What is Strength Training?

With the person beside you, discuss what strength training means to you and what your experience has been with strength training. Record your ideas below.

Why Should I Strength Train?

Strength training will

- build your muscle
- make your muscles stronger
- prevent falls
- protect the spine
- slow the rate of bone loss

General Rules of Strength Training

Strength exercises should

- target
 - shoulders and arms
 - upper and lower legs
 - upper back and chest
- be performed **at least** 2 days per week
- be challenging so that you can only do **8 to 12 repetitions** in a row
- make your muscles feel tired

When Exercising

Remember to...

- wear comfortable, supportive footwear
- be aware that muscle soreness after exercise is normal
- use a firm, stable chair for support
- learn to perform the exercise with proper technique
- control the speed of your movement

Lower Body Exercise Routine

Squat

Repeat up to 15 times



- Begin in a standing upright position in front of a chair.
- Lower yourself into a squatting position, hinging at your hips and knees, until you lightly touch the chair.
- Return to starting position and repeat.



I will be able to perform strengthening exercises safely and correctly

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Heel Raise

Repeat on each leg up to 15 times



- Begin in standing holding onto a chair for support
- Slowly raise your heels off the ground
- Lower back to the floor and repeat



I will be able to perform strengthening exercises safely and correctly

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Step Up

Repeat on each leg up to 15 times



- Begin in an upright standing position with a step in front of you, holding a chair or railing for support
- Step forward onto the step with one foot, then step up with your other foot
- Step back to the ground in reverse order and repeat



I will be able to perform strengthening exercises safely and correctly

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Upper Body and Upper Back Strength Routine

Wall Push Ups

Repeat up to 15 times



- Begin in an upright standing position with your arms straight and hands resting on a wall at/just below shoulder height
- Bend your elbows, leaning in towards the wall, then push back into the starting position and repeat



I will be able to perform strengthening exercises safely and correctly

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Standing Row

Repeat up to 15 times



- Begin in a standing upright position holding both ends of a resistance band that is anchored in front of you at chest height
- Pull back against the resistance, bending your elbows, squeeze your shoulder blades
- Slowly return to the starting position and repeat



I will be able to perform strengthening exercises safely and correctly

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Upright Row

Repeat up to 15 times



- Begin standing in an upright position holding both ends of a resistance band that is looped under your feet
- Pull up on the band, keeping your hands close to your body, bending your elbows until your hands are at chest height
- Lower hands back to starting position and repeat



I will be able to perform strengthening exercises safely and correctly

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Planning and Goal Setting

Consider the following questions and write down your ideas in the space below.
These are the first steps towards creating a plan for your bone health.

- How do you want to continue with safe movement and bone health exercise?
- How will you take action to benefit from the information you have learned?
- What goals will help you stay motivated?

How do I set goals?

Fill in the blanks below with the appropriate keyword.

Setting SMART goals helps you make clear, successful changes.

_____	what do you want to do? how much will you do? when will you do it? how often?
_____	what will it look like to achieve your goal? how will you keep track of your progress and measure your success?
_____	set yourself up for success, sometimes it is better to start small to build momentum
_____	does your goal fit into your everyday life? can you take the actions needed to meet your goal in the midst of your daily commitments, responsibilities and level of support?
_____	when will you meet your goal?

Cool-down Activity

Review your Get Active Questionnaire from the starter activity.

Consider the following questions and record your responses below.

- What changes do you need to make to your daily routine?
- How can you make these changes?
- Which areas should you focus on first?

Once you have completed the above, create a SMART goal for improving your exercise routine that you can work towards over the next week.