

EXERCISE FOR PREVENTION

PRESERVE YOUR MUSCLE MASS

Age-related muscle loss, called sarcopenia, is a natural part of the ageing process, but losses can be mitigated with progressive resistance training.



KEEP WORKOUTS CHALLENGING

Progressive resistance training requires increasing loads or performing more repetitions to keep the muscles challenged.

- Record the weight lifted, and number sets and reps to track weekly progress.
- Increase the weight or reps gradually.
- Change the program every 6-8 weeks to introduce new, more challenging exercises.

TRAIN FOR STRENGTH AND POWER

Muscle power is a combination of strength and speed. Muscle power relates to how fast and efficiently you move in daily living.

- Practice lifts that mimic everyday movements, such as squatting and deadlifting.
- Use your body weight or a lighter load to perform reps at a faster pace.
- Include pulling movements such as rows for improved posture and back health.

Source:

<https://www.health.harvard.edu/staying-healthy/preserve-your-muscle-mass>

EXERCISE FOR PREVENTION

BUILD STRONG BONES

Like muscle, bone is living tissue that responds to exercise. When a muscle contracts, it pulls on the bone, causing the bone to build a stronger support system. A strong musculoskeletal system can help to reduce the risk of osteoporosis and maintain coordination and balance to prevent falls.

WEIGHT-BEARING EXERCISE

Weight-bearing exercises are activities that force you to work against gravity. They include walking, hiking, jogging, climbing stairs, yoga, playing sports and dancing. While biking and swimming are great for our cardiovascular health, they are less effective at building bone density.

RESISTANCE EXERCISE

Resistance training is an effective way to strengthen bones. Resistance exercises can be performed by lifting weights, using elastic resistance bands, using weight machines, or lifting your own bodyweight.

If you have low bone mass, experts recommend low impact exercise—avoid movements that involve jumping.



Sources:

<https://www.bones.nih.gov/health-info/bone/bone-health/exercise/exercise-your-bone-health>
<https://www.nof.org/patients/fracturesfall-prevention/exercisesafe-movement/osteoporosis-exercise-for-strong-bones/>

EXERCISE FOR PREVENTION

STRENGTHEN YOUR HEART

Regular exercise, especially aerobic exercise, can reduce your resting heart rate, improve blood pressure, and reduce the risk of cardiovascular disease.

HOW MUCH SHOULD I DO?

Health Canada recommends at least 150 minutes of moderate to vigorous exercise per week. Longer workouts can be broken up into mini-sessions—every little bit counts!

WHAT SHOULD I INCLUDE IN MY WORKOUTS?

Warm-up: Start your workout with 5-10 minutes of light to moderate movements to gradually increase your heart rate and increase blood flow to muscles. A warm-up can consist of dynamic stretches that take joints through their range of motion, or light aerobic exercise.

Conditioning: This is the main part of your workout. Gradually increase duration or intensity over weeks or months of training.

Cool-down: Perform static stretches to allow your heart rate to lower gradually and breathe evenly through stretches. Hold stretches for 30-60s each.



HOW HARD SHOULD I WORK?

Gauge how hard you are working with the “talk test.”

Light: You can sing while exercising.

Moderate: You can talk, but not sing.

Vigorous: You can talk, but only short phrases or words.

Aim for moderate to vigorous activity to meet your target heart rate during the conditioning phase.

Sources:

<https://www.webmd.com/heart-disease/heart-disease-prevention-exercise>
<https://www.cardiosmart.org/~media/Documents/Fact%20Sheets/en/abk5262.ashx>