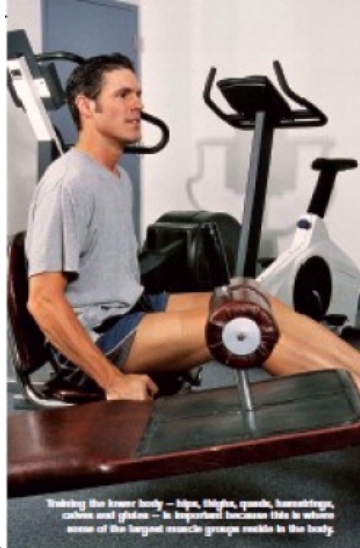


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Lower Body Strength Training



As we age, it becomes even more important to build strength. So, if you think you're too old to start a strength training program...think again. A strength training program is just what your body needs to fight against muscle loss and help improve balance and stability, reduce the risk of injury, decrease blood pressure and experience numerous other benefits.

The Largest Muscles –

Training the lower body — hips, thighs, quads, hamstrings, calves and glutes — is important because this is where some of the largest muscle groups reside in the body. The leg muscles, for instance, help burn more fat, and the stronger they are, the easier it makes aerobic exercise.

Lower Body Exercises –

There are a number of exercises that can effectively sculpt your lower torso, including forward lunges, leg presses, wall squats, leg raises and calf extensions. Doing two to three sets of 10 to 15 repetitions each garners the best results. Consult a professional trainer or gym for exercises and proper form.

Proper Equipment –

Commercial gym equipment is often best for beginners because it ensures that the body maintains a proper form. Light hand weights, resistance bands or free weights/ dumbbells, can also be used. Make sure the weights/ bands are not too light or too heavy, and gradually increase intensity and pace as you become more adept at each exercise.

Build Momentum –

Start your strength training routine twice a week. As your body adjusts, move to three days per week. Be sure to rest 24 to 48 hours between each session.

Correct Form –

Form is very important in strength training. Controlled movements done with concentration produce the best results. Remember — don't hold your breath. Exhale on every exertion. Maintain the correct posture to avoid back stress. Rest between exercises and sets.

Warm-up –

Do a five to 10 minute warm-up before strength training, and always check with your doctor before beginning any exercise program.

Let the Eisenhower Renker Wellness Center design a safe and effective lower body strength training program just for

you. C

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