



CLUB Z

STRENGTH E-BOOK

**A GUIDE TO LEARN THE IMPORTANCE OF
STRENGTH TRAINING TO OPTIMIZE YOUR HEALTH.**



WHAT IS STRENGTH TRAINING AND WHY DOES IT MATTER TO YOUR HEALTH?

Strength is defined as the capacity to withstand a force. In our day-to-day lives, this may look like the ability to carry our groceries, climb the stairs, or get down and up from the floor safely. Strength training includes performing movements that are designed to make your muscles and bones stronger. Building your strength or increasing your body's capacity can improve the quality of your life, prevent injury, and help keep you healthy as you age.

Think to yourself: Do I feel challenged when I... walk up the stairs? Carry my laundry basket? Get up out of a chair?

If the answer to any of these questions is yes, you may be experiencing a decrease in your strength and could benefit from building your strength with exercise!

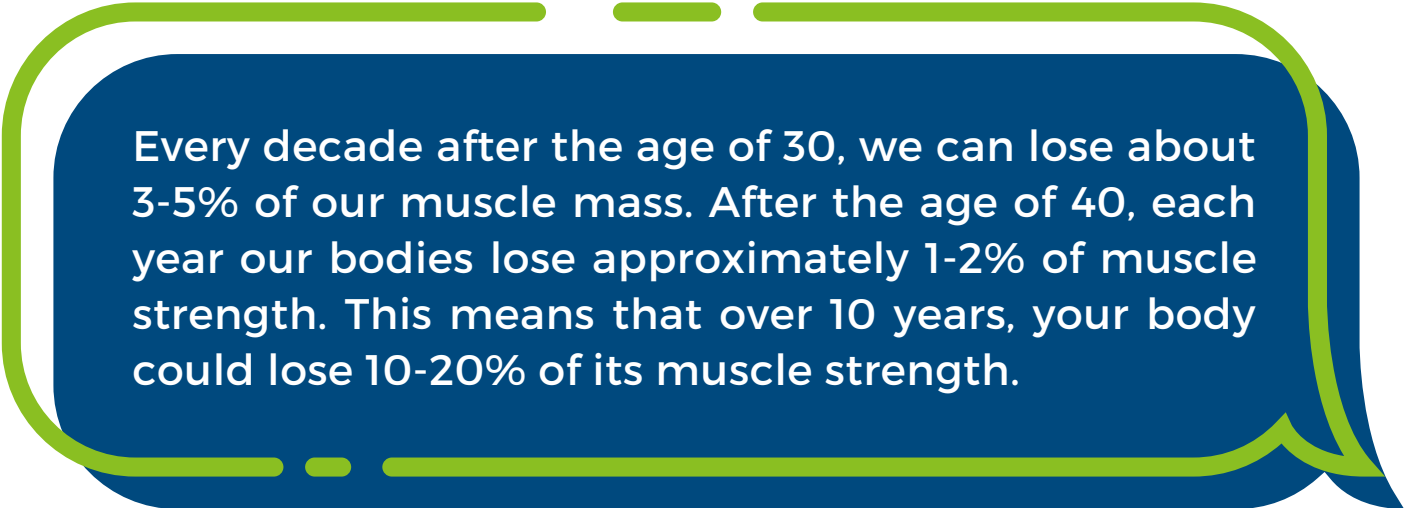


What happens to our strength as we age?

Many changes occur in our body throughout the aging process. In terms of our muscles, there is a decrease in our muscle mass and strength. More specifically, we actually see a greater decline in our lower body strength than our upper body strength. This can impact your ability to walk, use the stairs, and live independently.

Maintaining independence is important because it allows you to continue doing the things you enjoy. With a loss in upper and lower body strength, our daily tasks may become challenging, or potentially, they become impossible to do.

How much muscle do we actually lose with aging?



Every decade after the age of 30, we can lose about 3-5% of our muscle mass. After the age of 40, each year our bodies lose approximately 1-2% of muscle strength. This means that over 10 years, your body could lose 10-20% of its muscle strength.

For those who are physically inactive, this percentage may be higher. This is significant!

We also know that strength training improves our body's bone health. After the age of 40, we can see approximately a 0.5% decrease in bone density per year, which could increase the risk of osteoporosis and potential fractures.

Keep reading to learn more about the effects that training your body can have to help maintain muscle strength and bone health as you age.

There can be consequences associated with a loss of muscle strength and neglecting strength training. With less muscle strength, we often see a decrease in one's independent mobility, a decrease in bone density, and increased weakness.

Consequently, this means our bodies may be at a higher risk to have a fall or experiencing a fracture if a fall were to happen.

The big challenge with losing strength as we age is that greater weakness often leads to a decrease in physical activity, which can further reduce muscle mass and strength. This can result in a downward spiral that may be very hard to get out of.

Don't worry, we are here to help! Guidance from a professional can help with motivation, confidence, and maintaining consistency with an exercise program. It is important to know where you stand before you begin any exercise program. At Club Z we offer a free 30-minute consult prior to starting your training. If you feel like you are already in a downward spiral, we can help get you out!



Fortunately, in most cases, strength can improve at any age! Muscle weakness is treated using... you guessed it... exercise! More specifically, progressive resistance (strengthening) exercise. This includes performing movements against a resistance that is gradually increased as muscle strength increases. Resistance exercise may include using your own body weight, elastic bands, weights, or using items around your home like soup cans!

What happens with strength training?

There are many benefits to building strength as we age, and it is never too late to get started. Firstly, strength training helps to prevent the weakness and frailty that are commonly associated with age-related strength loss. Frailty often includes a feeling of exhaustion and slowness, which can feed into the downward spiral of low activity and greater weakness.



As mentioned above, building strength can help to maintain bone density and reduce the risk of osteoporosis. In addition, it may reduce your risk of developing arthritis, type 2 diabetes, heart disease, different types of cancer, and dementia. It can also lower your blood pressure, pain levels, and feeling of anxiety or depression. The list goes on!



Do you want to protect yourself against chronic illnesses, maintain your independence, and keep your body strong and mobile? Keep reading!

3 EASY STEPS TO START BUILDING YOUR STRENGTH TO MOVE MORE CONFIDENTLY & EFFICIENTLY



LEARN HOW TO:

- 1. ASSESS YOUR OWN STRENGTH OR TAKE ADVANTAGE OF AN IN-HOUSE ASSESSMENT THAT IS COVERED BY MOST INSURANCE COMPANIES**
- 2. SIGN UP FOR CLUB Z**
- 3. GET STARTED ON YOUR TRAINING PROGRAM**

1) ASSESS YOUR OWN STRENGTH OR VISIT US FOR A PERSONAL ASSESSMENT:

When assessing strength, our physiotherapists perform tests that look at different aspects of your strength, including:

- Lower Body Strength
- Upper Body Strength
- Core
- Posture
- Power
- Grip Strength



An assessment by a physiotherapist can establish your baseline strength before starting an exercise program. This means that as you engage in regular strength training, your physiotherapist can reassess to monitor for any changes in your strength. This can be very helpful for staying motivated! In addition to this, with standardized tests, your results can also be compared to normative data of individuals of the same age and sex. This can be helpful to see where your strength currently stands and where it should be.

However, you can assess some factors of your strength at home by asking yourself a few simple questions and evaluating how you are moving throughout the day! Here are some indications that your strength may be decreasing and you could benefit from a strengthening program. Ask yourself the following!

1. Are you using your hands to get out of the chair? Are you using a railing to pull yourself up a flight of stairs? This may be an indication that your lower body and core strength are decreasing.
2. Are you noticing that you are carrying things with two hands that used to require only one hand? Are you making more trips with your grocery bags to carry lighter loads? This may be an indication that your upper body strength is decreasing.
3. Do your back, neck, or shoulders get tired or experience pain when standing or sitting in one position too long? This may be an indication that your core and postural strength are decreasing.

4. Are you moving slower than you used to when climbing up the stairs? This may be an indication that your power is decreasing.

5. Are you finding it more difficult to open jars in the kitchen? Are you noticing that you don't feel confident in your ability to grasp certain objects? This may be an indication that your grip strength is decreasing.

6. Are you avoiding doing activities that you used to enjoy? If so, we want to help you build your strength and get back to doing the things you enjoy and living the life you love!

One of the commonly performed tests that we do is the single leg stand test. This is a test to determine how well your static balance is.

HAVING ADEQUATE STRENGTH IS VITAL FOR PERFORMING OUR EVERYDAY ACTIVITIES SAFELY AND EASILY AND FOR MAINTAINING A PHYSICALLY ACTIVE LIFESTYLE. CHOOSING THE RIGHT EXERCISES IS IMPORTANT TO ADDRESS ALL FACTORS OF STRENGTH.

2) CHOOSE EXERCISES THAT FIT YOUR NEEDS:

At Club Z, we tailor our programs to look like some of the movements you perform throughout your day and gradually help you gain strength! This way climbing the stairs, lifting your grandchildren, and getting in and out of your chair will start to be effortless and safe.

Below are four exercises that can help strengthen your upper body, lower body, core, and posture. These exercises are good examples of the movements you should be doing to strengthen the major muscle groups and are typically safe for most individuals.

However, we do recommend seeing a professional to ensure you are performing exercises that are suitable and safe for you. In our Club Z classes, the instructors can guide you through how to perform these exercises, check your form, and provide a prescription for the number of sets and repetitions to complete.



Upper Body: Bicep Curls

This exercise is used to strengthen your arm muscles, more specifically, your bicep muscles! We use these muscles to carry our laundry, groceries, and grandchildren. To do this exercise you can use light weights (or cans of soup).

Starting position: Standing or sitting with an upright posture. Arms are relaxed down by your side, elbows are tucked in by your body, and hands are holding light weights.

Movement: Without swinging your elbows, bend your elbows lifting your hands up towards your shoulders, hold this position for about 1 second, and slowly lower your hands back down by your side. The whole time your elbows should remain still and steady as your forearms move up and down.

Lower Body: Sit to Stand

This exercise is used to strengthen your lower body muscles, more specifically your quadriceps, hamstrings, and gluteals (buttocks). We use these muscles to walk, climb stairs, and get up out of a chair! For this exercise, you will need a sturdy chair placed against a wall so it doesn't slide away from you.



Starting position: Sitting towards the middle or edge of your chair with your feet flat on your ground, placed slightly behind the knees. You want there to be a 2-fist distance between your knees (take your own 2 fists and see if they fit between your knees in your starting position). You want to maintain this distance as you complete the movement! Arms are crossed over your chest to reduce your likelihood of using them accidentally by pushing up on your armrests or legs.

Movement: Carefully lean forward, push through your feet, and stand up from the chair. As you stand, think about squeezing your buttock muscles (this will help turn on your gluteal muscles). Steady yourself and slowly return to your seat without using your arms and without falling into the chair.

Core: Single Leg Table Top

This exercise is used to strengthen your core muscles, more specifically your abdominals. Our abdominal muscles help to keep our body stable, protect our spine, and keep us upright.

Starting position: Lying on your back with the knees bent and feet resting on the floor.

Movement: This exercise is all about maintaining a stable core as you move your legs. Maintaining your natural breathing pattern, you're going to engage your abdominal muscles. This can be done by imagining you are pulling your belly button down towards your spine. It can be helpful to place your fingertips slightly in from your hip bones. This way you can feel the muscles tighten up underneath your fingers. Maintaining this contraction and keeping your core stable (not allowing your back to lift off the mat), you are going to lift one leg at a time. Lift your leg until the knee is in line with the hip and the heel is in line with your knee. Lower your leg back down to its starting position slowly while maintaining control.



Posture: Scapular Retraction

This exercise is used to strengthen your postural muscles, more specifically the muscles located in your upper back. Having adequate postural strength allows you to stand and sit for periods of time without feeling fatigued or in pain, walk confidently, and stay upright.

Starting position: Standing or sitting in an upright position.

Movement: Without raising your shoulders up towards your ears, slowly squeeze both of your shoulder blades “together.” Hold this position for 2-3 seconds and relax into your starting position.



3) SET UP A PROGRAM

Now that you have determined what factors of strength you may need to improve and have examples of exercises you can do to improve your strength, What's next?

A good place to start with strength training is to aim for the recommended 2 days a week and build this up to 3 or 4 days per week. You also want to give yourself a day or two in between your strength training days to allow your muscles to rest and recover, especially as a beginner.

What about reps and sets?

As a beginner, it is best to start with higher reps and lower weights. As your muscles get stronger, the reps can be reduced or maintained as the weight slightly increases. A good place to start can be with 2 sets of 10-15 reps, building towards 3 sets. You can imagine how easy performing 12 sit-to-stand exercises in a row would make standing up out of your chair feel! Or how performing 10 bicep curls in a row would ease the way you lift your grocery bag.



Of course, these are just a few examples of many of the different types of strengthening exercises available. One of the best ways to help your body get stronger is by consistently changing the exercises you are doing so your program challenges your muscles in different ways on a regular basis. It can be hard to continually adapt your own program and to stay motivated to stick with it for the long run.

Our Club Z Program provides the solution to these challenges.

Participating in Club Z allows our clients to stay fit in the comfort of their own homes. We offer a two-way interactive experience. Our trainers are able to see and talk to you as you follow along with them in the class. Members are encouraged to ask questions and stay on at the end of class to clarify or practice any exercises that require a bit more attention with the instructor.



Club Z members can choose from a number of live classes, or from an extensive library of online classes. Because we offer online classes, our members are more like a community than individual participants - this format encourages you to interact not only with the trainer but with your fellow classmates as well.

Strength training as we age is something that should be incorporated into our regular routines. Our muscles require consistent strength training and variability to beat the age-related strength loss we often see. Think of it less as an exercise program, and more as a lifestyle change.

Are you ready to get started?

