Abstract

In choosing to read this book, you have taken the first step on a journey toward greater strength and vitality. Growing Stronger was written for you—the older adult who wants to grow stronger, healthier, more active, and more independent. You may be inactive or only mildly active at the moment. You may know that regular exercise is important for your health and well-being and want to get started on a program of physical activity. But you may feel that you don’t have the necessary information. Perhaps you are concerned that because of your age or health problems physical activity may not be safe for you. Or perhaps you have had trouble finding or staying with a suitable program. This book gives you a safe, simple, and highly effective exercise program based on the principles of strength training. Studies at laboratories around the world have shown that strength training benefits women and men of all ages and all levels of fitness. According to Physical Activity and Health: A Report of the Surgeon General (1996), experts agree that aerobic activities should be supplemented with strength-developing exercises at least twice per week.

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S2. There are numerous benefits to strength training regularly, particularly as you grow older. It can be very powerful in reducing the signs and symptoms of numerous diseases and chronic conditions. Arthritis relief. Tufts University recently completed a strength-training program with older men and women with moderate-to-severe knee osteoarthritis. The results of this 16-week program showed that strength training decreased pain by 43%, increased muscle strength and general physical performance, improved the clinical signs and symptoms of the disease, and decreased disability.