

Strength Training



It is never too late to build or rebuild muscle strength. This can help you keep doing your daily activities and reduce pain around joints.

What?

Lift or push something that feels heavy but does not cause pain.

**Ideas below.*



How often?

2 or more days/week

*Rest one day in between.

S	M	T	W	T	F	S
X			X			
		X				X
X			X		X	
X				X		

How hard?

Use something that feels heavy to you. When it becomes easy, increase the weight.



How much?

Start with 8-12 repetitions for each major muscle group.

Repeat 1 to 3 times.



Strength Training Ideas:

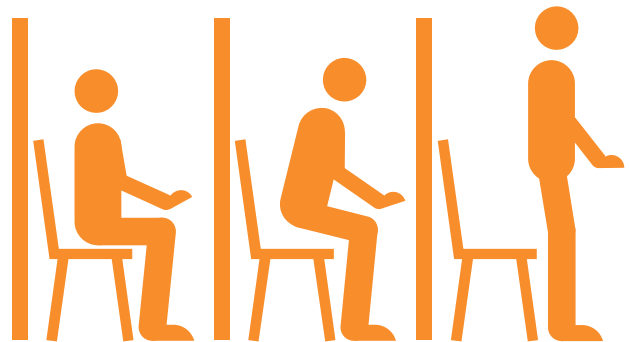
If you don't own weights, examples of home items to use include a:

- Can of soup (16 ounces or 1 pound)
- Carton of milk (32 ounces or 2 pounds)
- Bag of rice (48 ounces or 3 pounds)
- Large carton of milk (64 ounces or 4 pounds)
- Stretch bands are good for pulling exercises. They come in very light, light, medium and harder tensions.

You can also use your bodyweight.

For example, try a sit-to-stand exercise:

- Begin in a seated position with a chair against a wall, feet flat on the floor and shoulder width apart. Stand up.
- Gradually increase from 1 sit-to-stand exercise to 2, 3, 4, up to as much as 10 times. Then try and do this activity several times a day.



Remember: Move all your joints as far as you can without having pain.