

## **YOUNG AT HEART SENIOR STRENGTH TRAINING**

Healthy Aging Association is a newly formed non-profit corporation. The mission of this corporation is to “help older Americans live longer, healthier, more independent lives by promoting increased physical activity and sound health and nutrition practices”. The specific services we provide are fitness instruction, health & nutrition education to adults 50 and older. Our fitness classes are called, “Young At Heart”.

We have developed a strength-training program designed specifically for older adults. The program was designed by Denny Plotzker, an A.C.E. certified fitness instructor. The program follows the guidelines of the Presidential Fitness Award, including exercises for eight different muscle groups with a minimum of two sets of six repetitions for each exercise. The exercises are as follows:

1. Bicep Curl
2. Triceps
3. Frontal Raise
4. Lateral raise
5. Bent leg Raise
6. Hip Abductor
7. Shoulder Press
8. Compound Row



Shoulder Press exercise.

We utilize a stretch tube or band with built up handles (we call an exertube) for all of the exercises except the two leg exercises ( the bent leg raise and the hip abductor). Although we consider the tube important for increased resistance and greater increase in muscle strength, the exercises can be done without a tube for enhanced flexibility and range of motion. There are specific stretches for each muscle group before and after each exercise as well. Our goal is to improve range of motion, increase muscle strength and improve balance. We hope to keep older adults independent longer and to help prevent falls and/or fractures that are so common among this age group.

### **Young At Heart strength training Classes:**

The classes are offered two to three days per week (depending on availability of each facility) for 16 weeks. The goal however is to encourage the seniors to do the class 3 times per week whether at class or at home, in order to meet the criteria for the presidential fitness award in weight lifting. The classes are progressive. We encourage everyone to sit initially and to begin with 6 repetitions of each exercise building up to two sets of 12-15 repetitions. There are varying diameters or thickness available in the tubing. We utilize a medium resistance unless someone is exceptionally strong or frail respectively.

### **Training seminar planned for the Fall 2000:**

Tentatively, the California Department on Aging office in Sacramento will host our one-day training seminar. We will provide class and instructor training as well as share marketing and fundraising ideas. A program video and written instructors and student guidebook will be provided as well as information on how to purchase the exer-tubes and home video editions of our class. This program has been so popular that we just have to share it. It is simple and un-intimidating and best of all affordable. What better way to use your III-F funds...

For more information regarding "Young At Heart"

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