OUR **MISSION** IS TO TEACH, EMPOWER, AND TRANSFORM OUR CLIENTS BY BECOMING THE TRUSTED VOICE FOR THEIR PHYSICAL THERAPY AND WELLNESS NEEDS.

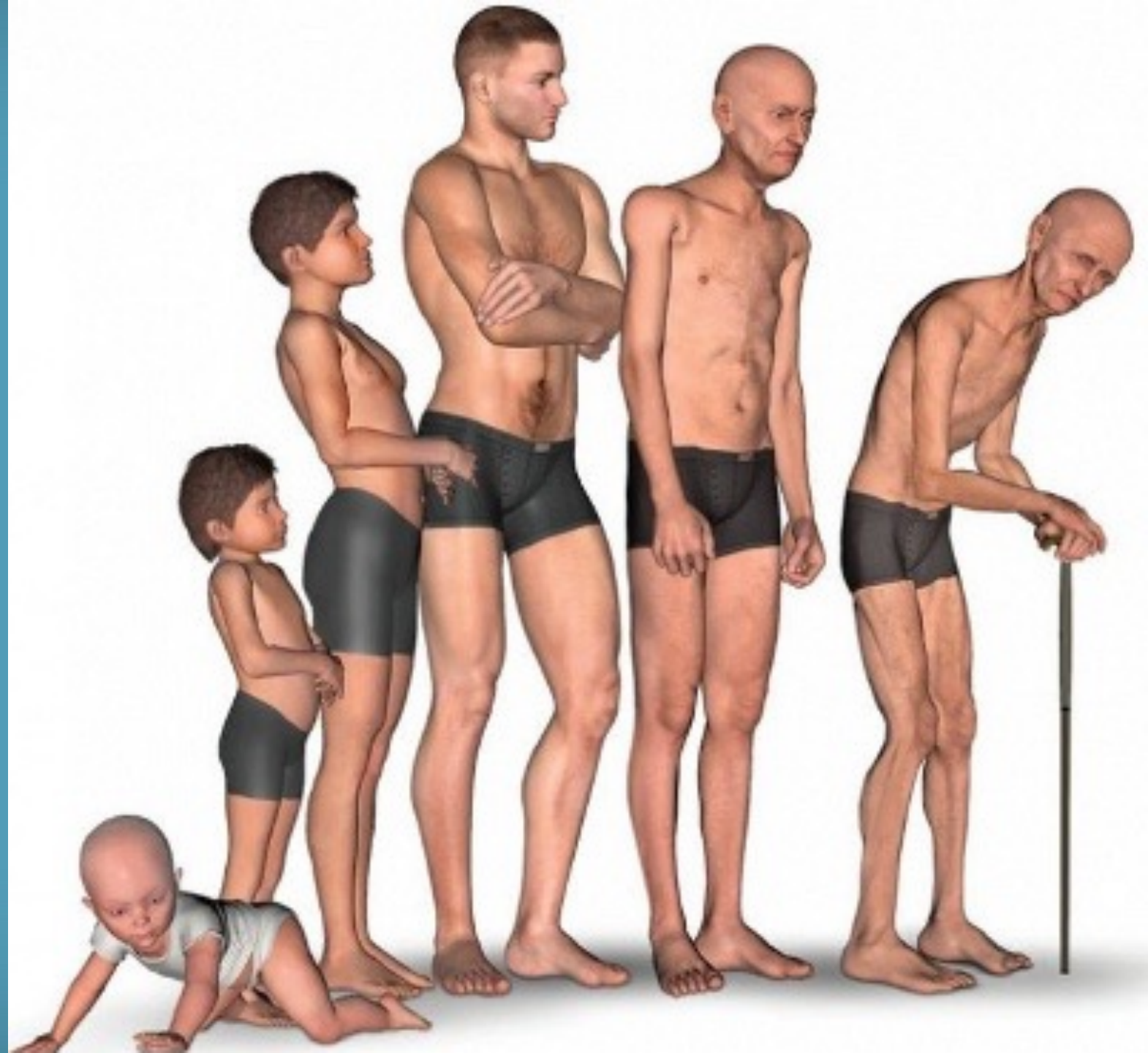
EW PRESENTS

THE MOVE BETTER // FEEL BETTER // LIVE BETTER SERIES

ewmotiontherapy.com

The Effects of Aging

- Muscle loss
- Bone loss
- Low energy
- Slow metabolism
- Changes in physical appearance /postural changes
- Cognitive decline
- Loss of balance and coordination
- Increase risk of all-cause mortality



The Benefits of Strength Training

- Increased muscle mass
- Increased bone density
- Increase energy and metabolism
- Retain muscle tone and skin elasticity
- Increased cognitive function
- Improvements in mood and depression
- Decrease fall risk and increase fall resiliency
- Decreased risk of all-cause mortality

European Journal of Preventive Cardiology

The association of resistance training with mortality: A systematic review and meta-analysis, May 19, 2019

- 21% decrease in all-cause mortality associated with strength training
- 40% decrease when combined with aerobic exercise

JAMA Psychiatry

Association of efficacy of resistance exercise training with depressive symptoms: Meta-analysis and Meta-regression Analysis of Randomized Clinical Trials, 2018.

- "RET significantly reduced depressive symptoms among adults regardless of health status, total prescribed volume of RET, or significant improvements in strength"

Journal of the American College of Cardiology

Hand grip strength significantly predicts cardiovascular event risk in patients with type 2 diabetes, April 2016.

- "Hand grip strength in patients with T2DM is inversely associated with vascular events independently both from well-established cardiovascular risk factor and from the angiographically determined baseline CAD state."

Journal of Strength and Conditioning Research

"Resistance training improves sleep quality in subjects with moderate Parkinson's disease."

- Twenty participants with moderate Parkinson's disease completed a 12-week resistance training program consisting of leg press, leg curl, leg extension, chest press, latissimus dorsi pull-down, and seated row exercises.
- The resistance training program led to significant improvements in sleep quality, as measured by the Pittsburgh Sleep Quality Index (PSQI), with reductions in sleep latency, improvements in sleep efficiency, and overall better sleep quality.

How Strong are You?

Norm Handgrip Strength Values

Age 20-29
Men: 101-108lbs Women: 66-75lbs
Age 30-39
Men: 99-106lbs Women: 64-73lbs
Age 40-49
Men: 97-103lbs Women: 62-70lbs
Age 50-59
Men: 90-99lbs Women: 59-66lbs

Age 60-69
Men: 66-88lbs Women: 44-66lbs
Age 70-79
Men: 55-77lbs Women: 33-55lbs
Age 80-89
Men: 44-66lbs Women: 22-44lbs
Age 90+
No Norm Values Researched

How Strong are You?

30 Second Chair Stand Norms:

Age 60-69
10-12 repetitions
Age 70-79
8-10 repetitions
Age 80-89
6-8 repetitions
No normative data for <60 years old

The evidence is overwhelmingly in favor of regular resistance training.

However, there is also an overwhelming number of options and opinions of how you should do it.

How do you know what to do?

Principles of Exercise Programming

- Sustainability
- Injury Reduction
- Improved Performance

Strength Training 101

- **Upper Body**
  - Push / Pull
  - Vertical / Horizontal
- **Lower Body**
  - Hip Dominant / Knee Dominant
  - Bilateral / Unilateral

Strength Training 101

- **Core**
  - Anterior
  - Lateral
  - Posterior
  - Rotational

Things Commonly Overlooked

- Posture and Alignment
- Core Stability

Posture and Alignment

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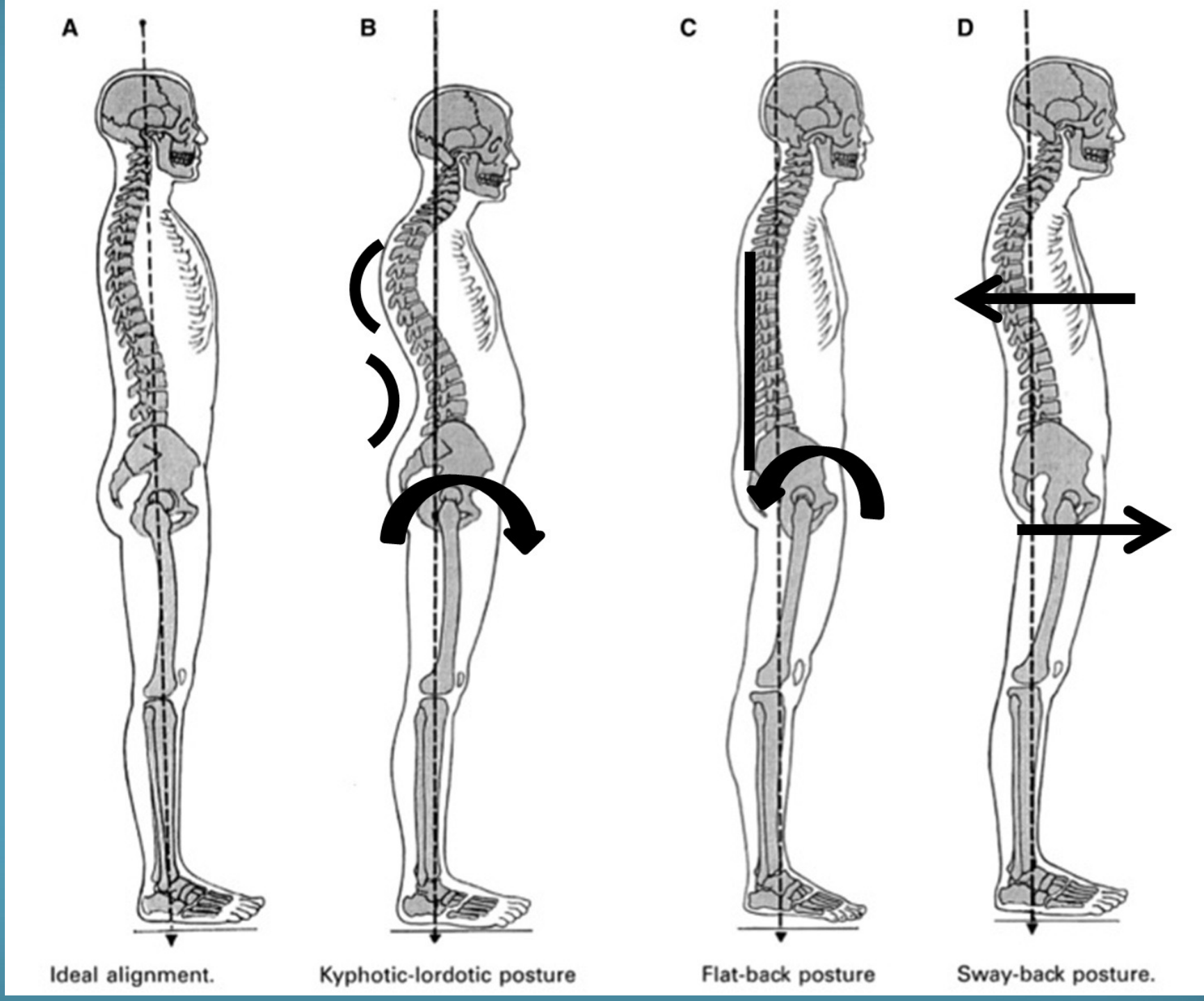
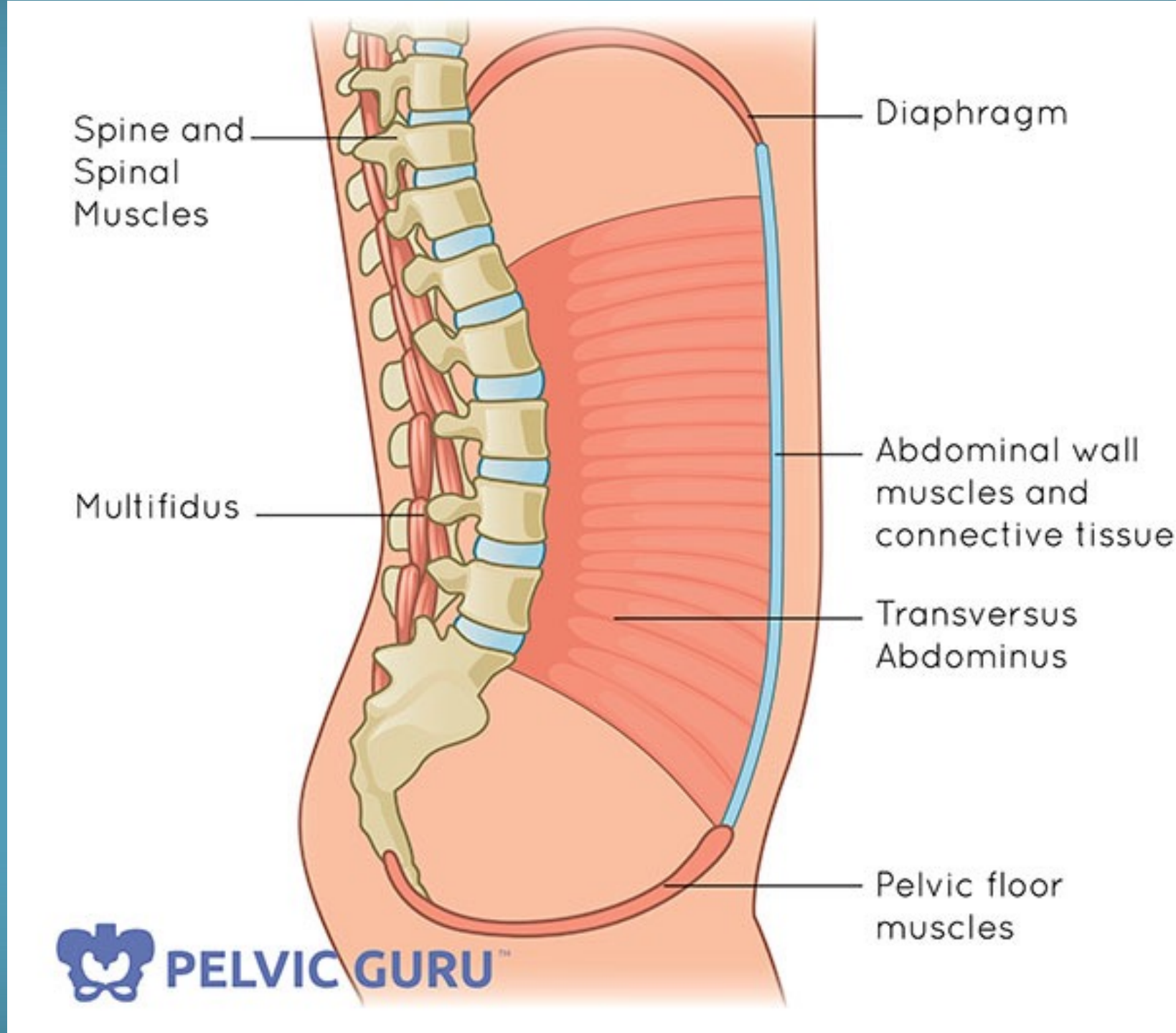


Core Stability



Programming

The FITT Principle

F: Frequency

I: Intensity

T: Time

T: Type

OUR GUARANTEE

Move Better – Feel Better – Live Better!