

5 fun ways to Get into a Strength Training Groove

Hand weights, resistance bands or machines can help you get stronger. Strength training is not just for athletes. Every body benefits from building strong muscles. The benefits are even more important as we age. Here are five fun ways to get stronger, fitter and healthier. You will enjoy the mental and physical changes!

1. Use the online StrongWomen™ programs.

StrongWomen™ is a series of three fitness programs that you can find online. They were created by Dr. Miriam Nelson from Tufts University. The programs are Strong Bones, Vibrant Aging and Stay Slim. Each one has general health information. There are also exercises for you to follow. You can track your progress in a log. Find out more at www.strongwomen.com. Don't have Internet access? Look for Dr. Nelson's StrongWomen™ books at the library.



2. Check out local fitness centers and gyms.

Look for strength training programs in your neighborhood. Most private clubs and public recreation centers offer them. Gym staff can tell you how to use fitness equipment safely. Most people can do simple strength training activities safely. Be careful if you have a serious illness. Always talk to your health care provider before you start a fitness routine.

3. Invest in a personal trainer.

A personal trainer can make a program just for you. This is helpful for if you have an injury or special need, or for people who do best one-on-one. Look for a trainer with national certification. The American Council on Exercise (ACE) is one group that certifies trainers. Ask the trainer for references. Then ask current clients about working with that trainer.

4. Get new ideas from NC's Women Living Healthy, Women Living Well.

Need a new strength training routine? Check out **Women Living Healthy, Women Living Well**. This CD has fitness routines that you can try. It also has other practical tips for a healthier life! Order your copy at: www.eatsmartmovemorenc.com/WomenLivingWell/WomenLivingWell.html.

5. Sign up with a training buddy.

You can do strength training in many ways. No matter what you choose, you may like it more with a friend. Try signing up for a group class with a friend or family member. That might make it easier to go to class when you may not feel like it. Most personal trainers will work with two or three folks at a time.