

A decorative frame consisting of two thick black L-shaped lines. One L-shape is in the top-left corner, and the other is in the bottom-right corner, creating an open rectangular frame around the text.

# GETTING STRONGER

Incorporating Strength Training Into Your Everyday Life

# Defining Strength Training:

Strength training is simply stated by Merriam Webster to mean: “Activities that make muscles stronger.”

Don't be deterred by the notion of 'strength training'. You don't have to be as strong as you think you should be to partake in it.

Just start where you are, keeping your body's capabilities and limitations in mind, and with consistent practice you will become stronger – and, as a side-effect, you will also feel better, become healthier, and be able to do more.



# Start Where You Are:

What are some everyday activities that make your muscles stronger?

- Pushing a push-mower
- Vacuuming the rugs and moving furniture
- Carrying groceries in from the car, and putting them away

I'm sure you can think of many more! - These are several strength training activities that you didn't realize you were partaking in! Now, what if you built on these everyday activities? Like doing a few bicep curls and/or overhead presses with those bean cans before you put them away? Or tried doing some lunges while vacuuming? Or pushed the mower up the slight slope in the yard instead of letting the mower gently pull you down the slope? It's the little things that lead to the big difference!



# Focus On STRENGTH:

- S: Study what movements and workouts are best for your body – what do you love to do (workout-wise)? And what makes your body feel good and strong?
- T: Take the time to invest in your health by experimenting with different types and methods of exercise.
- R: Recruit people to come alongside you in your health journey.
- E: Encourage yourself to start where you are without judgement.
- N: No excuses! (Even paraplegics are encouraged to do strength training!)
- G: Give thanks to God for this incredible body, with all of it's amazing abilities, that you have been entrusted with!
- T: Tune out the negativity.
- H: Hope for the best! – Realistically!



Strength training is not only beneficial to us physically, but also mentally and emotionally. We encourage you to experiment with strength training today – You can do it!!

