



## Strength Training – an essential part of fitness

For over 10 years, regular strength training, or resistance training, has been recommended for all adults, especially older adults. Research shows that strength training, which consists of working your muscles a little harder than usual to strengthen them, offers significant health benefits. Anyone can do it and everyone can benefit; some of the research on health benefits was done with people in their 90s!

Strength training exercises can be done with or without equipment that adds extra resistance. Common equipment includes "free weights", machines like those at a gym, resistance bands and tubes. You can do it almost anywhere and it can be very low cost. 20 to 30 minutes, two or three times a week will provide all the strength training most people need.

Make strength training part of your routine! Be sure to work each of the major muscle groups, and let your muscles rest and heal at least one day between sessions.

At first, do each exercise 10 times without a break (10 "reps" or repetitions). If you aren't tired, do another

5 reps, or take a break for a moment and then do another "set" (a number of "reps" done without a break, usually 8 to 15) of the same exercise. If the last few reps are hard to do, that means you are working at a good level of resistance.

As you gain strength, you must increase the amount of work you do to continue to benefit. Add reps to each set, or add sets to your routine, or add resistance by using a stronger resistance band or heavier free weights. Older adults should use moderate resistance and increase reps to continue high-intensity workouts safely.

Your Step Ahead Employee Resource Book has a quick and easy strength workout. Or, look for strength classes or coaching at a local gym or adult education program. For a workout that combines exercises with weights and exercises without extra equipment, see "Growing Stronger: Strength Training for Older Adults". Use the interactive version online or download the free booklet at <http://growingstronger.nutrition.tufts.edu/>.

### Recipe of the Week –Salmon Burgers

1 pound salmon filet, poached, skinned and cooled  
2 Tablespoons lemon juice  
 $\frac{1}{2}$  cup finely chopped onion  
 $\frac{1}{2}$  cup fresh parsley -or 2 teaspoons parsley flakes  
 $\frac{1}{2}$  teaspoon garlic powder  
2 eggs (or  $\frac{1}{2}$  cup egg substitute)  
 $\frac{1}{4}$  cup fat-free mayonnaise  
 $\frac{1}{2}$  cup bread crumbs

Makes 5 Salmon Burgers

- Preheat oven to 350 degrees.
- In a medium bowl break up salmon and sprinkle with lemon juice. Add chopped onion, parsley flakes and garlic powder, mix to combine.

- Beat eggs, add mayonnaise and mix. Combine with salmon mixture.
- Add bread crumbs a bit at a time until the mixture holds together to form patties.
- Use 1/3 cup measuring cup to shape into patties.
- Put on lightly greased baking sheet and bake in oven for 15 minutes. Or fry in nonstick pan or George Foreman grill.

#### Nutritional Information per burger:

Calories: 206	Total Fat: 6.2g
Saturated fats: 1.7g	Carbohydrate: 12.7g
Dietary Fiber: 1.5g	Protein: 23.8g

### Tip of the Week

-Trying to eat more whole-grain foods? Confused by the packaging? When you buy breads, crackers, cereals and pasta, look at the **dietary fiber** content on the nutrition information panel. Look for cereals and pastas with at least 5 grams of fiber per serving, and breads and crackers with at least 2 grams of fiber per serving. And remember that the grams of *whole grain* in a serving is NOT the same as grams of *dietary fiber* per serving.