

STRENGTH TRAINING



American Red Cross



Strength training can help you get stronger and look and feel better with just a few short sessions each week.

You can do strength training with free weights such as barbells and dumbbells, weight machines, or with no equipment at all.

Exercises that use your body for resistance include:

- Abdominal crunches
- Lunges
- Pushups
- Squats
- Step exercises

Resistance bands and tubes can be used with:

- Arm curls
- Kicks
- Squats

Other exercises

Strength-training tips

● The American Heart Association recommends strength training at least twice a week.

● You may want to consult with a fitness professional to learn the right way to do each exercise.

● Doing each exercise 8 to 12 times is usually enough to work your muscles.

● You know you're doing enough work if your muscles are so tired you can barely get through the 12th repetition.

● Start slowly, and gradually increase the resistance or weight as the exercises become easier.

Benefits

Men and women of all ages can benefit from strength training, but get a doctor's OK before beginning, especially if you haven't exercised in a while.

Two or three 20- or 30-minute strength training

sessions every week can result in significant health benefits:

1. **Increased muscle mass:** Muscle mass naturally decreases with age, but strength training can help reverse the trend.

2. **Stronger bones:** Strength training increases bone density and reduces the risk of fractures.

3. **Joint flexibility:** Strength training helps joints stay flexible and can reduce the symptoms of arthritis.

4. **Weight control:** As you gain muscle, your body begins to burn calories more easily, making it easier to control your weight.

5. **Balance:** Strengthening exercises can increase flexibility and balance as people age, reducing falls and injuries.

Stay hydrated!

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good workout or have picked up a virus. In these situations, you may need electrolytes, like sodium, potassium and chloride, to help the body maintain fluid balance and keep the cells in our bodies working properly. It is important to get the right balance of electrolytes, glucose and sodium to ensure proper rehydration.

You can do this in a number of ways:

■ Try an oral rehydration solution such as Pedialyte, which contains electrolytes, sodium, potassium, and chloride

■ Add a few extra shakes of salt to your food

■ Eat salty pretzels.

■ Enjoy potassium-rich foods like bananas, cantaloupe, avocados, sweet potatoes or spinach

When you are recovering from a virus, your first thought might be to grab a juice or sports drink to get back those lost electrolytes. It's important to mention that a lot of these drinks have high sugar content.

Instead, the World Health Organization recommends an oral electrolyte solution like Pedialyte® for relieving mild to moderate dehydration† due to vomiting and diarrhea. Oral electrolyte solutions offer an optimal amount of electrolytes and sugar to help cells bring in water to replace what was lost because of the vomiting and diarrhea. If you are concerned about dehydration during an illness.

How do I know if I am properly hydrated?

A simple test is to evaluate the colour of your urine. Dark yellow to amber may indicate dehydration, while a pale yellow means you're properly hydrated.



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