

# Zero Weight Gain

HOLIDAY CHALLENGE



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## Strength Training Anywhere

### Build muscles that burn more calories

Exercise experts recommend three different types of physical activity: aerobic exercise; stretching; and resistance or strength training. Aerobic exercise gets your heart rate up and makes you breath faster. Good examples are brisk walking, jogging, swimming laps and biking. When stretching, you lengthen a muscle and hold it for about 20 seconds. Good examples are yoga and tai chi. Resistance training uses the weight of the body or the weight of heavy objects to increase muscle mass and strength. More muscle burns more calories.

You may think that strength training requires special equipment to be effective, but you can build strength without any equipment at all. With the following exercises, we give an easier way to do each one and then describe how you can make them more challenging as you get stronger.

NOTE: The slower you do these exercises, the more strength you will build. Always do less than you think you can at first. Strength training is only needed 2-3 times per week.

**Wall Push Up (strengthens upper arms and back):** Stand facing a wall. Place your hands on the wall shoulder width apart and your feet together flat on the floor about 3 feet away from the wall. Bend your elbows and slowly move your upper body toward the wall. Then slowly straighten your arms until you are back in the starting position. Start with 5 repetitions and work slowly up to 15 reps done 2-3 times.



**To make it harder:** Do a push up with your hands on the floor, your knees bent or straight and your feet flexed.

**Arm raises (strengthens arms and shoulders):** Sit up straight in a chair. Hold arms straight down to your sides with palms down. Raise both arms slowly to your sides until even with the shoulders. Hold for 1 second. Then slowly lower arms. Start with 5 repetitions and work up to 15 done 2-3 times.

Do these exercises as slowly as you can to build strength.

## Strength Training...

### To make it harder:

Do a push up on the floor, your knees bent or straight and your feet flexed.



### Leg Lifts (firms rear end and back of legs):

Stand behind a chair holding on. Place your feet facing forward slightly apart. Slowly lift your right leg toward the back.



When you can't go any higher, hold for 2 seconds - then slowly lower your leg back down. Do 5 then repeat with the left leg. Work up to 15 repetitions done 2-3 times.

**To make it harder:** Add leg weights or do while wearing heavy shoes or boots.

### Lunges (firms and strengthens legs and rear end):

Hold onto the back of the chair with one hand. Step one foot forward to a 60 degree angle. Knee should not go past big toe. Keep your back straight and bend the back knee. Lower slowly to hover a few inches above the floor. Straighten the back knee back up. Repeat 5 times. Work up to 15 repetitions done 2-3 times. Switch to other side.



**To make it harder:** Bend front knee to 90 degrees. Do without holding onto the chair.

**Knee extension (strengthens knee muscles and front of upper thighs):** Sit in a chair

with feet shoulder-width apart. Slowly raise the right leg until knee and leg are straight.

Hold, then slowly lower back to the starting position. Do 5 reps and repeat with the left leg. Work up to 15 repetitions each done 2-3 times with leg.



**To make it harder:** Add leg weights or wear heavy shoes or boots.

### Stomach Crunches (strengthens stomach muscles):

Sit back in a chair with hands behind your head. Bring your right knee toward your chest and touch the knee with your left elbow. Repeat with the other knee and elbow. Do 5 repetitions. Work up to 15 done 2-3 times.



**To make it harder:** Lay on the floor. Put hands behind your head and slowly lift your shoulders 2-3 inches off the floor. Keep lower back flat as you raise the knee to the opposite elbow. Hold 1-2 seconds. Slowly lower knee and shoulders back down, but not all the way. Repeat 5 times then switch to other side. Work up to 15 repetitions on each side done 2-3 times.



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