

ACTIVE OLDER ADULTS



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ONEONTA FAMILY YMCA

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RESISTANCE TRAINING FOR ACTIVE AGERS

BY PETE MCCALL ACE FITNESS

“Resistance training offers many important health benefits, including improved health, reduced risk factors for developing a chronic disease and improved performance of activities of daily living. Unfortunately, many adults over the age of 50—including those who are physically active—miss out on these benefits because they mistakenly believe that resistance training with weights is only for the young and fit. However, nothing could be farther from the truth.”

“To reap the greatest benefits from resistance training—at any age—the focus should be on using enough weight to cause fatigue within six to 12 repetitions. Fatigue means the muscles are unable to complete another repetition, and the best results from resistance training occur when exercise is performed to the point of fatigue.”

To read this article in full visit: https://www.acefitness.org/education-and-resources/lifestyle/blog/7308/benefits-of-resistance-training-for-active-agers/?utm_source=social&utm_medium=blog&utm_campaign=HL_SRstre

6 benefits of weightlifting for better cognitive functioning



Memory and function

1. Those with prior memory compromise or mild cognitive impairment saw improvements in memory and overall cognitive functioning
2. Cognitively healthy older adults see improvements in memory and cognitive functioning as well
3. Weight training is just as beneficial as aerobic-based training at improving levels of confusion
4. Moderate and high intensity training outperforms aerobic-based training significantly better when it comes to overall cognitive functioning



Molecular levels

5. Significantly increases levels of Brain Derived Neurotrophic Factors (BDNF)
6. BDNF helps existing neurons survive and encourages growth of new neurons and synapses to aid in areas such as learning, memory, and higher level thinking



The verdict

Weightlifting is an integral part of maintaining healthy cognitive functioning to allow the older population to live a more independent and engaged life

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WHAT TOPICS DO YOU WANT TO SEE IN THIS WEEKLY NEWSLETTER?

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