



Every Woman Should Lift Weights!

Strength Training for Elderly Women, Community Outreach Project

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Introduction

Presented March 4, 2019, 9:30-10:30 am
Hollywood Senior Center, Portland, Oregon
Contact: Sarah Barrett, Center Manager

Audience Members:

- 17 women, 63-88 years of age
- Most with no formal weight training experience
- Only 50% consistently exercised (≥3 times/week)
- All lived independently in the area



Learning Objectives

After the presentation, attendees will be able to:

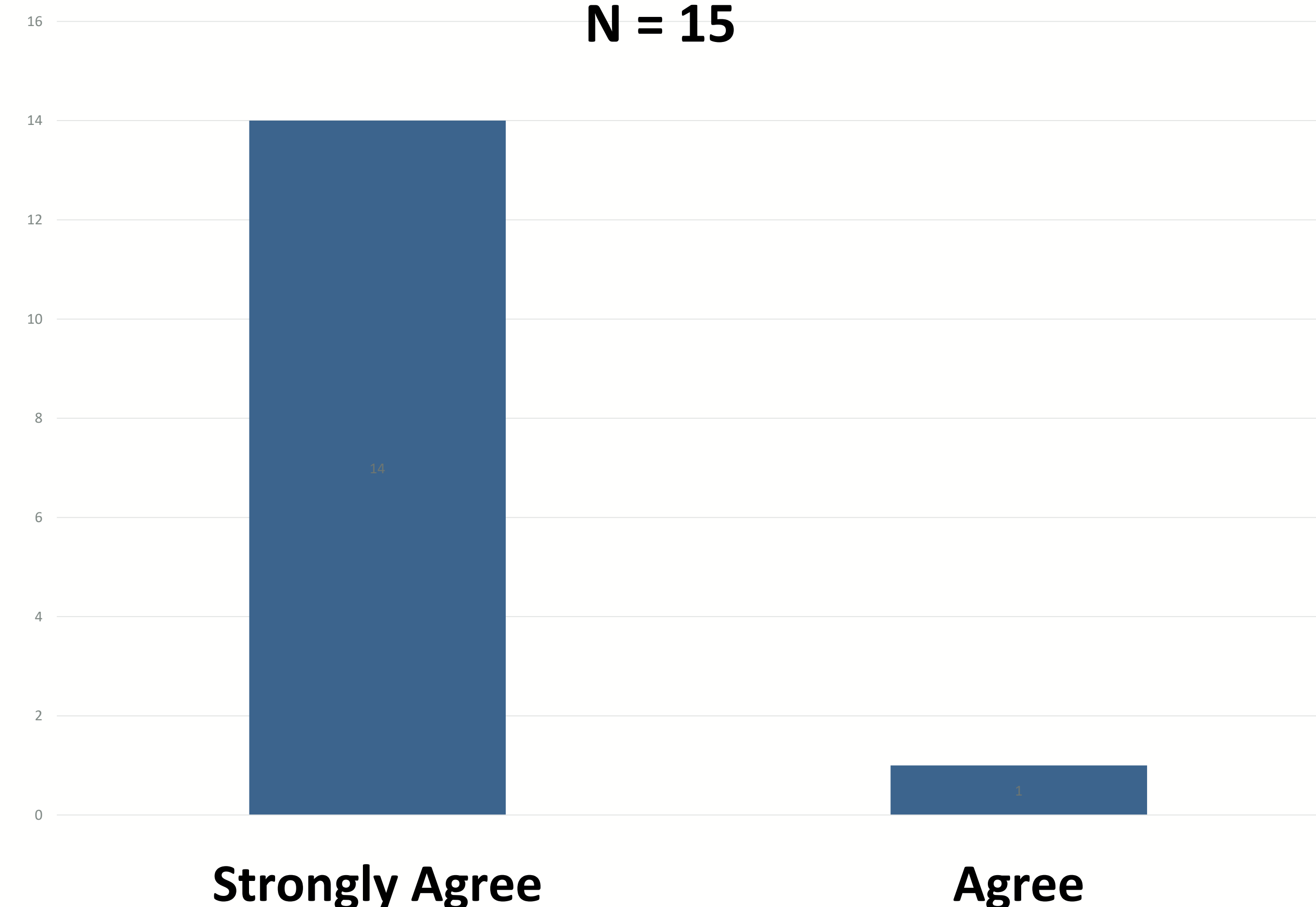
- List 2 complications of losing muscle mass with aging
- State the correlation between poor muscle strength and risk of falls
- Summarize the cognitive benefits of weight training
- Recognize the feasibility of incorporating weight training into an exercise program
- Perform 4 low-level exercises with instruction

Discussion

Both the presentation and activity sessions went well

- Engaged during both portions
- Desired more time for the exercise portion and were excited about using common household items
- All reported they were likely to change behavior
- The majority had no knowledge of benefits of weight training, which was surprising
- Most listed various effects of muscle loss as an item learned
- Desired more handouts of home exercises

100% of attendees surveyed reported -
Did Well Overall
N = 15



Conclusion

- The heterogeneity of this population can make teaching concepts more challenging
- Collaborating with a personal trainer would be beneficial for future classes

I hope participants will start strength training on a weekly basis, but a regular strength training class at Hollywood would assist with this and would be well-attended



References

Fitness Gear Neoprene Dumbbell. Dick's Sporting Goods Website. <https://www.dickssportinggoods.com/p/fitness-gear-neoprene-dumbbell-16fgeufg1lbnprndmdmb/16fgeufg1lbnprndmdmb>. Accessed July 20, 2019.

Elderly Woman Exercising with Dumbbells Stock Photo. iStock Website. <https://www.istockphoto.com/photo/elderly-woman-exercising-with-dumbbells-gm1139686841-304701259>. Uploaded April 2, 2019. Accessed July 21, 2019.