

Banding Together for Strength

Patricia A. Hageman, Director of Physical Therapy Education,
University of Nebraska Medical Center

Linda S. Boeckner, Extension Nutrition Specialist, University of Nebraska–Lincoln

Lesson Goal:

Participants will incorporate strength training on a regular basis into their healthy lifestyle.

Objectives:

Participants will:

1. Identify the physical and psychological benefits of incorporating strength training into a healthy lifestyle.
2. Practice basic resistance training movements using elastic bands.
3. Access sources of strength training information.

Program Materials:

1. Participant Handout: *Banding Together For Strength*
2. PowerPoint®: *Basics of Banding Together for Strength*
3. Several sets of elastic bands for practice and/or demonstration

Supplemental Materials:

DVD: *Banding Together for Strength*. This 30-minute video is primarily directed at women but perhaps could be used with mixed audiences. It explains the principles of strength training, provides instruction on how to use elastic bands, and provides eight basic banding exercises to strengthen the upper and lower body. The DVD can be used in the presentation. (Information for participants who want to order the DVD is included in the participant handout.)

The DVD is available from:

Wellness for Women, College of Nursing
University of Nebraska Medical Center
986330 Nebraska Medical Center
Omaha, NE 68198-5330

Price is \$16.05 (including tax.)

Make checks payable to UNMC College of Nursing.

Before the Meeting:

- Read the lesson materials.
- Obtain enough copies of the Participant Handouts for each member of your audience
- Order a copy of *Banding Together for Strength* DVD, if desired (see *Supplemental Materials*).
- Obtain elastic bands for practice. Elastic, resistive bands can be found in sports stores and other retail outlets. The bands used in the DVD are Thera-Bands® and come in specific colors according to strength. Resistive bands from other sources are likely to have their own color schemes for light, medium, heavy, and extra heavy. *Caution:* Some individuals are sensitive to latex. It may be wise to find a latex-free resistive band to use in your demonstrations or practice. Possible sources online or via a toll-free call are:

Fitness Wholesale (Thera-Band)
895-A Hampshire Road
Stow, OH 44224
Web site: fitnesswholesale.com
(800) 537-55128

Creative Health Products (Dyna-Band®)
5148 Saddle Ridge Road
Plymouth, MI 48170
Web site: www.chponline.com
(800) 742-4478



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Order a roll of the color that will fit your audience; cut 60-inch lengths for each participant. Many audiences will start with a light or medium weight.

- Prepare for PowerPoint presentation or make PowerPoint slides into overhead transparencies or a hard copy for use in your presentation. *Educators: It may be helpful to select pertinent slides and make them into a bound flip chart that could be loaned out to others, such as FCE leaders, who will be teaching the lesson in small groups.*

At the Meeting:

1. **Introduce yourself and your topic.**
2. **Review Objective 1:** Identify the physical and psychological benefits of incorporating strength training into a healthy lifestyle.

Physical benefits include:

- Increased strength for daily living activities such as climbing stairs, carrying groceries, lifting a child, or house cleaning. Being able to perform activities of daily living as one ages will prolong independence and enhance quality of life.
- Improved muscle tone which gives the body a smoother and firmer appearance. This can help posture and improve how clothes fit.
- Increased lean muscle mass to give a healthier body composition, particularly as one grows older. Lean muscle mass requires more energy to maintain. Increased energy needs will allow one to expand food options in the basic food groups. Including a variety of food in one's eating plan leads to a healthful diet and feeling good.
- Improved bone density which will help in the prevention of osteoporosis. The push-pull of muscle on bone helps to strengthen the bone. This is important for women and men.

Psychological benefits include:

- Improved self image due to improved posture and muscle tone.
- Increased confidence as a result of being stronger and able to complete the activities that you want to do.
- Reduced stress because working out using strength training exercises at least twice per week is a way to release energy and relieve daily stresses. Over a week's time, strength training should be combined with aerobic and stretching activities to form a well-rounded fitness routine.

3. **Review Objective 2:** Practice basic resistance training movements using elastic bands.

- *Distribute the handout for this lesson.*
- *Demonstrate the elastic bands and show how to adjust the bands to fit each person.* Bands differ in colors according to the strength of the band. Participants should begin with a color band that suits their current strength and then progress to stronger bands over time. To gain muscle strength, one needs to perform strength training activities at least twice per week for a minimum of 15 minutes at a time. A 15-minute session of strength training should include a balance of upper body and lower body strengthening (about four exercises each) with 6 to 15 repetitions of each exercise. A day of rest is needed between sessions. Once it is easy to perform 15 repetitions of an exercise, it is time to move to the next stronger color of elastic bands.
- *Allow participants to practice the "banding" exercises.* Demonstrate each activity for participants or lead participants through the DVD presentation of the activities. Include a warm-up (walking in place and gently waving arms in circles for three to five minutes) before using the resistive bands, and a cool-down activity (gently stretch and hold arm and leg muscles) after using the resistive bands.

4. **Review Objective 3:** Access sources of strength training information

- More information about including strength training in a fitness routine is available from:
- **HealthierUS.gov** is a Web site that provides credible, accurate information to help readers live a healthier life. When you arrive at the Web site, click on the "Physical Activity" button. www.healthierus.gov
- **American College of Sports Medicine** has a mission to "promote and integrate scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health, and quality of life." Publications prepared for the lay public are available. www.acsm.org
- **Centers for Disease Control and Prevention** includes Web pages on physical activity. The Growing Stronger: Strength Training for Older Adults program contains information and instructions for strength training. www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/index.htm

5. **Close session by asking for additional questions. Provide a summary of the objectives and the overall goal for the lesson.**