

# WHY YOU SHOULD KEEP DOING WEIGHT TRAINING AS LONG AS YOU LIVE

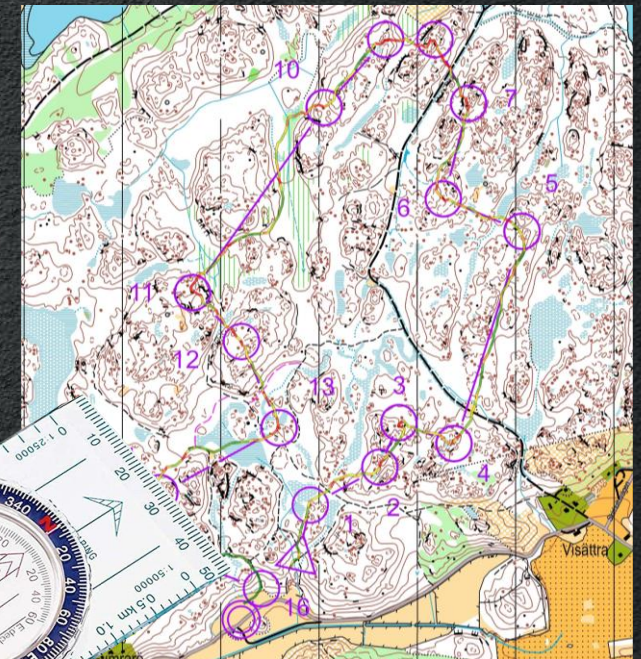
Benefits of strength training to avoid age-related ailments later in life





# Who am I to talk about Weight Training?

- I competed in orienteering and cross-country skiing from the age of 9-10 years old, until I was about 23
- Started working as a lumberjack in 1975
- I was 189 cm tall and skinny as a lumberjack
- Not strong enough for the job
- First time at a gym in 1985
- Started our own gym in 1987 - became a Personal Trainer who in today's terms is a Personal Trainer





## Who am I to talk about Weight Training?

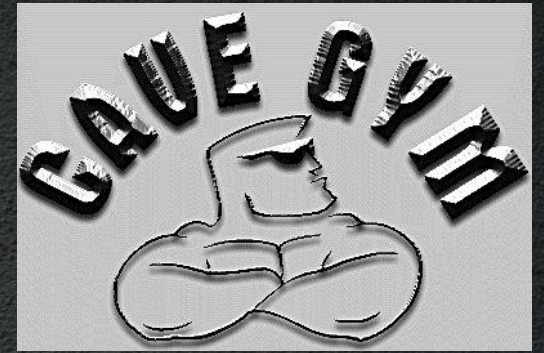
- I competed in orienteering and cross-country skiing from the age of 9-10 years old, until I was about 25.
- Started working as a lumberjack when I was 19
- I am 189 cm tall and I was skinny, 69-70 kg
- Not strong enough for the job – got back problems
- First time at a gym ~ 1985 ~ 72 kg
- Started our own gym in 1987 – became a fitness instructor in today's terms is a Personal Trainer.





## Who am I to talk about Weight Training?

- I competed in orienteering and cross-country from the age of 9-10 years old, until I was about 20.
- Started working as a lumberjack when I was 21.
- I was 189 cm tall and skinny 65 kg.
- Not strong enough for the job.
- First time at a gym ~1985 – 72.8 kg
- Started our own gym in 1987 – became a "Gym Instructor", what in today's terms is a Personal Trainer





- 1989 - back to school – became a Massage Therapist
- 1992 - acquired another gym and massage clinic
- 1991 – 1997 worked as a teacher at a massage school, my subjects was massage, stretching and the anatomy of the locomotor apparatus
- Have kept training at gyms since I started, and I will keep doing it until I die 😊



# Ten myths about weight training for elderly people

## 1. Strength Training is dangerous when you gets older

No it's not - on the contrary, study after study confirms that it is healthy on many levels

HEALTH U.S. & WORLD

### Why elderly people should lift weights — new study shows encouraging benefits

How to maintain muscle strength and other health benefits strength training offers as you age

Published: Nov 29, 2023, 7:00 p.m. MST

### Muscle Mass and Strength Gains Following Resistance Exercise Training in Older Adults 65–75 Years and Older Adults Above 85 Years

in International Journal of Sport Nutrition and Exercise Metabolism

### Resistance Training for Older Adults: Position Statement From the National Strength and Conditioning Association

Fragala, Maren S.<sup>1</sup>; Cadore, Eduardo L.<sup>2</sup>; Dorgo, Sandor<sup>3</sup>; Izquierdo, Mikel<sup>4</sup>; Kraemer, William J.<sup>5</sup>; Peterson, Mark D.<sup>6</sup>; Ryan, Eric D.<sup>7</sup>

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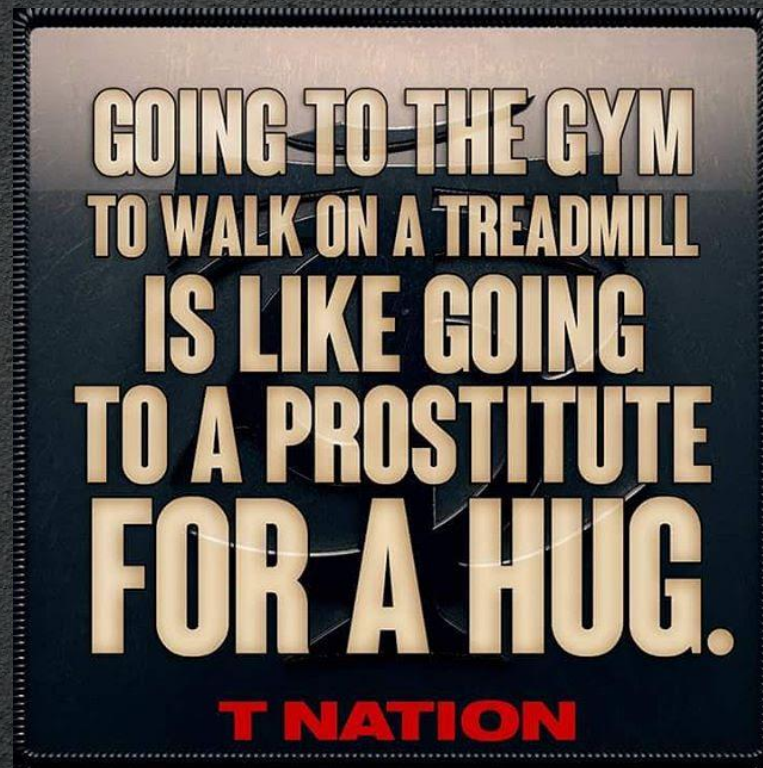
*Journal of Strength and Conditioning Research* 33(8):p 2019-2052, August 2019. | DOI: 10.1519/JSC.00000000000003230



## Ten myths about weight training for elderly people

### 2. Cardio training is more important than strength training

No it's not - you need both, cardio training is important as well, but it doesn't build muscle mass or bone density





# Ten myths about weight training for elderly people

## 3. You can't lose weight by Strength Training

Of course, you can – but that's not the main purpose of Strength Training

What you want to lose isn't weight – it's fat.

- Increase your muscle mass
- Increased insulin sensitivity
- Glucose and fat-burning
- Exercise capacity
- Body composition

What you do in your kitchen has more to do with fat loss than what you do at the gym 😊





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## 4. Strength training will decrease flexibility

No it will not - for most people it will increase the flexibility. Do your stretching after working out.



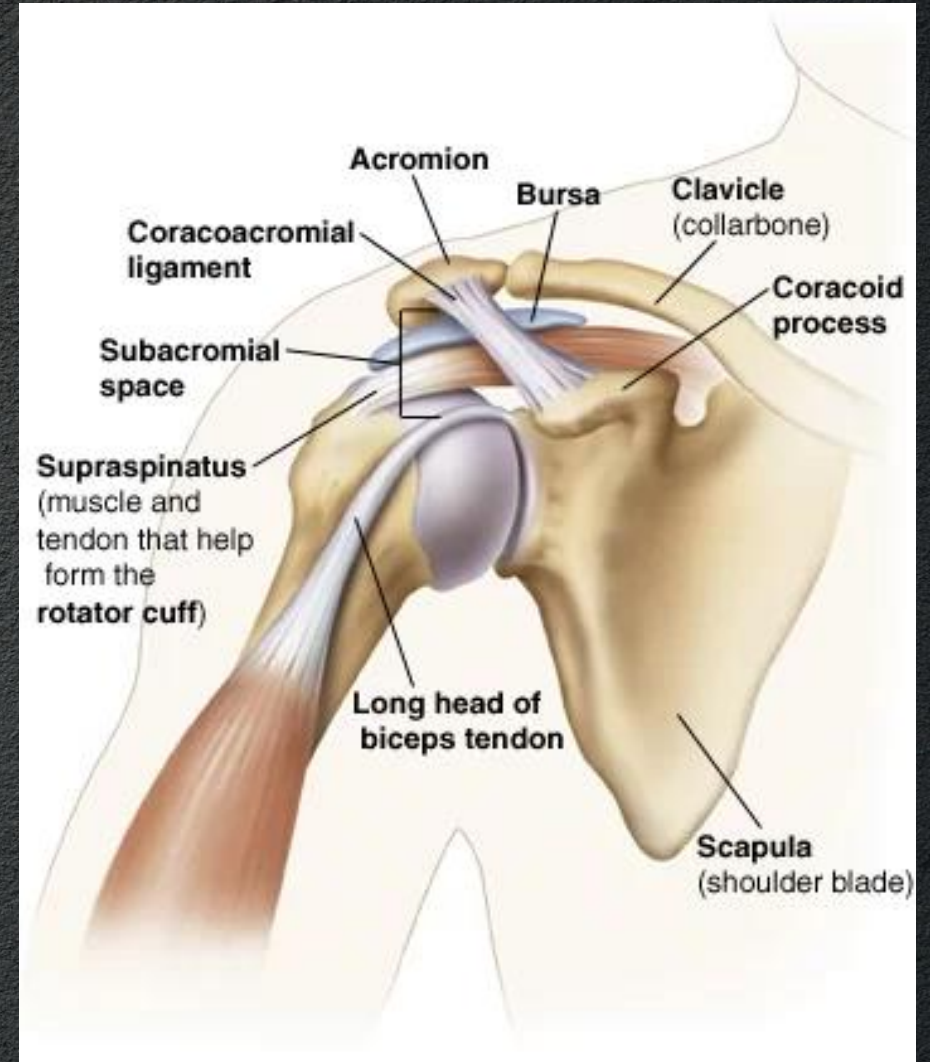


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## 5. Strength training will destroy your joints

Nope, also wrong, your joints will become better

- Decreased pain
- Preserves function
- Maintain mobility
- Decrease inflammation
- Improves muscle and bone mass
- Maintains independence





# Ten myths about weight training for elderly people

## 6. Strength training will worsen your blood pressure.

Wrong again – studies shows the opposite



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### Resistance training and high blood pressure: Lifting heavier is good for your health

by [A. Manolova](#) | 18 May 2022

NEWS • HEALTH NEWS

## Strength Training Can Help Lower Your Blood Pressure, Especially If You're Over 50

By [Alyssa Hui](#) | Published on April 28, 2023

✓ Fact checked by [Nick Blackmer](#)



## Why strength training can control your high blood pressure

Strength training encourages the generation of a molecule known as nitric oxide that helps dilate blood vessels and improves blood flow in the body. Consequently, the blood flow pressure in the arteries decreases, reducing blood pressure, says functional medicine expert Vijay Thakkar



# Ten myths about weight training for elderly people

## 7. Lightweight for high reps

Light weights is necessary when you learn how to do an exercise or when warming up. Later you need to step by step increase the weight.

That's the best way to increase your muscle mass, bone density and to become stronger





## Ten myths about weight training for elderly people

### 8. You must eat a lot of protein

No need for that, 2 gram per kilo body weight per day is enough. Good protein rich food is quite cheap in Thailand

- Pork
- Egg
- Chicken
- Fish





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### 9. You can get the benefits of strength training from bodyweight training

No, not really. Using barbells, dumbbells and machines at a gym is superior to all other forms of strength training.

But if you don't have access to a gym, or if you want to stay in shape when traveling, of course bodyweight training is much better than no training at all 😊





10. It's too late to start, I am too old...

When you are in your grave it's too late



Strength training is fun and enjoyable when you learn how to do, and when you see and feel the results coming. Today there is at least 20 public gym in Pattaya/Jomtien. So, it's easy to start your journey to a healthier and more joyful old age 😊

