

Build Your Muscles

Strength training helps build muscles. Here are the many benefits to including strength training in your fitness routine:

- Reduces the likelihood of developing prediabetes or type 2 diabetes
- Lowers cardiovascular disease risk
- Increases bone density
- Increases metabolic rate
- Increases insulin sensitivity

Below are a few examples of ways to begin working on building your muscles.

Strength training that works all major muscle groups should be included at least 2x/week in your workout schedule.



Wall Push-Ups

1. Face a wall. Stand a little more than an arm's length away. Keep your feet flat on the floor, shoulder-width apart.
2. Lean forward. Put your palms flat against the wall at shoulder-height and shoulder-width apart.
3. Slowly breathe in as you bend your elbows and lower your upper body toward the wall. Use a slow, controlled motion.
4. Hold the pose for 1 second.
5. Breathe out while slowly pushing yourself back until your arms are straight.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.
8. As you get stronger, use a desk or bench that gets you progressively closer to doing floor push ups.

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Arm Raises with Weights

1. Stand or sit in a sturdy, armless chair. Keep your feet flat on the floor, shoulder-width apart.
2. Hold weights at your sides at shoulder height. Keep your palms facing forward. Breathe in slowly.
3. Slowly breathe out as you raise both arms over your head. Keep your elbows slightly bent. Keep your palms facing forward.
4. Hold the pose for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.
8. Start with light weights. Work your way up to heavier weights. You can do one arm at a time. If you prefer, you can use soup cans or other heavy objects that are easy to hold in one hand.

Source: National Institute on Aging. Exercise and Physical Activity: [Your Everyday Guide](#). Sample Exercises: Strength



Arm Curls with Resistance Bands

1. Sit in a sturdy, armless chair. Keep your feet flat on the floor, shoulder-width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward. Keep elbows at your sides. Breathe in slowly. If your resistance band has a handle, hold on tightly. If the band has no handle, wrap it around your hand to keep it from slipping.
3. Keep wrists straight. Slowly breathe out as you bend your elbows and bring your hands toward your shoulders.
4. Hold the pose for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.
8. Start with a stretchy band. Work your way up to a tighter band.

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Body Weight Squats

1. Have your feet roughly shoulder-width apart, toes pointed out slightly.
2. Squat down with control, reaching your hands out, trying to get your legs and hips parallel to ground. Return to starting position.
3. Keep your chest up and heels down.
4. Press the knees out for the entire squat.
5. Repeat 10 to 15 times.
6. Rest. Then repeat 10 to 15 more times.

Front Plank

1. Begin in a plank position with the elbows under your shoulders.
2. Place your palms flat on the ground and keep your body in a straight line from head to feet.
3. Hold that position while maintaining easy breathing.
4. Maintain the position for as long as you comfortably can.

