

Strength Training for a Stronger, Healthier You

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The U.S. Department of Health and Human Services recommends at least two days of strength training per week.¹

- Lower body
 - Squats
 - Step-ups/step-downs
 - Heel raises
 - Hip hinge
 - Core
 - Plank
 - Bird-dog
 - Diagonal chops
 - Pushups
 - Upper body
 - Overhead press
 - Bicep curls
 - Shoulder blade squeeze
 - Shoulder blade squeeze with shoulder extension
 - Balance
 - Corner balance
 - Single-leg balance
 - Tandem walk
 - Lateral hops
 - Combination moves
 - Dumbbell squat at shoulder
 - Standing hip external rotation at wall
 - Single-leg balance with overhead press
 - Open books
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- You can increase or decrease the challenge of each move by:
 - Changing the tempo of your movement
 - Changing how long you hold each position
 - Changing how many repetitions or sets you perform
- Strength training can be performed with household items: books, backpacks, canned goods or a laundry basket
- Keep in mind, bodyweight exercises are just as beneficial!

Resources:

- medbridgego.com (use access code: B85CLBVQ)



- odphp.health.gov/moveyourway;



- odphp.health.gov/moveyourway/activity-planner



Citations:

1. *Walk. run. dance. play. what's your move?* Walk. Run. Dance. Play. What's your move? - Move Your Way. (n.d.). <https://odphp.health.gov/moveyourway>