

Strengthen with Ease [with yogaplustherapies.com](http://yogaplustherapies.com)

Strength is an essential component of health. We all lose bone strength, muscle strength, and power, as we get older. Strength Training is also important for managing chronic conditions like Osteoarthritis and Osteoporosis. Strength training is a part of rehabilitation after an injury, fractures, some musculoskeletal surgery's, and to aid many musculoskeletal Conditions.

Become Strong & Feel Better...

Strengthen with Ease is simple process of strength training, using body weight, resistance bands, yoga, and sometimes weights to get you stronger. It is performed with an aware and calm way, so you can feel in control. This type of strength training can be done anywhere, even when you are away.

A word on Band Safety: protect your bands and keep away from sharp objects, check them regularly, store them away from sunlight, keep them away from your eyes (avoid snapping into your eyes), and use them regularly.

The 9 Skills to Try:

Breathing Calmly - Bring awareness to the breath. Breathe slowly... evenly... smoothly... Aim to exhale on exertion, avoiding holding your breath.

Body Awareness & Reducing Tension - Bring awareness to the area you are strengthening. Feel in control. Check there is no excess tension in surrounding muscles. For example if raising arms over head, check you are not tensing your neck.

Always Warm Up - Bring your mind present to your exercise. Move through the actions you will perform with no load. GravityFit exercises work well ie Wall Posture, Band to Crown, Band to Thoracic

Strengthen with Ease Process - as you perform the movement **Just go to the point beyond the effort where you feel good & in control. Need for strain.**

Ask yourself "Is this safe?" "Will I regret this tomorrow?" Modify movement if you need...

Keep your breathing calm...smooth... exhale on exertion or at least avoid holding the breath.

Keep your body controlled & free of excessive tension

Monitor for Pain or Fatigue & Adjust for Comfort OR STOP if fatigued. Moving through pain or fatigue can lead to the wrong action and failure to improve or even injury.

Challenge - to get stronger you need to stimulate the body structures beyond every day efforts. You can increase LOAD via doing different exercises, increasing repetitions, holding isometrics longer, increasing resistance levels ie stronger band or doubled band, increasing gravity ie wall to bench to floor, increasing size of weights.

General Starting Place for Load - Moving about 6 to 15 reps, Holding 5 to 30 secs repeating 1 or more times, using a resistance you feel in control with, and never beyond the edge of pain onset. You can do 1 or more sets.

Get more with Power - you need to have good base strength, good control, & well joints. Adding power can add intensity to your practice, helping your fast muscles to work better, and the extra stimulation may aid bones. Once per week you could add some power actions like jumping, jump downs, bounds, leaps, power push ups, power moving band exercises.

Recovery Time - After the challenge the muscle & body tissues need to time to recover & repair. The more intense the training, the longer is the recovery time. Yoga daily, light strength training every 2nd day, intense strength training weekly. With rehab exercise usually is daily, but if you fail to improve add rest days & this may help.

Staying Motivated - Exercise only works if you do it. Be mindful of what will get in the way of you exercising. Use aids to help - diary, phone reminders, train with friend, make fun, use music... stay committed to your goal.

Staying Healthy - Poor lifestyle habits can lead to increased nervous system reactivity. Eat well, whole foods, lots of colour, fresh, less processed. Cut down sugar, caffeine, alcohol. Include more anti-inflammatory foods, like ginger or turmeric. Avoid smoking. Work modifying your stressors or reaction to your stressors in life. Have some FUN. Be with friends, family or supportive groups. Find things to do you LOVE.

Apply these principles to any strength exercises you do... Body weight, Bands, Free Weights, Primal, Dance, Core

Ways to Strengthen

Local - strengthen a specific area, often related to rehabilitation, or if a specific muscle is weak.

Mind to Muscle Connection - wake up the muscle action if inhibited.

General - Strengthen the Major Functional Moves in the body

Bones - Strengthen to stimulate bone, aid posture, & prevent falls

Isometric - Build strength of muscle to hold stable without movement. This is used in yoga & core.

Core - working the postural muscles locally & in functional movement

Concentric - strengthen the muscle while moving (muscle is shortening)

Eccentric - strengthen the muscle while moving (muscle is lengthening)

Power - strengthen to exert force quickly & with control. CARE if joint issues.