

November 2008

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Resistance training combats age-related injuries

- By Matt Cook, CFT and Michael Dalessio, CPT (UK Health & Wellness Graduate Assistants)



You may not have given much thought to your risk of injury due to a fall. But as you age, the incidence of falls exponentially increases, with women falling more than men.

Falling is a major cause of injuries in the elderly population (generally defined as over the age of 70 to 75). Injuries due to falls in the elderly are a serious issue due to frequency, morbidity, and the associated health care costs. Unintentional injury, which most often results from a fall, is the sixth leading cause of death among people over age 65. Injuries due to fall typically include bone fractures and head trauma, which may lead to psychological difficulties, social isolation, functional deterioration, and institutionalization.

The aging human body is at a higher risk for injuries due to a fall because of decreased bone mass, decreased muscle performance, loss of muscle mass, loss of muscle strength, and decreased ability to perform functional tasks, including daily living activities. A multitude of other factors may play a role, but research in this area is lacking.

What we do know is that exercise is a vital factor in increasing muscular strength, performance, bone mineral density, and the ability to complete functional tasks. Therefore, it appears that exercising continuously throughout your lifespan may be the best means to combat this issue.

Resistance training has gained in popularity over the last 20 years and should be a key component in any exercise program. When it comes to resistance training, muscle adaptations are greatest when working with higher loads, or higher intensities. It has been proven that the results of resistance training at heavy loads cause impacts on physiological and performance aspects – namely strength, power, and speed. However, be sure to focus on proper form and technique *before* increasing the weight lifted. A resistance training program that encompasses all of the body's major muscle groups while stressing functional ability is ideal.

If you are interested in such a program or learning more about this issue, feel free to stop by and talk to the Body Shop staff during your next workout. We are here for you and we are always happy to help. Remember: Exercise ensures your health in the here and now and in the future.

Find resistance training workouts and more online at www.uky.edu/HR/wellness/workouts.html.

Calendar

Chair massage

Having one of those days? You deserve a chair massage! The cost is only \$5 for 10 minutes or \$10 for 20 minutes. The next chair massage is **Dec. 3, from 9 a.m. to 1 p.m., in Room 203 CRMS (Robotics) Building**. Reservations are required. For more information, call 257-9355.

Final Fall Lunch & Learn

Please join us for the last Lunch & Learn of the season "Holidays on a Budget." Learn to reduce your stress and stick to your budget during the holidays. The session is free and light refreshments will be provided, but feel free to bring your lunch. Join us **Nov. 12, from 12:10-12:50 p.m., in the Lexmark Room, Main Building**. To register, visit the Web site at www.uky.edu/HR/wellness/lunchandlearn.html.



Josh "J.T." Taylor , CPT

Meet November's Membership Specialist

New to the Body Shop? Have questions? J.T. is a Graduate Assistant for Health & Wellness who is here to help you. Feel free to ask him questions, offer suggestions, or set up a time to get oriented to the Body Shop facilities. You can find him in both facilities or you can reach him at healthandwellness@email.uky.edu. You can also read his -- and other staff profiles -- at <http://www.uky.edu/HR/wellness/profiles.html>.

Body Shop Holiday Hours*

Closings

- Nov. 26: Closing at 6 p.m. (Seaton) and 7 p.m. (Alumni)
- Nov. 27-29: Thanksgiving
- Dec. 24 - Jan. 2: Christmas Holidays

Special Holiday Hours

- Dec. 22: 6-8:30 a.m., 11 a.m. -2 p.m., and 4-8 p.m. (Alumni). 11:30 a.m. - 1:30 p.m., 4-7 p.m. (Seaton).
- Dec. 23: 6-8:30 a.m., 11 a.m. -2 p.m. (Alumni). 11:30-1:30 (Seaton).
- Jan. 2: 6-8:30 a.m., 11 a.m. - 2p.m., 4-7 p.m. (Alumni only).

**Tentative and subject to change.*