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# The Little River Post

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DIVE RIGHT IN!

Disclaimer: This newsletter is not a substitute for medical advice.

## BENEFITS OF WEIGHTLIFTING

By ROXANNE FISHER, KAYLEIGH  
NEWMAN

Weightlifting has countless benefits for both your mind and body. Research suggests that weightlifting results in increased bone mineral density, which is important for fending off osteoporosis, maintaining independence in everyday life, and reducing fracture risk as we age. Weightlifting can also help to manage both mental and physical chronic illnesses such as back pain, heart disease, and depression. A study conducted by Tohoku University Graduate School of Medicine and published in the British Journal of Sport and Exercise Medicine found that “muscle strengthening activities were inversely associated with the risk of all-cause mortality and major non-communicable diseases including CVD, total cancer, diabetes and lung cancer.” What an endorsement!

## WEIGHTLIFTING FOR OLDER ADULTS

By ROXANNE FISHER, KAYLEIGH  
NEWMAN

Weightlifting is safe for older adults and is a wonderful way to prevent frailty,

preserve bone density, and maintain independence. The key to having an independent lifestyle is to be physically able to safely perform everyday activities on your own and weightlifting can help with this! Many weightlifting movements mimic movements performed in everyday life. Imagine stepping up a couple stairs while holding something; weighted step ups mimic this movement. Or picture lifting an item off a tall grocery store shelf; that's what shoulder pressing teaches you to do! Weightlifting also has other lifestyle benefits for older adults including reducing the symptoms of heart disease, improving sleep, and preventing depression. Maybe you're picturing a buff Olympic weightlifter, and are intimidated by the idea of getting started. Weightlifting does not have to be incredibly strenuous or exhausting to be beneficial! Ask about any concerns or questions regarding weightlifting next time you're in the clinic.

## WHAT SHOULD YOU DO?

By KAYLEIGH NEWMAN

The American College of Sports Medicine (ACSM) is a widely respected organization, deeply involved in the exercise research field. Exercise researchers with ACSM provide widely accepted recommendations for minimal physical activity levels. Individuals should strive to achieve 150 minutes of moderate physical activity weekly OR 75 minutes of

vigorous physical activity weekly (or a mix of both), as well as 2 days of strength training a week focusing on major muscle groups. Understand that these recommendations are minimum recommendations, and more health benefits are seen with more physical activity.

## HOW TO START!

By KAYLEIGH NEWMAN

Look into memberships at local gyms or consider getting some lightweights to start using at home. Community fitness centers often offer classes specifically geared towards older adults. You may also be interested in hiring a personal trainer to help you learn the basics before exercising on your own. Ask your physical therapist any questions you have.

## COMING SOON!

By KAYLEIGH NEWMAN

I am in the process of creating a new home exercises program. Once finished, you will receive a customized take home sheet of your exercises with instructions and drawings.