



## Resistance Bands vs Hand Weights - Is One More Effective Than the Other?

By Amanda Volk, Health Educator

The simple answer is “no”, as they can both increase your overall muscular strength. The force it takes you to stretch the bands works your muscles the same way as using free weights or machines. In saying that, they each have their own perks.

Resistance bands have variable resistance on the muscle groups throughout the entire movement of the exercise. Whereas, hand weights have constant load or heaviness on the muscle groups throughout the same exercise. Meaning, the bands resistance increases the higher you raise your arms, in comparison to the hand weights where the load is the same regardless of how high you raise your arms.

Therefore, long lever (arms straight) exercises are easier to perform with weights than a band. For instance, the lateral shoulder raise (lifting your arm straight out to the side) is typically easier to perform with a weight because the load stays the same regardless of the position of your arm. Anytime you have to lift the weight up in the air, you’re muscles are working against gravity. If you were to use the band for the same exercise, the resistance actually increases as the arm raises, causing the exercise to be more strenuous. Please see the chart which outlines the simple guideline of when to use a band or weight.



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## Resistance Bands vs. Hand Weights Continued

By: Amanda Volk, Health Educator

Exercise	<u>Band</u>	<u>Weight</u>
Shoulder Shrug	√	√
*Lateral Raise	√	√
Upright Row	√	√
Back Row	√	√
Back Squeeze	√	
*Back Fly	√	√
Bicep Curl	√	√
Tricep Extension	√	
**Chest Squeeze	√	
**Chest Fly	√	
**Chest Press	√	

*\*For long lever (straight arm) exercises if you have a band and weights available then we would recommend using weights where the load stays the same throughout the entire range of motion (ROM).*

*\*\* If all you have available are weights, then we suggest laying down on your back and on the ground to perform the chest exercises so you're arms aren't working against gravity. If laying down is not an option then we would recommend wall pushups.*

The resistance band is a little more versatile and easier to bring along with you on your exercise endeavours. They are light and easy to fold up to throw in your bag which allows you the ability to workout wherever you go. They are adaptable because you can increase or decrease your resistance simply by shortening, lengthening or even doubling up the band. They are cost effective as well. (Our exercise bands sell for \$5 each).

There are many different types and colours of resistance bands. Each manufacturer has their own set of colours that provide different resistances (light, medium, heavy, very heavy, etc.). It's not about choosing your favourite colour, but rather knowing which colour of band will increase your strength. Both bands and hand weights provide resistance and can challenge us to be our best. By using both types of equipment, you are giving yourself more options which allows for greater variety in your exercise routine. Remember **variety** is the spice to fitness!





## Nutrition Tips for the Spring and Summer Months

By Karlee Schoff, LTC Dietitian

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Spring and summer can serve as a great opportunity to revamp health regimens. Proper nutrition plays a significant role in wellness and spring marks a new beginning for fresh and nutritious foods! Here are some tips to help you eat nutritious food over the spring and summer months:

**1. Hydrate.** As we age, our body's natural cues to hydrate diminish, so staying hydrated on the glorious summer days becomes that much more important! Drinking water is recommended, but if you are working out or being active outdoors on a hot day for over 60 minutes, you can also consider adding a drink with electrolytes to your hydration plan.

**2. Eat your fruits and vegetables.** Fresh fruits and vegetables are abundant in spring and summer. Aim to make them fill at least half of your plate. For example, a healthy balanced meal consists of filling 1/2 your plate with colourful fruits and vegetables, 1/4 of your plate with protein and the other 1/4 with starch or whole grains, plus a serving of milk (dairy or plant-based).

**3. Eat your protein.** Eating protein helps maintain muscle that tends to diminish in mass and strength as we age. As spring arrives and provides opportunity for more physical activity, adequate protein becomes even more crucial. Try to eat some protein (animal or plant-based) with all of your meals and snacks.

**4. Drink alcohol in moderation.** Spring and summer is often a time of indulging in patio beers or cocktails. Enjoying a drink or two doesn't have to derail your health goals. It is helpful to have a plan for those social occasions and slowing down your intake can be more satisfying and reduce the number of beverages. Kombucha, soda water with lemon, or sparkling flavoured waters can also be a refreshing summer drink!

Consult your registered dietitian or physician before making significant changes to your diet, especially if you have a chronic illness that may require more specific dietary requirements.





## Group Physical Activity - The Power of Joining In

By Vallyn Sielski - BKin, BTR, CTRS

The benefits of participating in regular physical activity are extensive and varied, but have you considered the benefits of participating in **group** physical activity? Group physical activity supports and encourages engagement; it's so much easier to stick to our plans, try a new activity, and feel safe when we join others. Participating in a group exercise program provides opportunities for accountability to our goals, a competitive push to challenge ourselves safely, and support for using good form with our movements. Group exercise programs can provide protective measures against depression, anxiety and loneliness, building our resiliency skills and emotional wellness for when tough times eventually come our way. Groups also make it easier to return to activity after an injury or illness! Looking for a way to support your brain health? Group physical activity encourages multi-tasking, creative thinking, memory, recall and verbal fluency. Joining in group physical activity bolsters our overall health and wellness!

For some, a group activity may be the one thing we look forward to leaving our home for. For others, it may be the most conversation we participate in that week. Group programs have those you can laugh with, struggle with, cheer on, and win with; these can be so much harder on our own! Group activities have a way of bringing people together, building connection, building community. **After all, those that sweat together, stay together!**

### A Huge "Thank You" to Prairie Central District for Sport, Culture & Recreation

We would like to extend a heart-felt "Thank You" to Prairie Central for their ongoing support! Over the years, they have been an amazing advocate for the FIM program, provided funding to assist with rental costs or mileage for leader training &/or other rural FIM events, & sent prizes our way for certain events from time to time. Your support is greatly appreciated & we look forward to many more years of this wonderful partnership!

### Forever...in motion Leaders!

St. Ann's Leader Training





## Aging Gracefully - Falls and Multiple Medications

By Cheryl Lehne, Senior Physical Therapist

It has been well researched that a consequence of taking multiple medications in older adults is an increased risk for falls. Certain medications can increase the risk of falling through sedative effects, impaired balance, decreased reaction times, lowering of blood pressure and a variety of other mechanisms. Drugs such as antidepressants, antihypertensives and benzodiazepines have been associated with falls.

Older adults take roughly three times as many medications as their younger counterparts. They are the greatest consumers of prescribed and over the counter medications. The potential for an adverse reaction significantly increases when three or more medications are prescribed. As medications accumulate, managing multiple medications and drug-related falls is essential.

The normal physical changes that occur with age can influence how medications work. For example, reduced liver and kidney function can lead to decreased breakdown and elimination of medications. As we age, our brain and central nervous system become more sensitive to medications, as a result dosages need to be carefully prescribed and monitored.

Medication management is ongoing, and needs to be reviewed periodically to optimize health. Older adults are strongly encouraged to meet with health care professionals directly responsible for prescribing and filling both prescription and non-prescription medications. Optimizing medication management is another step towards decreasing the number of fall-related hospitalizations in Saskatchewan.

In addition, falls prevention and a healthy lifestyle also incorporate approaches such as walking, regular exercise, getting adequate sleep, smoking cessation, and dietary changes! Such lifestyle choices are essential to better health and happier lives!

Cheryl Lehne,

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## Resources and Events to be Aware of ...

### Forever...in motion Leader Training

#### Saskatoon & Area:

- **Saskatoon** - April 29, May 1, 8, 15, 17 - McClure United Church
- **Rural** - April 16, 18, 23, 25, 30 - The Elizabeth in Humboldt
- **Rural** - May 7, 10, 14, 21, 24 - Heritage Centre in Martensville

Please contact Brenda at (306) 655-2454 or [brenda.chomyn@saskhealthauthority.ca](mailto:brenda.chomyn@saskhealthauthority.ca) to register or for more information.

#### Regina & Area:

- To be determined

Please contact Kathy Park at (306) 510-1599 or [kathy.park@saskhealthauthority.ca](mailto:kathy.park@saskhealthauthority.ca) for more information.

#### SPRA Training:

- SPRA will be hosting a virtual Leader Training in April, 2024.

Link to register: [Forever...in motion Leader Training Registration | Eventbrite](#)

Please contact Kelsey at (306) 780-9219 or [kmichaluk@spra.sk.ca](mailto:kmichaluk@spra.sk.ca) for more information.



Saskatchewan Health Authority (SHA), in partnership with Saskatchewan Parks and Recreation Association, provides **Forever...in motion** as a health promotion strategy that strives to improve the health of Older Adults living in community.

For more information about **Forever...in motion** in your region contact:

#### Saskatoon & area:

- Kimberly Willison (306) 844-4081 or [kimberly.willison@saskhealthauthority.ca](mailto:kimberly.willison@saskhealthauthority.ca)

#### Regina & area:

- Kathy Park (306) 510-1599 or [kathy.park@saskhealthauthority.ca](mailto:kathy.park@saskhealthauthority.ca)

#### Regions outside Saskatoon and Regina:

- Kelsey Michaluk (306) 780-9219 or [kmichaluk@spra.sk.ca](mailto:kmichaluk@spra.sk.ca)

