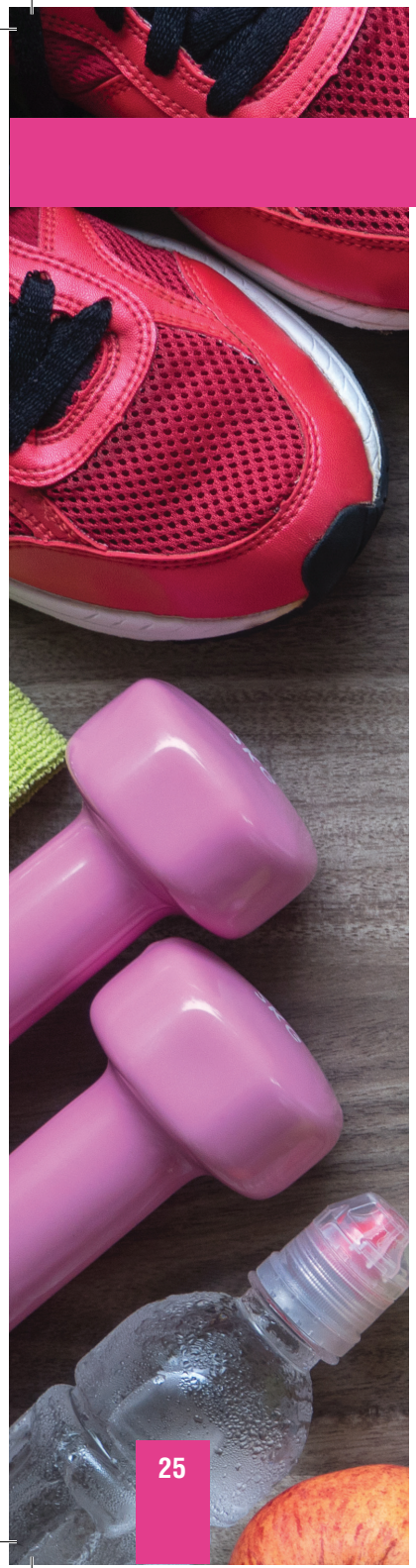


Session 12 – Weight Training

I. Objectives

- Understand the importance of weight training
- Understand the health benefits of weight training
- Create a plan to incorporate weight training

II. Introduction

Weight training, strength training, resistance training, whichever term you choose, they all mean the same--they build muscle. Muscle makes a protein called Glutamine 4 and Glutamine 4 makes an insulin-like protein that works while letting the pancreas rest. Weight training helps reduce the risk for type 2 diabetes.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

The health educator will inform the client the benefits of weight training.

- Weight training is a great way to reduce the risk for type 2 diabetes and obesity. Weight training places resistance on the muscles of the body by use of pushing or pulling exercises. The resistance can be induced by using free weights (barbells and dumbbells), weight machines, resistance bans, or even by using your own body weight. This lesson is not about “body building.” The type of weight training discussed here can be best described as “functional weight training.” Weight training can:
  - Reduce or prevent high blood sugar levels
  - Reduce or prevent high blood pressure
  - Increase muscle strength and build lean muscle
  - Improve how insulin works
  - Increase strength in bones, ligaments and tendons
  - Reduce body fat
  - Lower bad cholesterol (LDL) and increase good cholesterol (HDL)
  - Increase metabolic rate (increased calorie burning while at rest)
  - Reduce risk of osteoporosis
  - Increase energy
  - Improve physical appearance
  - Reduce stress, anxiety, tension

Getting Started

- Check with your doctor before starting any exercise program especially if you have diabetes, high blood pressure, or heart disease.
- Go to the library or bookstore and get a basic weight lifting book or video and read/watch thoroughly and progress slowly. You can even find videos online by certified trainers who can show you the proper form to reduce risk of injury.
- Perform body weight exercises. This type of exercise uses your own body weight for resistance. Body weight exercises are

Session 12 – Weight Training

exercises such as push-ups, pull-ups, squats and lunges. This is a really great and inexpensive way to start getting in shape and you can exercise almost anywhere. You may find that body weight exercises are exactly what you need to prepare you for lifting weights or you may find body weight exercises are all you need to get and stay fit and healthy and never touch a weight.

Basic Introduction to setting up a resistance training program

Be sure to check with your doctor first.

- Use the following exercises to start with: push-ups, squats, crunches, jumping jacks and bicep curls. As you become accustomed to these exercises you can make them more difficult by doing more repetitions or by doing different variations.
- Warm up muscles by stretching
- Start lifting a weight heavy enough to give you resistance
- Do 8 repetitions of each isolated exercise (a repetition is one full movement of the exercise from beginning to end).
- Do 3 sets of each isolated exercise with the same number of reps.
- Example: 3 sets of 8 repetitions of bicep curls
- Rest 1-2 minutes in between sets.
- After the resistance nearly disappears go up on repetition at a time until you reach 12 repetitions.
- After you reach 12 repetitions, go up in weight and start all over again at 8 repetitions.
- Follow the same repetitions as you go up in weight.
- Exercise once or three times per week.
- Combining an aerobic program (walking, jogging, and swimming) with a weight training program is an excellent way to prevent or control diabetes. Remember current guidelines call for a minimum of 150 minutes of exercise per week but the more you can exercise the greater the benefits.

V. Activity

Record the number of minutes of strength training completed.



Weekly Log: Weight Training

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
# lbs # Reps # Sets							

