

Get Healthier with Resistance Training

PARENTS ASK:

What is resistance training, anyway?

Resistance training is any type of physical activity in which you use your muscles against resistance. You can use many different tools to do resistance training. One of those tools is resistance bands. You can use a resistance band to help you become stronger and healthier. It's like a thick rubber band.

Your muscles work to stretch the resistance tubing. The harder you use your muscles, the stronger they grow. It's like lifting weights. The heavier the weight you lift, the harder your muscles work. The harder your muscles work, the stronger they grow.

Tubes come in different colors. Each color stands for a different thickness. The thicker the tube, the more the resistance. The more the resistance, the harder the exercise will be to do.

PARENTS ASK:

How can working out with resistance tubing help my child?

There are a number of ways it may help. It may help him:

- ▶ **Strengthen muscles.** Your child can do daily activities

easier. He can be better at sports. He can improve his muscle tone

- ▶ **Get healthier.** Stronger muscles improve overall health.
- ▶ **Burn calories when he is working out.** Just like he burns calories when he walks or bikes.
- ▶ **Burn more calories even when he is not working out.** Muscles burn more calories than fat, even when resting.

PARENTS ASK:

How else can working out with resistance tubing help?

Your child will have:

- ▶ **Better blood sugar levels.** Less fat and more muscle will help her manage her diabetes better.
- ▶ **Better balance and coordination.** This will help her be more graceful. This can help her in sports

KEY GOALS

Continue to help your child meet her 4 key goals:

- ⊙ Limit RED foods
- ⊙ Increase GREEN activity
- ⊙ Hold Family Meetings
- ⊙ Keep Track of Weight

and other physical activities. It will help her feel better about herself.

- ▶ **Less back pain.** Back pain may not be a problem now. But it could be down the road. Extra weight on the body puts stress on your back.
- ▶ **More fun.** If she is stronger, she can stay active longer. It will help her keep up with her friends and have more fun.

Stronger muscles improve your health.

Here's what you'll learn about in this module:

- ▶ How resistance training can help you and your child
- ▶ Safety tips
- ▶ Workout tips
- ▶ Tubing tips



PARENTS ASK:

What kind of resistance exercises can we do with tubing?

There are resistance exercises for your arms. Your legs. Your shoulders. Your back. Your chest. For almost every part of your body.

Your PAL has materials that explain the exercises. The materials show the proper form for different muscles. Your PAL can show you and your child

the right way to do them. Your PAL also has some resistance tubing so you and your child can get started. Your PAL will also help you make a workout plan.

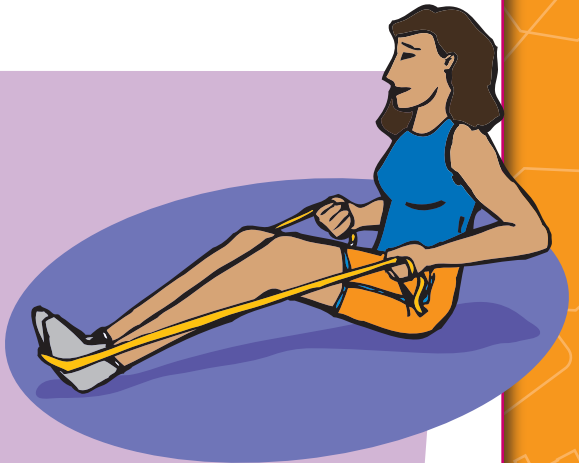
PARENTS ASK:

Should we do this instead of other physical activity?

No. Do it in addition. Resistance training builds strength. The other GREEN activities help your heart

and lungs bring oxygen to your working muscles. These are called “cardiovascular” activities. They help you and your child lose weight.

Working out with resistance tubing burns calories.



Alicia was playing in one of the Y’s volleyball leagues. She was playing with other beginners her age. This was really healthy for her heart and lungs. It was helping her lose weight, too. She felt good about being with other kids her age who were also just learning.

Alicia asked her coach about other ways she could be physically active. “Have you thought about doing some resistance training?” the coach asked. Alicia didn’t know what that was. “Come on. I’ll show you,” the coach said. The coach led Alicia into a room where people were using colored tubes that looked like big rubber bands. Someone was teaching them how to do it.

“What are they doing?” Alicia asked.

The coach explained that, just like with regular weights, using different thicknesses could increase difficulty of resistance. “They get a little harder to stretch as the color changes. The bands get thicker,” he said.

The coach explained how working out with the resistance tubing could make her stronger. With stronger muscles, she would burn more calories. She would probably feel better too. That sounded great to Alicia. “I’d like to be stronger. And I’m already trying to lose weight. But I don’t want to become too muscular and look like a boy,” she said.

“Don’t worry. That doesn’t happen to girls. Girls are built differently than boys. You can get stronger, but not look too muscular.”

Alicia smiled. “I think I’d like to try the resistance training class,” she said. “Could I?”

“Sure,” said the coach. “And after you learn about resistance training in the class, you can work out at home. Or anywhere. It doesn’t take much room. And it doesn’t cost much.”

Alicia’s parents were very happy when she told them about her decision to try resistance training. “We’re proud of you for going to the Y and learning about ways to help yourself,” they said.

Fitness/Physical Activity Vocabulary

Here are words that describe resistance training. If you don't remember what a word means, you can check back on this list to find out. Words are listed alphabetically.

Fitness Overview

- ▶ **Cardiovascular fitness** means how efficiently your heart and lungs work to deliver oxygen to the working muscles. Activities like walking, jogging, and biking build cardiovascular fitness.
- ▶ **Resistance training** or **strength training** means any type of physical activity in which you use your muscles against resistance. You can use many different tools to do resistance training. You can use resistance bands, weights, or machines. You can even do some exercises in a pool.

Working Out

- ▶ **Cheating** means using other joints and muscles to complete an exercise instead of those that you should use. Cheating may hurt your joints and muscles. It also doesn't help the muscles you were trying to strengthen.
- ▶ **Contraction** means the shortening or tightening of a muscle during an exercise.
- ▶ **Extension** means straightening your limb to its full length.
- ▶ **Flexion** means bending your limb.
- ▶ **Hydration** means drinking enough water. Your body needs about 10 glasses of water a day. Soda and coffee have caffeine and do not count.
- ▶ **Muscle endurance** means the greatest number of repetitions that you can do without getting tired.
- ▶ **Muscle strength** means the most amount of weight your muscle can lift at one time.
- ▶ **Principal of overload** means putting more demands on a muscle to help it grow stronger. In order for a muscle to become stronger, you need to add resistance.
- ▶ **Range of motion** means the path your muscles will move during the exercise. Not going through the full range of motion will prevent you from getting all the benefits of the exercise. Using too much range of motion will put stress on the muscles, tendons, and ligaments. It may lead to injury.
- ▶ **Repetition** means doing an exercise one time. Ten repetitions or "10 reps" means doing it ten times.
- ▶ **Set** means the number of repetitions you do before resting. After a set of 10 reps, you would rest before doing another set of 10 reps.
- ▶ **Specificity of training** means training to meet a specific goal. For example, you might strengthen your arms to improve your jump shot. You would do resistance exercises using arm muscles.

The harder your muscles work, the stronger they grow.



Safety Tips: *Protect yourself. Do it safely.*

1. We realize you have your doctor's approval for increasing activity in this program. Don't do an exercise that involves an injured joint without consulting your doctor.
2. Warm-up and cool-down.
 - ▶ Do a general warm-up before resistance training.
 - ▶ Stretch after training to cool-down.
3. Allow your muscles to rest between sets.
4. Stop if you feel pain.

Workout Tips: *Do it right. Get the most from your workout.*

1. Always use proper form. Don't cheat. Cheating won't help you get stronger. It can hurt you.
2. Practice each exercise first without the resistance tubing. This gets you used to doing the motion in proper form.
3. Make sure you understand what joints and muscles an exercise is for. That way you will know if you are using the correct muscle during a particular exercise. It will help you know if you are using the correct form.
4. Plan a well-balanced training program. Do exercises for your whole body.
5. Do exercises on both sides of your body.
6. Use slow and controlled movements. Fast and jerky movements make the exercise less effective.
7. Ask your PAL for suggestions about:
 - ▶ Changing resistance.
 - ▶ Changing the exercise if it is too hard.
8. Keep breathing.
 - ▶ Don't hold your breath while exercising.
 - ▶ Breathe out during the hardest point of the exercise.
9. Work up to 3 sets of 12-15 reps for each exercise.
10. Move to the next level of resistance when it becomes easy to do 3 sets of 12-15 reps.

Tubing Tips: *Protect your tube. Protect yourself.*

1. Check the resistance tubing for nicks, worn spots, or cuts. These may cause your resistance tubing to break during an exercise.
2. Do not leave your resistance tubing in a sunny spot. It can dry out, become weak, and break.
3. Get a good grip. Wrap the resistance tube twice around your hand before beginning an exercise.
4. Never pull resistance tubing directly towards your face.
5. Never tie two pieces of resistance tubing together. Ask your PAL if you need a longer piece of tubing.
6. Use a tight knot to tie the resistance tubing to a doorknob. Check to see that the knot is tight before exercising. Ask your PAL for tips on how to do it.
7. Watch for stones and pebbles in the soles of your shoes. Stones can tear the tubing.

How to help yourself

- ▶ Schedule a time and a place to work out.
- ▶ Set goals for yourself.
- ▶ Stick to your schedule.

How to help your child

- ▶ Help your child schedule a time and place to work out.
- ▶ Make sure your child understands the safety tips.
- ▶ Offer to check your child's form.
- ▶ Praise and encourage.

Get Healthier with Resistance Training

What do you know about Resistance Training?

Safe Habits

Mark whether each statement is true or false.

1.	<input type="checkbox"/>	Soda and coffee do not count towards the 10 glasses of water that you need each day.
2.	<input type="checkbox"/>	When the exercise becomes easier to do, the muscle is becoming stronger.
3.	<input type="checkbox"/>	After a set of 15 reps, you should do another set of 15 reps right away.
4.	<input type="checkbox"/>	Too much range of motion may lead to injury.
5.	<input type="checkbox"/>	Go to the next level of resistance when it becomes easy to do 3 sets of 12-15 reps.
6.	<input type="checkbox"/>	Never pull the resistance tubing directly toward your face.
7.	<input type="checkbox"/>	It's OK to exercise only one side of your body.
8.	<input type="checkbox"/>	It's OK to keep going if you feel pain.
9.	<input type="checkbox"/>	Fast and jerky motions are OK. Not everything needs to be slow and controlled.
10.	<input type="checkbox"/>	It's good to hold your breath while doing an exercise. This helps you focus.
11.	<input type="checkbox"/>	It's good to use proper form, but it's really not necessary.
12.	<input type="checkbox"/>	Warm-up and cool-down by stretching.
13.	<input type="checkbox"/>	Resistance or strength training requires you to use your muscles against resistance.
14.	<input type="checkbox"/>	Cardiovascular fitness is not related to your heart or lungs.

Answers: 1.T 2.T 3.F 4.T 5.T 6.T 7.F 8.F 9.F 10.F 11.F 12.T 13.T 14.F

Help your child plan

Your child has some activities in her Help Sheet that can help her set goals for resistance training. Go over them with her. Help her make a workout schedule. Watch to make sure she is using correct form while using resistance tubing.

How Resistance Tubing Can Help Me

Mark whether each statement is true or false.

Working out with resistance tubing can help me ...

1.		Strengthen muscles.
2.		Have better blood sugar levels.
3.		Burn calories when working out.
4.		Burn more calories even when not working out.
5.		Have less back pain.
6.		Have better balance and coordination.
7.		Have more fun.
8.		Do everyday activities easier.

Answers: 1.T 2.T 3.T 4.T 5.T 6.T 7.T 8.T

Workout vocabulary

Match the correct word with the definition.

- | | |
|-----------------------------|--|
| 1. Cheating | A. The shortening or tightening of a muscle during an exercise |
| 2. Contraction | B. Straightening your limb to its full length |
| 3. Extension | C. Drinking enough water |
| 4. Hydration | D. Using other joints and muscles instead of those that you should use |
| 5. Muscle strength | E. The most amount of weight your muscle can lift at one time |
| 6. Principle of overload | F. The path your muscles will move during the exercise |
| 7. Range of motion | G. Putting more demands on a muscle to help it grow stronger |
| 8. Repetition or rep | H. Training to meet a specific goal |
| 9. Set | I. Doing an exercise one time |
| 10. Specificity of training | K. The number of repetitions you do before resting |

Answers: 1.D 2.A 3.B 4.C 5.E 6.G 7.F 8.I 9.K 10.H

Get Healthier with Resistance Training

Your Goals for Resistance Training

Check off the muscles you would like to strengthen and fill in the blanks.

For example: X Arms This will help me throw a baseball harder .

I would like to strengthen these muscles:

<u> </u> Arms	This will help me...
<u> </u> Back	This will help me...
<u> </u> Chest	This will help me...
<u> </u> Legs	This will help me...
<u> </u> Shoulders	This will help me...

Your Plan

Check off the days you want to train. Fill in the time you want to train.

Day	✓	Time of day
Sunday	<input type="checkbox"/>	
Monday	<input type="checkbox"/>	
Tuesday	<input type="checkbox"/>	
Wednesday	<input type="checkbox"/>	
Thursday	<input type="checkbox"/>	
Friday	<input type="checkbox"/>	
Saturday	<input type="checkbox"/>	

_____ is a good place for me to work out.

I may ask _____ to watch my form sometimes. Just to make sure I'm not cheating without knowing it.

Get Healthier with Resistance Training

Resistance tubing is a tool to use to help you and your child become stronger and healthier.

Your muscles work to stretch the tubing. The work makes them stronger.

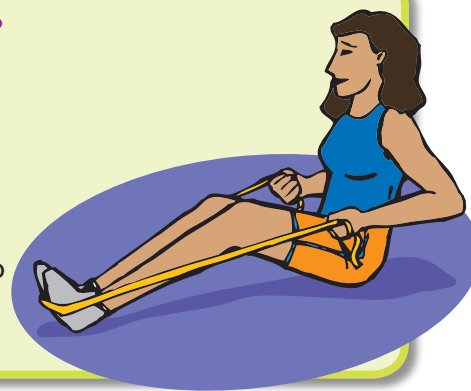
Working out with resistance tubing may help your child:

- ▶ Improve muscle tone and strengthen her muscles. She will be able to do a lot of things easier.
- ▶ Get healthier. Stronger muscles improve overall health.
- ▶ Burn calories *when she is working out*. Just like when she walks or bikes.
- ▶ Burn more calories *even when she is not working out*. Stronger muscles will help her burn up calories faster. Muscles burn more calories than fat does.
- ▶ Have better blood sugar levels. Less fat and more muscles will help her manage her diabetes.

What exercises can we do with resistance tubing?

There are many resistance tubing exercises you and your child can do. Exercises for your arms. Your legs. Your shoulders. Your back. Your chest. For almost every part of your body.

Your PAL has materials about them. Your PAL can show you the right way to do them. Your PAL also has some resistance tubes so you can get started.



Before she gets started, make sure your child:

- ▶ Learns the **vocabulary** that goes with resistance training.
- ▶ Understands and follows the **Safety Tips** for training with resistance tubing.
- ▶ Understands and follows the **Workout Tips**.
- ▶ Understands and follows the **Tubing Tips** for training with resistance tubing.