

Managing Diabetes in Older Adults using Resistance Training



Native American Fitness Council “TRAINING NATIVE TRAINERS”

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Objectives

Examine the benefits of resistance training for older adults in relation to diabetes prevention

Identify appropriate resistance training exercises & methods for older adults

Employ culturally responsive education to motivate native elders in resistance exercise programs

Benefits of Resistance Training

Diabetes Related



Benefits of Resistance Training

Disease Prevention

Stronger Muscles

Increased Bone Density

Improved Function &
Independent Living

Positive Mental & Emotional Health



Resistance Training Exercises & Methods

Main Movements: Push, Pull, Squat



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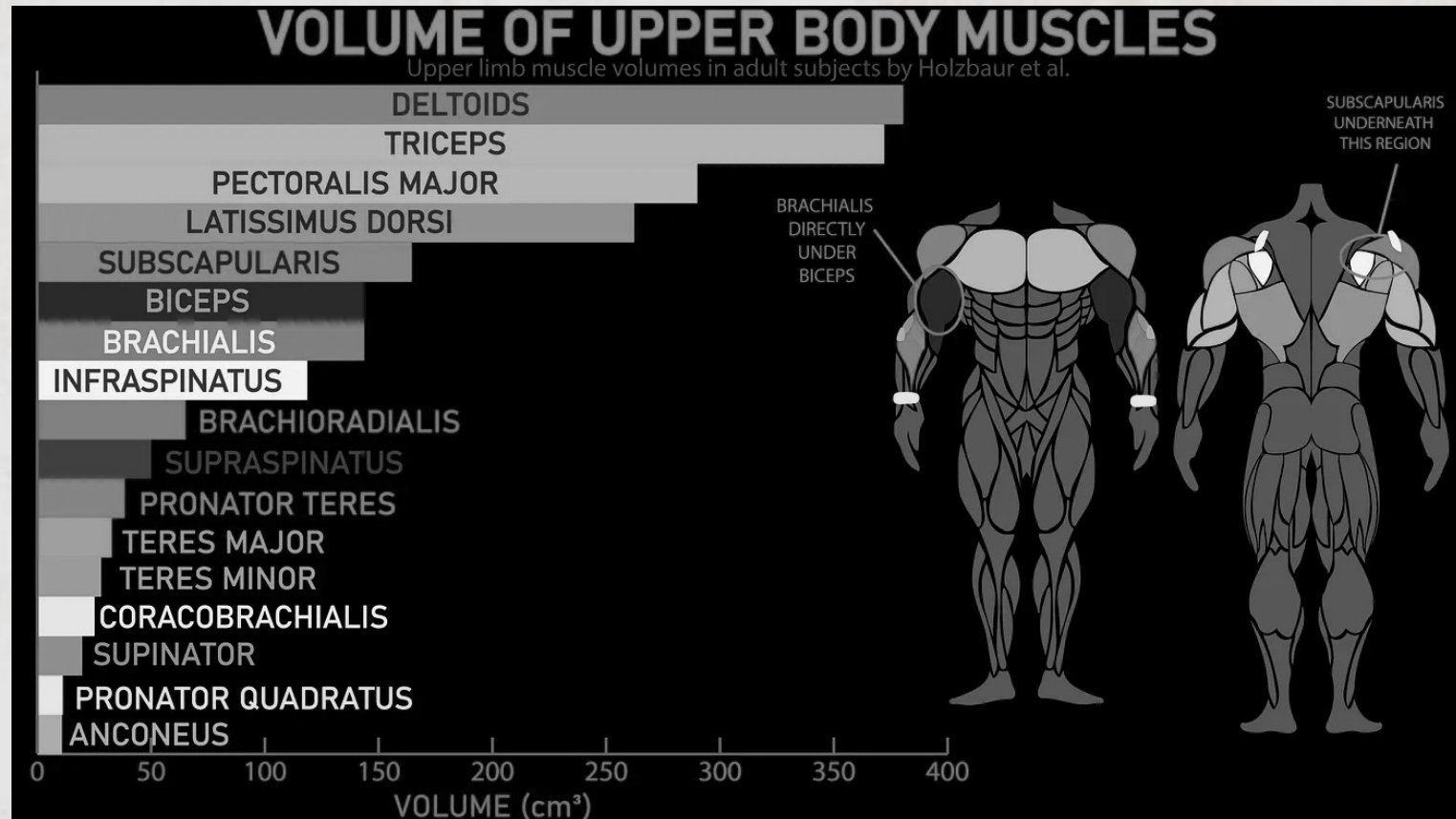
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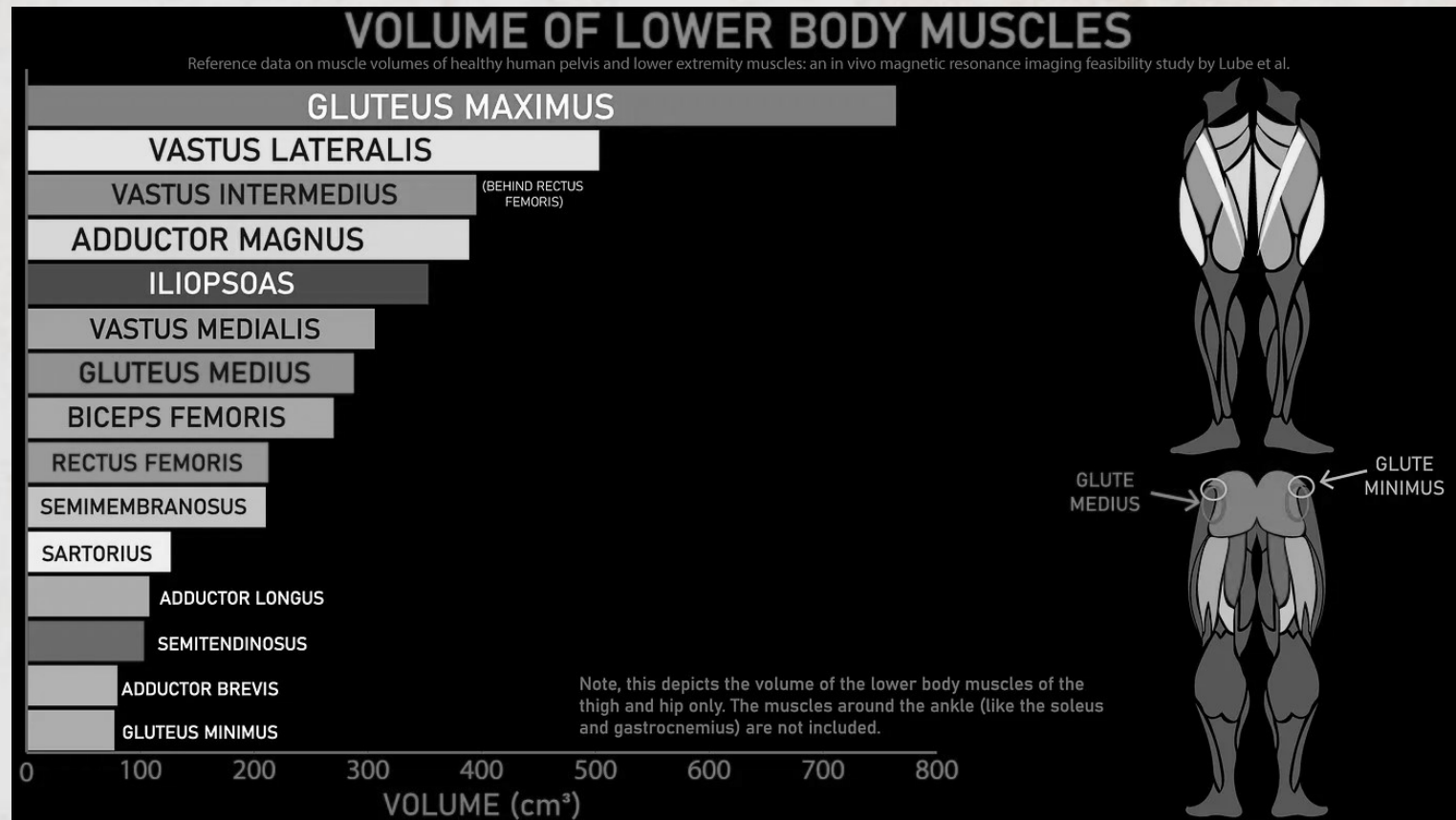
Resistance Training Exercises & Methods

Main Movements = Main Muscle Groups



Resistance Training Exercises & Methods

Main Movements = Main Muscle Groups



Resistance Training Exercises & Methods

Teach Technique



Resistance Training Exercises & Methods

Modify Exercises to Client



Resistance Training Exercises & Methods

Get Functional: Standing Positions



Resistance Training Exercises & Methods

Get Functional: Free Weights, Cables & Bands



Resistance Training Exercises & Methods

Get Functional: Combine Push, Pull, Squat



Resistance Training Exercises & Methods

Workout Program Guidelines

2+ Days per Week

6 - 9 Exercises (Push, Pull, Squat)

2 - 4 Sets

10 -15 Repetitions

Resistance Training Exercises & Methods

Circuits : Push, Squat, Pull, Step



Culturally Responsive Education & Motivation Training Elders



Culturally Responsive Education & Motivation



Native American Fitness Council

www.nativeamericanfitnesscouncil.com

