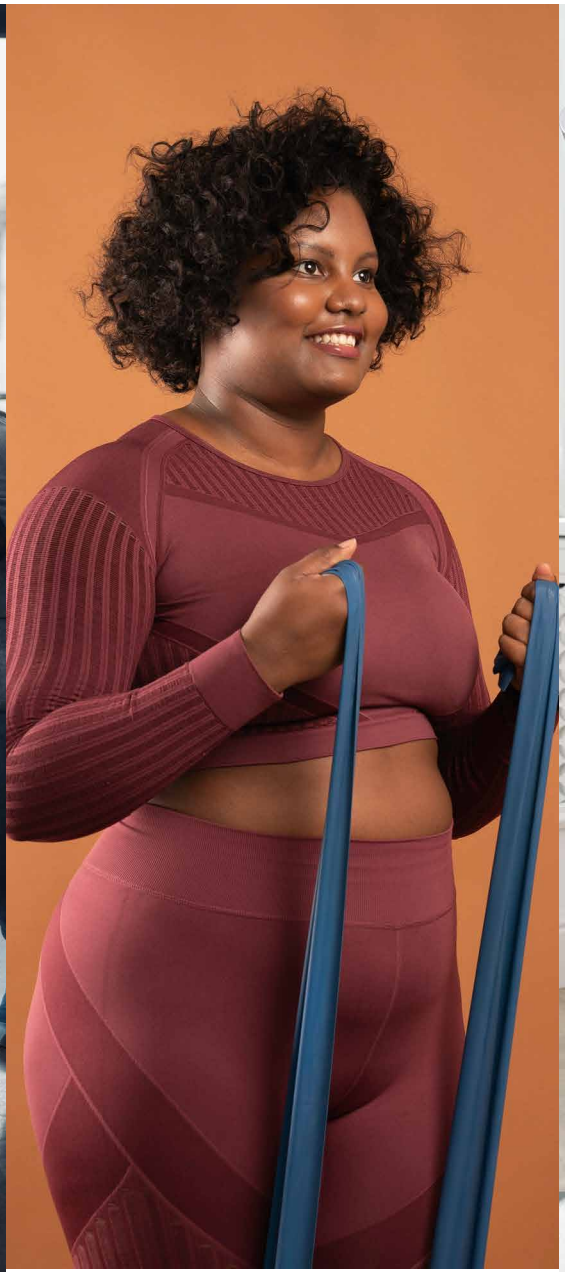
Resistance Training During Weight Loss: A Practical Guide







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What Is Resistance Training?

Resistance training (exercise activities that make your muscle stronger) is any type of exercise where your muscles work against a force.

Force can be created by:



Dumbbell



Resistance Band



Body Weight

Why Is Resistance Training Important?

Resistance Training May Help With:



Reducing muscle loss



Improving physical function and strength



Improving body composition



Burning more calories



Controlling blood sugar



Supporting bone health



Maintaining a healthy weight long term



Improving mental health

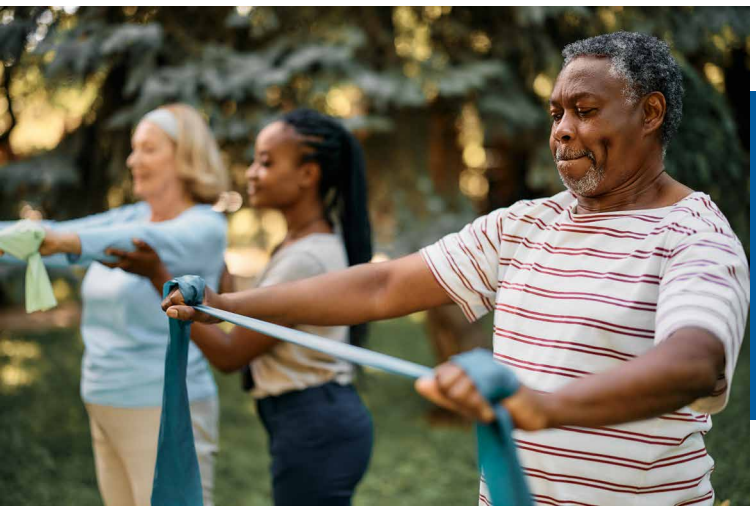


Lowering the risk of falls in older adults

Getting Started: How Often and How Much?

Resistance training at least 2 times per week

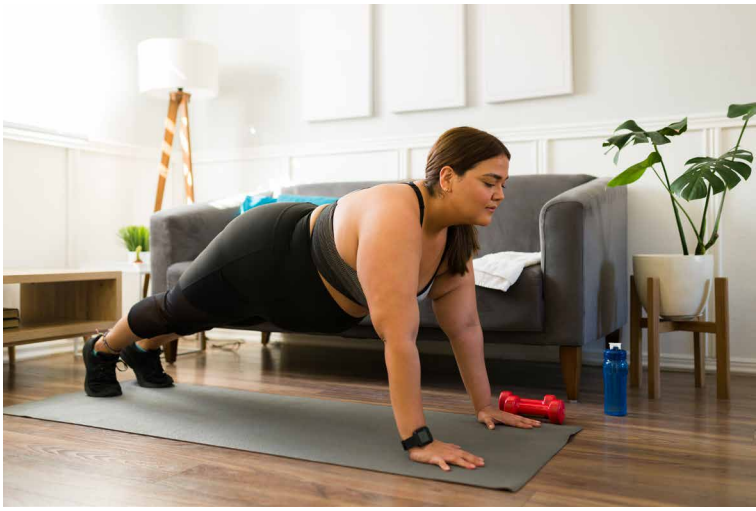
Sessions can be as brief as 20-30 minutes.
Focus on 8-10 different exercises involving major muscle groups.



If you are just getting started, begin with light exercises, and gradually increase resistance and repetitions based on your comfort and fitness level. You can use the exercise examples on pages 4-6 to help you get started.

You are doing great by getting started!
A healthy routine includes both aerobic and resistance exercises, but you do not need to do them in the same workout– just find what works and is sustainable.
Doing these exercises regularly can help you feel stronger, healthier, and happier.
Even small steps add up, so keep going and enjoy your progress!

Most people can safely begin light to moderate resistance training at home, especially, if they start slowly and listen to their body. However, individuals with chronic conditions, significant health concerns, or those who have been inactive should consult with a healthcare provider before beginning a new exercise program.



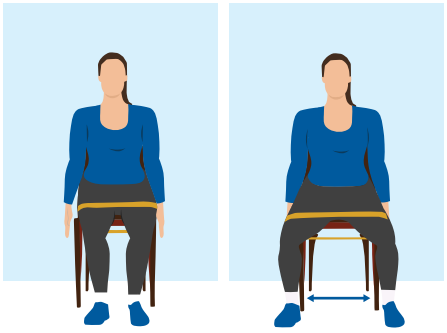
If you feel any pain or discomfort while exercising, please stop right away. It's always a good idea to check with your doctor before you continue, to make sure you stay safe and avoid any injury.

Examples of Resistance Exercises

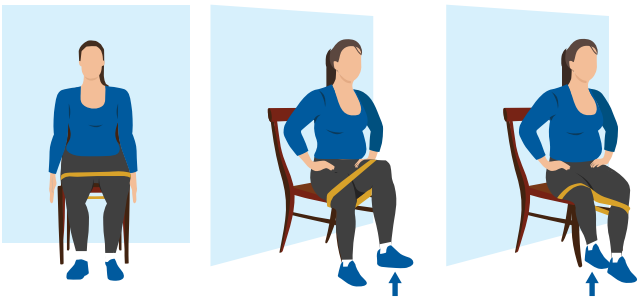
Seated Butterfly With Resistance Bands

- Sit in a flat, sturdy chair without wheels, placed against a wall with your back straight and feet on the floor
- Hold the sides of the chair near your hips
- Place a resistance band around your knees
- Push your knees apart and then bring them back together, like a butterfly motion

Repeat: 10 times *Lower body*



Set Move



Set Lift Alternate

Repeat: 10 times *Lower body*

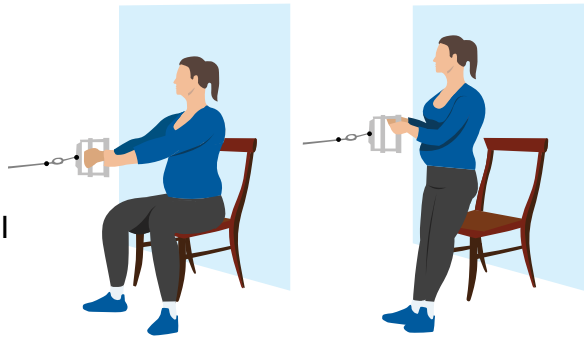
Seated March With Resistance Bands

- Sit in a flat, sturdy chair without wheels, placed against a wall with an elastic band wrapped around your lower thighs
- Lift 1 knee up toward the ceiling
- Reach your knee as high as is comfortable and hold this position for a few seconds
- Relax your foot back to the floor and then alternate to the other side

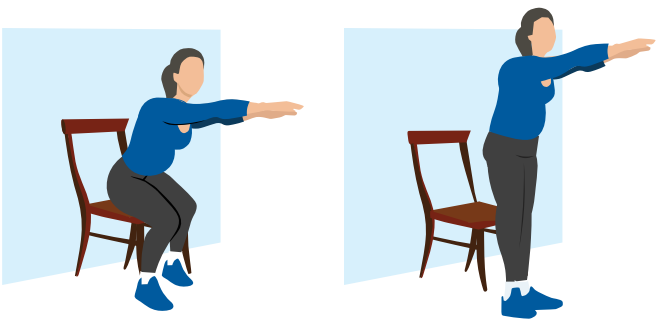
Sit to Stand With Resistance Bands

- Make sure the resistance bands are securely anchored and properly positioned before starting the exercise to prevent the bands from slipping or snapping
- Sit at the front edge of a sturdy chair placed against the wall
- Hold the resistance band for stability
- Place your feet shoulder-width apart with knees at a 90-degree angle
- Lean forward at the waist, push your heels to stand up, and then sit back down

Repeat: 10 times *Lower body*



Set Stand up



Set Stand up

Repeat: 10 times *Lower body*

Sit to Stand Without Resistance Bands

- Sit on a flat bench or a sturdy chair placed against the wall with your back straight and feet on the floor
- Make sure the chair is placed against a wall to keep it from moving
- Use your leg muscles to slowly and smoothly stand up tall, then lower yourself back down to sit.
- Make sure your bent knees don't move ahead of your toes

Single Leg Overhead March With Dumbbell

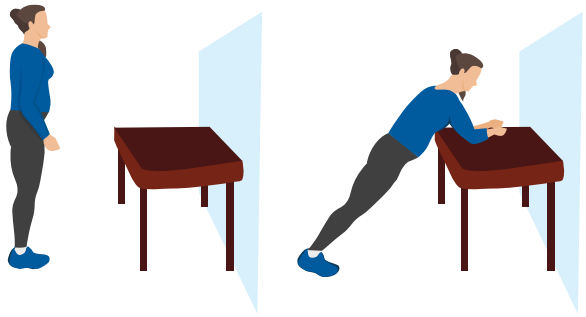
- Start with a light weight and lift it overhead with arms fully extended
- Keep your hands directly above your shoulders and push the weight up to engage your shoulders and back
- Squeeze your core (suck your belly in) and start marching, lifting your knees up to the waist height or as high as comfortable. Keep the weight stable overhead



Set | March | Alternate

Repeat: 10 times | *Both upper and lower body*

Modified Front Plank



Set | Elbows on the table, step back and hold in position

- Stand in front of a sturdy table placed against a wall
- Move 2 steps backward from the table and
- place your elbows on the table
- Keep your spine straight
- Pull your belly toward your back
- Hold this position for about 30 seconds
- Gradually increase the holding time each week

Repeat: 10 times | *Core (both upper and lower body)*

Chair Squat With Weight

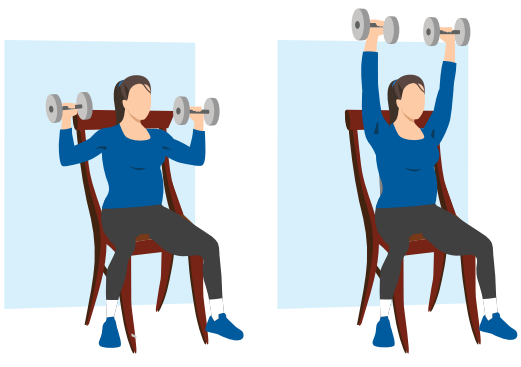
- Sit in a sturdy chair without wheels, placed against a wall and hold your weight close to your chest
- Place your feet slightly wider than your hips
- Bend at the hips and push your legs into the floor to stand up, keeping your chest high and looking forward
- Stand tall, then bend at the hips and push your buttocks back to the chair.
- Slowly bend your knees to sit down, keeping your knees hip-width apart and your back straight
- Pause with your center of gravity toward your feet



Set | Stand tall

Repeat: 10 times | *Lower body*

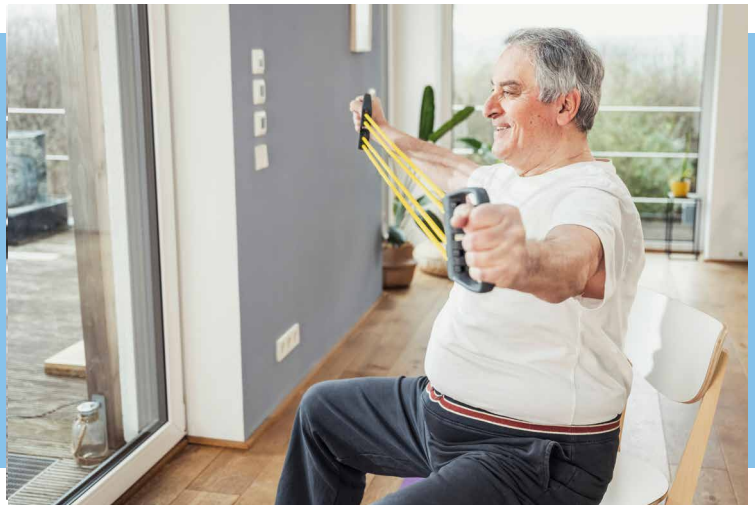
Overhead Press With Weight



Start | Push up

- Stand or sit in a position that is comfortable for you (use flat, sturdy chair without wheels and placed against a wall)
- Hold a weight in both hands at shoulder height
- Push the weight towards the ceiling with both arms
- If you have limited shoulder movement, you can push the weight with 1 arm at a time
- Keep the weight in line with your body vertically

Repeat: 10 times | *Upper body*



You do not need to spend hours to benefit from resistance training–a session of 20-30 minutes twice or thrice a week a can help build strength over time.

As you add strength training to your routine, you may notice that everyday activities feel easier over time. When an exercise starts to feel too easy, try adding more resistance or doing a few more repetitions to keep progressing.

The Extra that Matters

Protein matters
Aim for at least 60–75 g of protein daily and up to 1.5 g per kg of your body weight, spread across meals. Start each meal with a protein such as eggs, chicken, fish, yogurt, or beans.

Stay hydrated
Drink at least 2-3 Liters of fluids per day such as water, low-calorie beverages, or nutrient-dense beverages like low-fat dairy or low-fat dairy alternatives.
Limit sugar-sweetened beverages, alcohol, carbonated beverages, and caffeine.

Eat well
As a general guide, use a standard plate divided into 3 parts as below:

- Half the plate non-starchy vegetable, and the second half split equally between protein and whole grain
- A small portion of fruit may also be added
- One glass of water with each meal is also recommended

Be consistent
Regular routine exercise is the key to making progress and feeling your best.

Sleep counts
Good sleep helps your body recover better after exercise and supports overall wellness.

Additional Resources for About Resistance Training:

Office of Disease Prevention and Health Promotion
Physical Activity Guidelines for Americans, 2nd edition

National Institutes of Health
Three Types of Exercise Can Improve Your Health and Physical Ability

US Centers for Disease Control and Prevention
Physical Activity Basics

US Department of Veterans Affairs
MOVE! Weight Management Program

Better Health Channel | Victoria State Government Department of Health
Resistance Training – Preventing Injury

Health Direct
Strength Training for Beginners

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