Background

- Throughout the aging process, physiological changes occur that lead to a decline in skeletal muscle mass, strength, and function, which can predispose individuals to impaired movement and function and increased risk of injury and death.1
- Resistance training programs for older adults can help ameliorate the impact of aging on progressive skeletal muscle deterioration, while also improving quality of life and psychological well-being.1
- **Purpose:** This position statement synthesizes current research to deliver evidence-based recommendations on resistance training for older (>55 years) adults.

Summary Statements

- Eleven summary statements in 4 targeted areas are given for effective resistance training in older adults. A brief summary of the statements follows:
  - **Part 1: Program design**
    - Resistance training programs are healthy and safe when properly designed and tailored to individuals.
  - **Part 2: Physiological adaptations**
    - Properly designed resistance training programs can effectively combat the age-related changes that occur in skeletal muscle.
  - **Part 3: Functional benefits**
    - Properly designed resistance training programs provide benefits to physical functioning and are preventive against injuries; they also improve psychological well-being.
  - **Part 4: Considerations for individuals with limitations**
    - Resistance training programs can be modified to accommodate individuals with limitations in health, function, and living arrangements.
- All summary statements are backed by scientific evidence provided in the published position statement.

Goals of the Position Statement

- The goals of the NSCA-endorsed evidence-based position statement are to 1) provide a unified and holistic framework for intervention with resistance programs among older adults; 2) establish the health benefits of such intervention; and 3) minimize barriers to implementation.