

Resistance Training for Older Adults: Position Statement from the National Strength and Conditioning Association

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.

Article published in the *Journal of Strength and Conditioning Research*

Authors

Maren S Fragala,¹ Eduardo L Cadore,² Sandor Dorgo,³ Mikel Izquierdo,⁴ William J Kraemer,⁵ Mark D Peterson,⁶ Eric D Ryan⁷

Affiliations

¹ Quest Diagnostics, Secaucus, NJ

² Exercise Research Laboratory, Federal University of Rio Grande do Sul, Porto Alegre, Brazil

³ University of Texas at El Paso, El Paso, TX

⁴ Department of Health Sciences, Public University of Navarre, CIBER of Frailty and Healthy Aging (CIBERFES), Navarrabiomed, Pamplona, Navarre, Spain

⁵ The Ohio State University, OH

⁶ University of Michigan-Medicine, MI

⁷ University of North Carolina-Chapel Hill, NC

Citation

Fragala MS, Cadore EL, Dorgo S, et al. *J Strength Cond Res.* 2019;33:2019-2052.

Webpage

<https://insights.ovid.com/pubmed/?pmid=31343601>

Reference

1. Liquori I, Russo G, Aran L, et al. *Clin Interv Aging.* 2018;13:913-927.