

Strength Training in Midlife: Where to Begin™

A simple starting point can help you build strength, confidence and consistency without trying to master everything at once.



Strength training uses resistance to challenge your muscles. Resistance can come from weights, bands, machines, body weight or everyday objects.

1



Choose Your Setting

Home, gym, class or supervised sessions can all work. Choose the option you are most likely to use consistently.



Body weight



Bands



Dumbbells



Machines

2



Learn the Basic Patterns

A balanced routine can include sitting or squatting, hinging, pushing, pulling, stepping and carrying.

3



Begin with a Few Exercises

Choose movements you can perform with control. One exercise for each major pattern is plenty for a beginning routine.

4



Leave Room to Recover

Give the muscles you trained time to recover before challenging them again. Light movement can still fit between strength days.

5



Build Gradually

Increase the challenge only when your form feels steady and your current routine is manageable.

A Simple First Session Could Look Like

Chair
sit-to-standWall or
counter
push-upResistance-
band rowSupported
step-upSuitcase
carry

— Start with a version that suits your ability and available equipment. —

How Should It Feel?



Too Easy

You could continue for many more repetitions.



About Right

The final repetitions feel challenging, but your form stays controlled.



Too Much

You cannot maintain form, hold your breath or feel sharp pain.

Before You Begin



Clear enough space



Wear supportive footwear if appropriate



Keep water nearby



Know how to modify or stop



Gentle Reminder

You do not have to feel sore for strength training to be effective.

Martine's Midlife Wellness Tip

Practice the movement before adding more resistance. Confidence grows when the exercise feels familiar.



When to Ask for Guidance

Seek professional guidance if you have osteoporosis, recent surgery, significant joint or back pain, frequent falls, or uncertainty about safe exercise.