CDPH California Department of PublicHealth

Power Up in 10

Strength Training for Families

CHAMPIONS for CHANGE

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Power Up in 10 is a great start to getting your daily physical activity! It is a good way to build up your muscular strength and endurance! And, it is a fun way to exercise!

Be a Champion for Change!

Champions for Change are people, just like you, who use their power to help their families lower their risk of serious health problems like:

- Obesity
- Type 2 diabetes
- Heart disease
- High blood pressure
- Stroke
- Certain types of cancer

Champions for Change help their families eat more fruits and vegetables and be more physically active. This booklet can help you make those healthy changes.

Be a Champion for Change.
Be a champion for your family's health!

How to Use this Booklet

- This booklet has nine basic strength training exercises.
- To learn the exercise, read the written directions and look at the pictures before you begin.
- Each exercise has a *Take it Further* tip for those with higher fitness levels. *Take it Further* exercises include using some type of weight, such as a water bottle or milk container filled with water or sand. You can even use dumbbells if you have them.
- Do these exercises with your family.
- After you master these exercises it will take about 10 minutes to do one set of each exercise.
- Use the calendar in the back of the booklet to track your progress.

Before you Begin

Power Up in 10 can be used without equipment and with little space!

WHAT YOU NEED:

- A comfortable area such as your house, yard, park, or a space at work.
- Comfortable clothes that you can move in.
- A water bottle filled with water and a towel.

Safety Tips

- Warm up for five minutes before you start *Power Up in 10* (for example, walk in place and do arm circles).
- When you first begin *Power Up in 10*, start by doing two to three repetitions (the number of times you do the exercise) for each exercise. As you feel yourself getting stronger, do 8-20 repetitions and repeat each exercise two to three times.
- Keep your back in a straight neutral position.
- Never lock your knees or elbows.
- Do NOT hold your breath at any time.
- Stop if you feel any pain or discomfort.
- Talk to a doctor before starting any exercise program.

Lunge

EVERYDAY USE: *Lunges help when climbing stairs!*

STEP #1

Stand with your feet shoulder-width apart.

Place your hands on your waist or hold onto a stable object to help keep your balance.

STEP #2

Take a long step forward with your left leg.

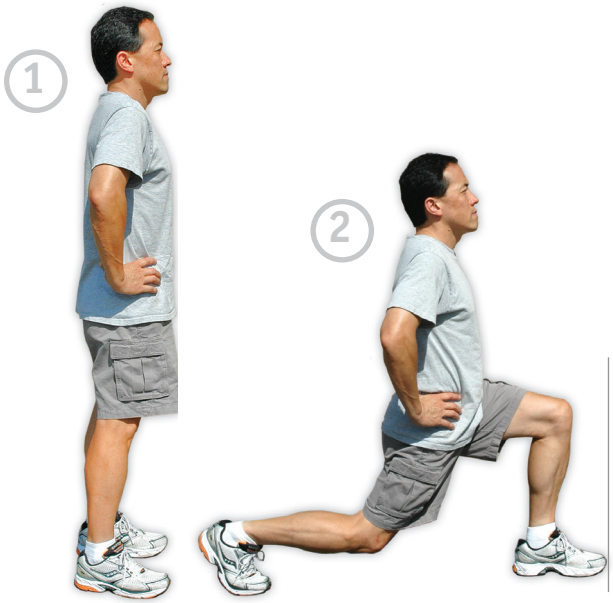
Slowly lower your body until your front knee is at a 90° angle. Be sure to keep your heal in line with your knee and behind the toe line.

Focus on using your hamstring, the back leg muscle, when slowly lowering your body down.

STEP #3

Return to the start position by pushing up off the foot of your front leg as shown in picture #1.

Repeat with the other leg.



Nutrition Tip!

Sometimes when you feel hungry, you're actually just thirsty. Drink a cup of water instead of snacking.

Take it Further

Hold a dumbbell or full water bottle in each hand at your sides.

Chest Press

EVERYDAY USE: *This exercise will help you get off the ground or push open a heavy door.*

STEP #1

Stand on the floor facing a wall or a stable object (for example, desk, or rail).

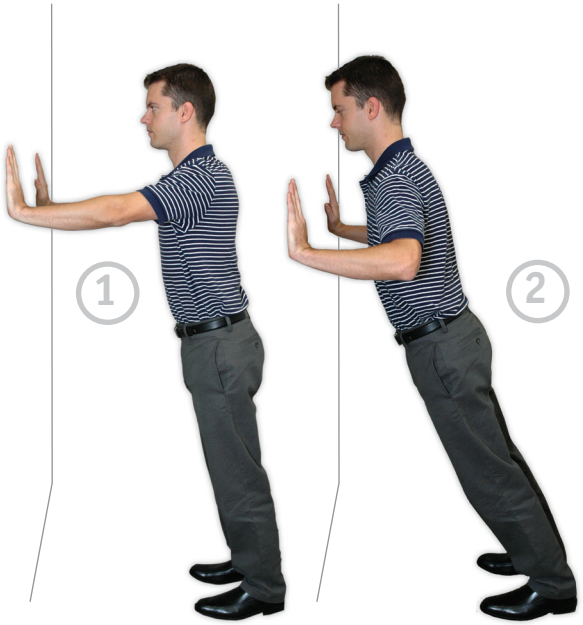
Straighten your arms out in front, then lean forward and place your hands on the wall. Put your hands a little wider than shoulder-width apart.

STEP #2

Bend your elbows and keep your back straight while lowering your chest towards the wall.

STEP #3

Push your body away from the wall by straightening your elbows, remember to keep your back in a straight neutral position. Return to the start position as shown in picture #1.



Take it Further

Try a Push-Up on the floor!

Safety Tips

Your body should remain straight throughout this exercise. Do not bend at the waist or arch your back.

Do not lock your elbows.

Nutrition Tip!

Water is the best choice when you're thirsty! Keep a water bottle close while exercising. Also, remember to drink water throughout the day. Keeping some extra bottles of water in the car will make it easy to make the smart choice to drink water!

Back Row

EVERYDAY USE: *This exercise can help you pull weeds out of the garden and get groceries out of a car.*

STEP #1

Put your feet shoulder-width apart, bending at the hips so that your body is at a 45° angle. If you have low back pain, stagger your feet one in front of the other and keep them shoulder width apart.

Keep your legs slightly bent with your arms placed straight out in front of your body.

STEP #2

Bend your elbows and pull back keeping your elbows close to your body.

Keep your shoulders down and squeeze your shoulder blades together.

STEP #3

Slowly return to the start position as shown in picture #1.

Take it Further

Hold a filled water bottle, dumbbell or other weight in each hand.

Safety Tips

Keep your head up and your back straight at all times by keeping your stomach muscles tight.

Nutrition Tip!

A healthy breakfast can help give you energy to be active throughout the day.

Crunch

EVERYDAY USE: *Doing this exercise regularly will help you get out of bed in the morning, and get up from a sitting position.*

STEP #1

Lie flat on your back with your feet resting on the floor (or on a chair) and with your knees bent at a 90° angle.

Place hands behind your head and relax your neck. Keep your elbows pointed out to the side for the whole exercise as shown in picture #1.

STEP #2

Tighten your stomach muscles and lift your head and shoulders off the floor. Keep your spine in a neutral position.

Slowly lift your shoulders slightly off the floor. Keep your back and neck straight and look toward the sky.

Hold the position for one to two seconds.

STEP #3

Slowly lower your shoulders back to the start position as shown in picture #1.

Nutrition Tip!

Hungry after your workout? Grab a banana or try peanut butter with apples, string cheese with carrot sticks, or make a fruit and yogurt smoothie.

Take it Further

Twist your torso at the top of the exercise.

Hip Lift

EVERYDAY USE: *This exercise is good for walking up hills and getting out of a chair more easily.*

STEP #1

Lie flat on your back with your knees bent. Your feet should be hip-width apart and flat on the floor.

Place your hands down to the sides of your body.

STEP #2

Lift your hips off the ground by squeezing the buttocks, supporting your body with the shoulders (not the neck or head).

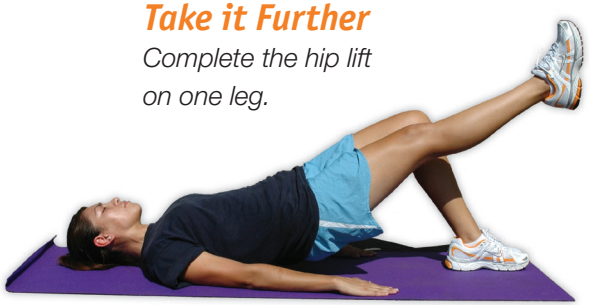
Hold the position for 1-2 seconds.

STEP #3

Slowly lower your hips back to the start position as shown in picture #1.

Take it Further

Complete the hip lift on one leg.



Nutrition Tip!

Eating your recommended cups of fruits and vegetables can help you keep a healthy weight. Fruits and vegetables have fiber, which helps you feel full. To find out how many cups of fruits and vegetables you should eat every day, go to www.mypyramid.gov.

Calf Raise

EVERYDAY USE: *Calf raises come in handy when you are standing on your tiptoes to reach for something high!*

STEP #1

Stand with your feet shoulder-width apart and hands at your sides.

For added balance and support, hold onto the wall or a stable object.

STEP #2

Raise heels off the ground as high as possible.

Hold the position for 1-2 seconds.

STEP #3

Slowly come back down to the starting position as shown in picture #1.

Take it Further

Hold a dumbbell or heavy can in each hand at your sides.

Safety Tips

Keep your back straight and stomach muscles tight at all times.

Do not bounce or rock when doing this exercise.

Nutrition Tip!

Keeping a healthy weight means balancing "energy in" (food and beverages that you eat and drink) with "energy out" (being active throughout the day). Healthy eating and active living are key to a healthy lifestyle!

Arm Raise

EVERYDAY USE: *Doing this exercise regularly will help you lift heavy items.*

STEP #1

Stand with your feet shoulder-width apart and your arms at the sides of your body.

Keep your back straight and your stomach muscles tight while keeping a slight bend in the knees.

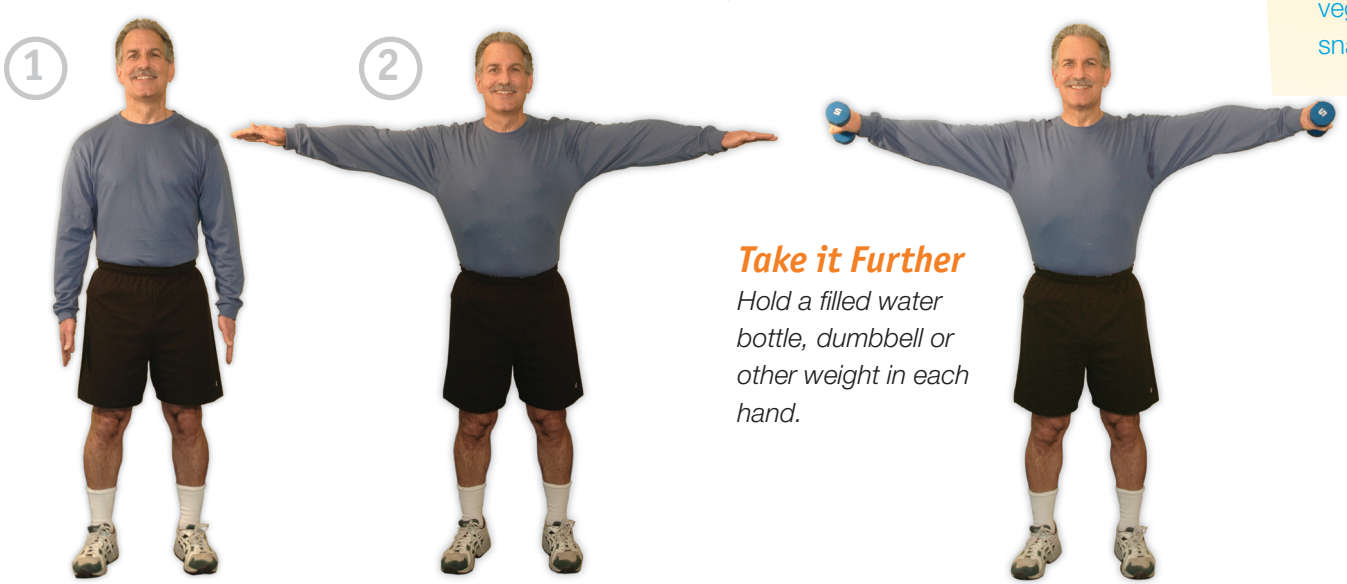
STEP #2

Slightly bend your elbows and raise your arms out to the side until your arms reach shoulder height.

Keep the height of the elbows above the wrist and the palms facing the floor.

STEP #3

Slowly lower arms to the start position as shown in picture #1.



Take it Further

Hold a filled water bottle, dumbbell or other weight in each hand.

Nutrition Tip!

When you're more active, you may find yourself feeling more hungry than usual. That's because you're burning calories! Make sure you choose fruits and vegetables for a healthy snack.

Arm Extension

EVERYDAY USE: *This exercise will help you push open a heavy door and get out of bed.*

STEP #1

Place your feet shoulder-width apart. Bend at the hips so that your body is at a 45º angle. If you have low back pain, stagger your feet one in front of the other and keep them shoulder width apart.

Keep your legs slightly bent with your elbows positioned at a 90° angle at the sides of your body.

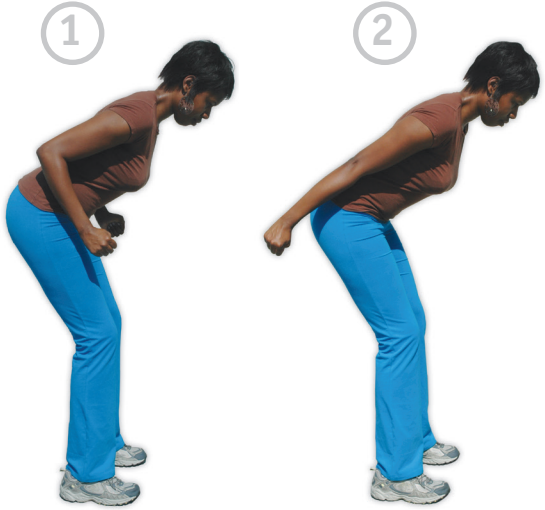
STEP #2

Slowly straighten your elbows behind your body.

Hold the position for 1-2 seconds.

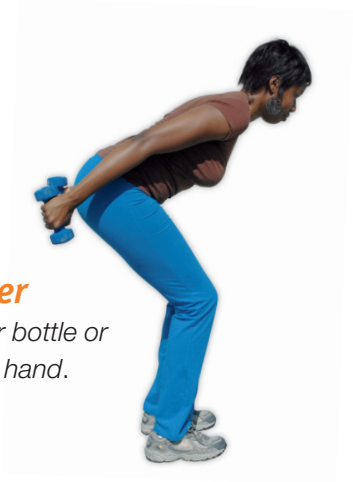
STEP #3

Slowly lower your arms back down to the start position as shown in picture #1.



Take it Further

Hold a filled water bottle or dumbbell in each hand.



Safety Tips

Keep your back straight and your stomach muscles tight and keep a small bend in your knees.

Keep your upper arms and elbows fixed and close to the sides of your body at all times.

Nutrition Tip!

Making fruits and vegetables the center of your meals and snacks will give your body the energy it needs to stay healthy.

Arm Curl

EVERYDAY USE: *Doing this exercise regularly will help you lift your kids or groceries!*

STEP #1

Stand with your feet shoulder-width apart and your arms at the sides of your body.

Keep your back straight and your stomach muscles tight while keeping a slight bend in your knees.

STEP #2

Bend your elbows and bring your hands up towards the chest.

Hold the position for 1-2 seconds.

STEP #3

Slowly lower your hands back down to the start position as shown in picture #1.

Take it Further

Hold a filled water bottle or dumbbell in each hand.

Safety Tips

Keep your upper arms and elbows still and close to the sides of your body at all times.

Nutrition Tip!

You had a healthy workout. Now make a healthy meal with plenty of vegetables, whole grains, and lean protein (such as chicken breast, fish, or beans). Enjoy a piece of fresh fruit for dessert!

Calendar Track your progress!

MONTH

Make copies of this calendar for all 12 months in the year and write down each time you do a *Power Up in 10* exercise. Write down how many times you do each exercise. This way you will be more likely to make this a lifelong change!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Acknowledgements

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CDPH California Department of PublicHealth

CHAMPIONS for CHANGE

Exercise

SUMMARY:

LUNGE

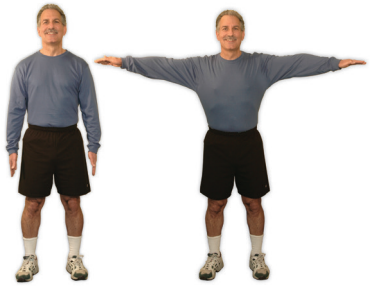
CHEST PRESS

BACK ROW

CRUNCH

HIP LIFT

CALF RAISES



ARM RAISES

ARM EXTENSIONS

ARM CURL

Power Up in 10

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