How To Build Your Home Osteoporosis Gym: Exercises & Equipment for Stronger Bones with Joan Pagano Transcript

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Introduction

Hi, this is Margie. Hi, this is Margie. Lately I've been Lately I've been getting a lot of getting a lot of questions about how to questions about how to do strength do strength training at home.

training at home. What equipment do I What equipment do I need and what need and what exercises should I start with? I have a exercises should I start with? I have a great interview with great interview with Joan Pagano that Joan Pagano that she did during she did during my summit on this my summit on this topic where she topic where she talks about the talks about the equipment. She's equipment. She's reviewing exercises, and I reviewing exercises, and I thought it would be thought it would be great to share great to share this with my this with my podcast listeners. So podcast listeners. So stay with us.

Today we will Today we will discuss strength discuss strength training, also training, also known as known as weight training, how to weight training, how to set up a home set up a home gym, what gym, what equipment you need, equipment you need, how to organize it how to organize it at home, and why it is so at home, and why it is so important for your important for your bones. Our speaker bones. Our speaker today will also today will also demonstrate some demonstrate some great exercises that you great exercises that you can add to can add to your life. So, your life. So, our guest today is Joan Pagano. Joan is a certified certified certified exercise physiologist, exercise physiologist, bestselling author, bestselling author, and fitness expert specializing in specializing in women's health and women's health and active longevity. She has written seven. She has written seven books about the benefits of books about the benefits of strength training in strength training in different decades of different decades of life. Joan life. Joan has developed and has developed and implemented implemented fitness training guidelines for the fitness training guidelines for the prevention and prevention and treatment of treatment of treatment of osteoporosis for osteoporosis for national national exercise professional organizations.

An interesting fact about An interesting fact about

Joan: she had the

Joan: she had the opportunity to train opportunity to train the women of the the women of the Kennedy family—Jackie and Kennedy family—Jackie and Carolyn. Joan Carolyn. Joan is also a good is also a good friend of mine and has helped friend of mine and has helped many people many people safely improve safely improve their lives through their lives through exercise. Congratulations, exercise. Congratulations, Joan.

Joan. Joan. Thank you, Margie. I am Thank you, Margie. I am extremely pleased extremely pleased to be here with you and to be here with you and our audience our audience today. Oh, this is such an today. Oh, this is such an important topic, and it important topic, and it inspires me a lot, inspires me a lot, because it is one of the topics of because it is one of the topics of our summit. You know, a lot of people think, "Well, I'll just, I'll just walk, and that's walk, and that's enough," and don't enough," and don't realize the benefits of realize the benefits of strength training. And strength training. And when they start, when they start, life changes, life changes, people become more people become more confident. I know confident.

Resistance training and how it helps the bones

I know you see this you see this all the time and you're a big all the time and you're a big fan of it, fan of it, so why don't I so why don't I tell you why tell you why? Maybe? Maybe you can tell us a little bit you can tell us a little bit about what strength about what strength training is and why training is and why it's so important for it's so important for our bone health.

. So, strength So, strength training, or training, or resistance training, resistance training, as you mentioned, is a as you mentioned, is a method of applying method of applying resistance or resistance or load to muscles to make them to make them stronger. When a muscle stronger. When a muscle contracts, it contracts, it pulls on the bone, pulls on the bone, creating what we creating what we call call call parallel parallel parallel hypertrophy of muscle and hypertrophy of muscle and bone. So when you bone. So when you do strength training do strength training for your muscles, you are also for your muscles, you are also training your bones.

Resistance training Resistance training can can can use use use a variety of methods, a variety of methods, including your including your own body weight. This own body weight. This could be could be using using using exercise machines in the gym, exercise machines in the gym, or the tools or the tools we'll talk about today we'll talk about today : free : free weights, resistance bands, weights, resistance bands, bands, and weighted bands, and weighted balls. This is just balls. This is just wonderful. You can wonderful. You can create a home create a home gym with gym with minimal minimal minimal financial financial financial outlay, it's quite outlay, it's quite affordable. This is affordable. This is effective and efficient.

So we'll look at So we'll look at exercises that can be exercises that can be performed performed performed using a very using a very simple arsenal of simple arsenal of tools.

tools. I really I really like it. Let's like it. Let's look at a few look at a few concepts. How often concepts. How often should people should people do strength do strength training?

training? Strength training Strength training should be done in a way that should be done in a way that does not load the does not load the same same same muscle group two days muscle group two days in a row. If you in a row. If you train different train different muscle groups, for example, muscle groups, for example, upper body one day, upper body one day, lower body the next, and then lower body the next, and then core muscles, then you can core muscles, then you can work out every day. But work out every day. But if you do a if you do a full- full- full-body workout, using all body workout, using all its parts, then you its parts, then you need a need a day of rest between classes, because day of rest between classes, because the muscles and bones the muscles and bones need time to need time to recover before recover before they are they are loaded again.

And what do you usually And what do you usually recommend to the people you recommend to the people you work with? work with? At least twice a At least twice a week, or what is your week, or what is your recommendation?

recommendation? recommendation? At least twice a At least twice a week. If you are week. If you are just starting out, just starting out, I have a client who has a I have a client who has a really hard time finding time really hard time finding time to exercise in her to exercise in her schedule. She said, "I'll do "I'll do cardio twice a cardio twice a week and strength training once." To which I once." To which I reply: that is reply: that is not enough. You not enough. You really need to really need to do strength do strength training twice a training twice a week, at least week, at least twice. And this is also twice. And this is also confirmed by confirmed by confirmed by research. So this is research. So this is extremely important.

extremely important. Before we Before we continue, I want continue, I want to inspire everyone, because this is a to inspire everyone, because this is a really powerful thing. Can really powerful thing. Can you briefly you briefly talk about your talk about your many years of experience many years of experience working with women of working with women of all ages? You all ages? You work with people work with people even over 90 even over 90 years old, tell us what years old, tell us what happens to happens to people who people who engage in these engage in these strength programs.

Well, my clients have been with Well, my clients have been with me for 30+ me for 30+ years, we avoid years, we avoid injuries and injuries and go through the go through the aging process together, aging process together, perfecting our perfecting our workouts over the years.

So this is something you can So this is something you can do your whole life and do your whole life and benefit from benefit from. Of course, as you. Of course, as you age, the age, the health benefits become even more health

benefits become even more important. At first, important. At first, we're more concerned with how we're more concerned with how we look in we look in jeans. And as we age, we jeans. And as we age, we start start start to care more about to care more about bone density, bone density, posture, and balance.

posture, and balance. And these are problems that we And these are problems that we can definitely can definitely improve with improve with exercise. And it's just exercise. And it's just so so so fascinating. And I love fascinating. And I love watching the watching the slackers, you know, slackers, you know, the people I've seen the people I've seen because they were told to because they were told to exercise because they were exercise because they were diagnosed with osteoporosis, and diagnosed with osteoporosis, and then it really then it really completely changed completely changed their lives and, like I their lives and, like I said, empowered them said, empowered them. You know, strength. You know, strength training gives you training gives you strength. And so, as I strength. And so, as I always say, there is always a always say, there is always a ray of hope. So it was ray of hope. So it was this diagnosis that this diagnosis that pushed them towards pushed them towards great programs that great programs that really changed their really changed their lives. And you know, at the lives. And you know, at the age of, as you said, 80 age of, as you said, 80 or 90, they or 90, they help me help me move chairs, move chairs, do all that stuff, and so on.

do all that stuff, and so on. So this is just So this is just great. So you know, it's great. So you know, it's true. true. true. This is so true. I This is so true. I just wanted to just wanted to share a quick share a quick story about my story about my experience training experience training Jackie Kennedy, because Jackie Kennedy, because she knew that strength she knew that strength training builds training builds strength. Not only her strength. Not only her body, but also her body, but also her confidence. She confidence. She was a skilled was a skilled rider and had always rider and had always ridden fearlessly ridden fearlessly, but she felt she, but she felt she was becoming was becoming more cautious as she got older, and knew more cautious as she got older, and knew that there were exercises that there were exercises specifically for specifically for riding that would help riding that would help her regain the her regain the confidence and strength confidence and strength needed for the needed for the sport. This is what she sport. This is what she wanted to do; She wanted to do; She wanted to learn wanted to learn exercises to do exercises to do at home with at home with minimal equipment, and she was completely, and she was completely focused—so focused—so focused—so she was one of the she was one of the best clients best clients because she tried so hard to because she tried so hard to do everything right.

Oh, great. And how interesting that Oh, great. And how interesting that you had the opportunity to you had the opportunity to work with women from the work with women from the Kennedy family. So, anyway, okay Kennedy family. So, anyway, okay,,, I'll give it to you, I'll give it to you, Joan. Just Joan. Just get started, because I'm get started, because I'm really looking forward to really looking forward to you demonstrating you demonstrating these exercises and showing these exercises and showing people how people how simple this equipment is that simple this equipment is that they can they can use in use in their own homes.

their own homes. Perfectly. Thank you, Margie. Perfectly. Thank you, Margie. Strength training, Strength training, or or or resistance training, is a method resistance training, is a method of creating of creating of creating stress on muscles stress on muscles and bones to and bones to make them stronger.

make them stronger. And, as I mentioned And, as I mentioned earlier, this can earlier, this can involve all sorts of involve all sorts of equipment. But we have equipment. But we have all the all the equipment we need—our equipment we need—our own body weight.

own body weight. Every time you Every time you do a squat or do a squat or push-up, you push-up, you are performing a are performing a bodyweight exercise, which is an bodyweight exercise, which is an element of strength element of strength training or training or resistance training.

resistance training. So, here we go. We'll So, here we go. We'll get to get to work right away. I have all work right away. I have all my tools and my tools and supplies. I've been doing this supplies. I've been doing this kind of work with kind of work with people on people on their bedroom and their bedroom and living room floors since the beginning of living room floors since the beginning of my career in the my career in the late 1980s. Therefore, I have extensive.

At-home vs. gym-based training

Therefore, I have extensive experience in exercises that experience in exercises that can be done can be done at home, and this is also the at home, and this is also the way of training way of training that I personally that I personally like. So, like. So, to start, I would just to start, I would just like to mention like to mention a few advantages of a few advantages of doing this doing this type of workout at home type of workout at home as opposed to as opposed to training in the gym on training in the gym on simulators. First, simulators. First, when you do when you do strength exercises at home, strength exercises at home, you must you must use use use your own core muscles for your own core muscles for stabilization. You stabilization. You don't have the external don't have the external resistance structure of resistance structure of the machine to the machine to rely on.

Secondly, this Secondly, this training method is very training method is very adaptable to adaptable to functional functional functional training, which means training, which means performing movements that performing movements that reinforce reinforce reinforce movement patterns that reinforce how movement patterns that reinforce how we live we live our day, how you our day, how you do your do your daily tasks.

Therefore, we adapt Therefore, we adapt the exercises to these classes, the exercises to these classes, and they become more and they become more functional. We functional. We also notice also notice asymmetry in the body.

For example, one hand For example, one hand is dominant is dominant compared to the other. You compared to the other. You probably already know probably already know which one is in your which one is in your case. What I case. What I didn't realize was that didn't realize was that one of one of my legs was my legs was much stronger and more much stronger and more stable than the other stable than the other until I started until I started doing this type of exercise.

So, if you're on So, if you're on a machine and you move a machine and you move both arms or both arms or both legs against a both legs against a resistance lever, you resistance lever, you don't really know don't really know which arm is doing the action.

But most likely, it's But most likely, it's your dominant your dominant hand or your hand or your leading, stronger, more leading, stronger, more stable leg that's stable leg that's actually controlling the actually controlling the movement. When you movement. When you start doing what start doing what we call we call unilateral or unilateral or one-sided one-sided one-sided exercises, you immediately exercises, you immediately see the see the difference and can difference and can work on work on bringing your bringing your body back into alignment by body back into alignment by correcting these correcting these misalignments.

misalignments. Finally, this type of Finally, this type of workout will test workout will test your balance and your balance and coordination. Again coordination. Again, when you sit, when you sit on a machine in the gym, on a machine in the gym, you don't get you don't get the same challenge for the same challenge for stabilizing and stabilizing and aligning your body as you do when aligning your body as you do when performing exercises performing exercises without support. So without support. So let's start with let's start with this. Let's this. Let's talk about what talk about what we do if we do if we do the exercise we do the exercise standing up. Hey, this is Margie. High-quality. High-quality supplements are an important supplements are an important part of a comprehensive osteoporosis program. To osteoporosis program. To help you out, I'm help you out, I'm offering a significant offering a significant discount every day in my discount every day in my supplement store supplement store through Full Script. Full Script through Full Script. Full Script has the most extensive has the most extensive catalog of professional catalog of professional supplements and supplements and health products I have ever come across.

come across. So, all you So, all you need to do is need to do is go to tinyurl.com. This is t go to tinyurl.com. This is t i nyurl.com/supplement for less. And i nyurl.com/supplement for less. And you will be taken to my you will be taken to my Full Script store. And there Full Script store. And there you will see my you will see my favorite favorite favorite bone-strengthening supplements. So bone-strengthening supplements. So be sure be sure be sure to check it out, to check it out, the link will also be the link will also be in the video description. So, back to the show.

Essential exercises for hip, spine, and wrist strength

When we When we exercise, if you have exercise, if you have the choice to do the exercise the choice to do the exercise while standing, that's while standing, that's called weight-bearing exercise, and it's, and it's much better for much better for osteoporosis prevention and osteoporosis prevention and bone health than bone health than doing the exercise while doing the exercise while sitting. So we want sitting. So we want to do to do weight- weight- weight- bearing exercises and bearing exercises and strength training.

strength training. So when you So when you do strength do strength training, training, training, try to stand try to stand on your feet. And to on your feet. And to properly align properly align your body before starting the your body before starting the movement, imagine a line movement, imagine a line passing through your ear, passing through your ear, shoulder, hip, knee, shoulder, hip, knee, and ankle, with your and ankle, with your feet feet feet parallel, slightly parallel, slightly wider than wider than hip-width apart. Then we hip-width apart. Then we want to stretch want to stretch through the torso. One of the through the torso. One of the problems is problems is that as we age, we that as we age, we tend to lean tend to lean forward. This is forward. This is natural. This happens natural. This happens to all of us because to all of us because we carry out all of our we carry out all of our daily daily daily activities in front of us activities in front of us. We read. We read in front of ourselves, we work in front of ourselves, we work in front of ourselves. We are in front of ourselves. We are driving the car driving the car in front of us. We in front of us. We raise children raise children before ourselves. We before ourselves. We do everything in front of ourselves.

do everything in front of ourselves. So gradually we So gradually we slouch a little. And slouch a little. And we want to make we want to make sure that sure that you are you are properly properly properly stabilizing your stabilizing your body during your workout. So, first body during your workout. So, first we want to we want to lengthen, lengthen, lengthen, moving the ribs away from the moving the ribs away from the hips. It's very scary hips. It's very scary when a client tells when a client tells me something someone else me something someone else said recently.

said recently. She said, "I'm 86 She said, "I'm 86 years old, and when I years old, and when I wake up in the morning, wake up in the morning, my ribcage is my ribcage is resting on my pelvis." So resting on my pelvis." So we need to focus we need to focus on stretching on stretching the spine and the spine and lengthening the sides of lengthening the sides of the torso. And we're the torso. And we're going to do this going to do this with a with a special special special breathing technique. So, breathing technique. So, think about taking a think about taking a deep breath into your belly deep breath into your belly. Fill your. Fill your belly with air, belly with air, then direct the then direct the air into your upper air into your upper chest.

chest. Expand your Expand your chest, and as you chest, and as you exhale, exhale from exhale, exhale from your chest down, your chest down, ending with a slight ending with a slight contraction of your abdomen. Breathe in through your belly again.

again. Lift the air Lift the air up. Expand your up. Expand your chest. chest. chest. Reach the top of your Reach the top of your head towards the ceiling.

head towards the ceiling. Shoulders are relaxed. And Shoulders are relaxed. And exhale from top to exhale from top to bottom. ending with a bottom. ending with a very small very small abdominal squeeze abdominal squeeze to help to help push out the air.

push out the air. Shoulders are pulled Shoulders are pulled back, shoulder blades back, shoulder blades are lowered and brought are lowered and brought together. The knees are soft and together. The knees are soft and we are ready to move.

So, it's very important So, it's very important to work on to work on core strength and core strength and postural alignment before you postural alignment before you start doing start doing exercises, and then exercises, and then learn them to learn them to solidify proper solidify proper form before form before adding external adding external resistance, such as resistance, such as leg weights.

So, let's start with So, let's start with bodyweight exercises. By performing these two By performing these two exercises, you exercises, you will strengthen and will strengthen and strengthen strengthen the areas of the areas of the body most vulnerable to fractures: the hips, spine, and the body most vulnerable to fractures: the hips, spine, and wrists. So the first wrists. So the first exercise, the number exercise, the number one exercise for life, the most important, the most important, the most functional the most functional the most functional exercise for life, is the exercise for life, is the squat, because squat, because it's the most common it's the most common movement we need to movement we need to get up from a get up from a chair, a bathtub, or a chair, a bathtub, or a toilet. It toilet. It helps us remain remain self-sufficient and self-sufficient and independent throughout our lives. I'm going to show independent throughout our lives. I'm going to show you two different you two different variations of squats.

Everyone can start by getting Everyone can start by getting up from a chair, up from a chair, which even my 96-year-old which even my 96-year-old mother in a wheelchair could mother in a wheelchair could do 10 times. This is the do 10 times. This is the movement that movement that we again need to we again need to get up from a get up from a sitting position. So sitting position. So first I'll show you first I'll show you my legs. I am sitting on the my legs. I am sitting on the edge of my chair. My edge of my chair. My feet are slightly wider than my feet are slightly wider than my hips. The thighs are hips. The thighs are parallel to each parallel to each other. Now regarding other. Now regarding the position of your upper the position of your upper body, you body, you should lean should lean forward with a straight forward with a straight spine and look spine and look straight ahead.

straight ahead. Cross your arms over Cross your arms over your chest. And when your chest. And when you rise, you rise, tighten your gluteal tighten your gluteal muscles. Squeeze your muscles. Squeeze your buttocks to stand up, buttocks to stand up, straighten up completely, and then sit down again. So, if you're just. So, if you're just starting out, this is a great starting out, this is a great option for squats.

For progress, add For progress, add squats from a squats from a standing position. standing position. So, here we are also So, here we are also aiming for the chair.

Imagine that there Imagine that there is an imaginary or is an imaginary or real chair behind you. Extend your arms Extend your arms forward for balance forward for balance and push your hips and push your hips back. So your arms back. So your arms are balancing the are balancing the fact that you're pulling your fact that you're pulling your hips far hips far back. And then back. And then get up again. You'll get up again. You'll notice that my notice that my spine remains spine remains straight, even though I straight, even though I lean forward.

This is a great tip to keep your arms to keep your arms parallel to the floor, parallel to the floor, because a lot of people because a lot of people make make make the mistake of the mistake of bending over like that.

So in a squat, you So in a squat, you want to keep your torso want to keep your torso straight, your arms straight, your arms parallel to the floor, and parallel to the floor, and finish with a finish with a finish with a slight squeeze of your slight squeeze of your glutes. Start and glutes. Start and end by end by end by squeezing your buttocks.

squeezing your buttocks. So, exercise number So, exercise number one. And now here's an one. And now here's an exercise, one exercise exercise, one exercise that creates axial that creates axial load on the load on the wrists, hips, and wrists, hips, and spine. It's spine. It's called a "bird dog," as you'll dog," as you'll see. So, here we are see. So, here we are. This is a strain. This is a strain on the wrist.

on the wrist. Wait. I lean Wait. I lean on my wrists, they are under my on my wrists, they are under my shoulders, I lean on my shoulders, I lean on my hips, my knees under my hips, my knees under my hips, and my hips, and my spine is parallel to the spine is parallel to the ceiling. This means ceiling. This means my spine is in a my spine is in a favorable position favorable position to work with it. I'll to work with it. I'll take one leg take one leg back to back to hip level, straighten it, hip level, straighten it, add the opposite add the opposite arm, and hold for a arm, and hold for a moment. And then I'll change moment. And then I'll change sides. So, the leg sides. So, the leg goes up first.

goes up first. This is true if you This is true if you first lift your first lift your leg and then add your leg and then add your arm. And keep your arm. And keep your head down. So that head down. So that the head and neck are in the head and neck are in line with the spine. And once again the other side. And once again the other side to balance it

out.

Choosing the right weights for bone health

So, two exercises, two So, two exercises, two exercises that strengthen the areas most vulnerable to fractures: areas most vulnerable to fractures: the hips, wrists, and the hips, wrists, and spine. Good. Now, spine. Good. Now, if we add weight, I'll if we add weight, I'll show you my show you my little collection of little collection of dumbbells. This is probably dumbbells. This is probably the most useful the most useful the most useful equipment for the home.

equipment for the home. If you're just If you're just starting out, you can starting out, you can grab something from your grab something from your kitchen cabinet, kitchen cabinet, like a can of like a can of soup or a bottle of water.

soup or a bottle of water. But then you But then you progress. And I have a progress. And I have a lot of dumbbells here. lot of dumbbells here. These are my antique These are my antique dumbbells that I've had dumbbells that I've had forever. You see, it's forever. You see, it's just regular just regular iron. This one is three iron. This one is three pounds, this one is five, pounds, this one is five, but they but they work great. They are work great. They are not bad. Then I not bad. Then I moved on to my " representative" representative" representative" dumbbells, chrome-plated, dumbbells, chrome-plated, which are also quite which are also quite suitable. However, the best suitable. However, the best dumbbells are the dumbbells are the colored plastic ones, they come in different, they come in different colors and have a colors and have a neoprene handle, neoprene handle, so when you so when you hold the dumbbell and your hold the dumbbell and your hand gets a little sweaty, hand gets a little sweaty, they don't slip.

The neoprene is very The neoprene is very pleasant to the touch, and pleasant to the touch, and the edges of the dumbbells are the edges of the dumbbells are hexagonal, meaning hexagonal, meaning they won't they won't roll around like these. I roll around like these. I usually advise people usually advise people to buy two sets of to buy two sets of dumbbells: one lighter, one heavier. Lighter, one heavier. Lighter dumbbells are usually 3-5 pounds if you're 3-5 pounds if you're just starting out, and just starting out, and a little later you'll a little later you'll pick up a set of pick up a set of five and eight pounds.

And you can find them on And you can find them on Amazon. Good. So, Amazon. Good. So, now we will now we will demonstrate the demonstrate the demonstrate the exercise. I just exercise. I just did a did a dumbbell squat. How to maintain dumbbell squat. How to maintain weight. There are two ways.

There are two ways There are two ways to hold dumbbells. If to hold dumbbells. If you're just starting to you're just starting to use weights, let me sit down, let me sit down so you can see.

so you can see. You can hold it with You can hold it with both hands near your both hands near your chest like this, it's chest like this, it's very convenient because the center of very convenient because the center of gravity is consolidated.

gravity is consolidated. You are well and securely You are well and securely fixed when fixed when you do squats like this you do squats like this. However, when. However, when you are ready you are ready to add weight, you can to add weight, you can take a second weight and take a second weight and hold it at your sides hold it at your sides. Therefore, the execution technique. Therefore, the execution technique remains remains unchanged. It's the unchanged. It's the same as I same as I demonstrated without demonstrated without weights, but now you've weights, but now you've added resistance, which added resistance, which strengthens muscles and strengthens muscles and bones. And for bones. And for bone health, it is important for us bone health, it is important for us to work with the to work with the weight we can weight we can lift while maintaining lift while maintaining proper technique.

proper technique. Another favorite Another favorite dumbbell exercise is bicep curls. I bicep curls. I like like like to do them one to do them one at a time with a at a time with a slight turn of the slight turn of the brush, like this. Joe, brush, like this. Joe, when people are standing, I when people are standing, I know you've already mentioned know

you've already mentioned this, but remind me this, but remind me again about stabilization again about stabilization and posture.

and posture. Of course. In a Of course. In a standing position, we need to standing position, we need to stabilize our stabilize our stabilize our shoulder blades by lowering them shoulder blades by lowering them down and bringing them together. You also need to also need to engage the core muscles.

engage the core muscles. Always think about pulling your pulling your navel towards your spine. So navel towards your spine. So pull your stomach in, your navel in pull your stomach in, your navel in toward your spine, your shoulder blades toward your spine, your shoulder blades down and together.

And don't hold your breath… Breathe, keep Breathe, keep breathing. This is quite breathing.

Resistance bands for posture and shoulder strength

This is quite real. Okay, another real. Okay, another one of my favorite workout tools is workout tools is Dino bands or Dino bands or elastic bands. elastic bands.

Dino band is actually Dino band is actually the name of the manufacturer. They the name of the manufacturer. They were the first in this were the first in this market. There are market. There are many different types many different types and brands of tape available these days, and brands of tape available these days, but note: I but note: I keep mine in a keep mine in a small small small plastic bag plastic bag because dust and other because dust and other particles in the air particles in the air make them sticky. If make them sticky. If you used you used them in a loop them in a loop or tied a knot, be sure, be sure to straighten them before to straighten them before putting them away.

putting them away. You see, I keep You see, I keep mine like this— mine like this— expanded expanded. Therefore. Different colors. Therefore. Different colors of the bands indicate of the bands indicate different levels of resistance.

Yellow is the thinnest and Yellow is the thinnest and lightest. If lightest. If you look closely, you can see you look closely, you can see that it is thinner than that it is thinner than the red one, which is the red one, which is medium in strength. And medium in strength. And green is a heavy green is a heavy ribbon. It's just the ribbon. It's just the color scheme of color scheme of this particular set. They are this particular set. They are usually sold in usually sold in sets of three: sets of three: light, medium, and light, medium, and heavy, although they can be heavy, although they can be even heavier. In addition, even heavier. In addition, they come in different they come in different lengths—three or lengths—three or four feet. I four feet. I like the longer ones because like the longer ones because they are a little more they are a little more versatile.

versatile. versatile. You can do You can do more exercises with them. So I'm more exercises with them. So I'm going to show you three exercises. For the shoulder girdle.

Strengthening the back, spine, and upper body

The shoulders are an area that The shoulders are an area that people often find people often find uncomfortable uncomfortable uncomfortable to work with. This can to work with. This can lead to lead to tension in the neck and tension in the neck and upper upper upper back. Therefore, these three back. Therefore, these three exercises are great exercises are great for for for correcting posture.

correcting posture. They are great They are great for for for aligning the aligning the aligning the mid- mid- mid-back. And because you're back. And because you're using an using an using an expander that's expander that's easy to take with you, easy to take with you, you can do it you can do it anytime, anywhere anytime, anywhere without putting without putting undue undue undue strain on your neck and strain on your neck and upper upper upper back. I always back. I always try to do try to do shoulder exercises shoulder exercises below shoulder level below shoulder level because I believe we already have because I believe we already have enough enough enough tension in our necks to not tension in our necks to not raise our arms higher.

Therefore, I Therefore, I prefer exercises in prefer exercises in which the hands which the hands remain below remain below shoulder level. With shoulder level. With longer expanders, longer expanders, you can make a you can make a small loop. So, small loop. So, I stand, shoulders down I stand, shoulders down and squared, and squared, abdominal muscles tense. I abdominal muscles tense. I inhale, exhale, and inhale, exhale, and spread my arms out to the spread my arms out to the sides. I pause sides. I pause for a moment and return for a moment and return to the starting position.

to the starting position. This is an exercise called This is an exercise called horizontal horizontal horizontal abduction. That's the abduction. That's the technical term for technical term for it; It involves the it; It involves the back of the shoulder back of the shoulder and the area of ??the back between and the area of ??the back between the shoulder blades. This is a great the shoulder blades. This is a great exercise for those who exercise for those who care about maintaining proper care about maintaining proper posture and strengthening the posture and strengthening the muscles around the spine. Great exercise for. Great exercise for this. This is an external this. This is an external rotation with the arms rotation with the arms bent at a 90 bent at a 90 ° angle. Create a slight ° angle. Create a slight tension on the expander tension on the expander before starting, and before starting, and then then then stretch it to the stretch it to the sides as you inhale and exhale. This sides as you inhale and exhale. This is called is called is called external rotation external rotation for the rotator for the rotator cuff of the shoulder.

cuff of the shoulder. Again, the muscles Again, the muscles around the back of around the back of the shoulder and in the the shoulder and in the back area are worked.

back area are worked. Perfect for us. And one more thing Perfect for us. And one more thing : when working with : when working with an expander, always an expander, always make sure that your make sure that your wrist remains wrist remains in line with your in line with your forearm. You don't forearm. You don't want your wrist to want your wrist to be bent at an be bent at an angle that could angle that could lead to injury.

For the lift in front of me, For the lift in front of me, I'll take an I'll take an expander, make a expander, make a loop, and cross that loop, and cross that arm over to the opposite arm over to the opposite hip. Then I'll hip. Then I'll raise my working arm raise my working arm just above just above shoulder level, just a little bit. And shoulder level, just a little bit. And again, I again, I maintain the tension of the maintain the tension of the expander. You see, expander. You see, he doesn't he doesn't sag for a moment. As soon as I sag for a moment. As soon as I start working out, I start working out, I keep the expander keep the expander taut, which taut, which maintains tension in the maintains tension in the muscles. So, those are three muscles. So, those are three exercises for the exercises for the shoulder area. One, two, three.

shoulder area. One, two, three. This is a great little This is a great little workout. With workout. With expanders, everything is expanders, everything is simple and convenient simple and convenient to do. One, two, to do. One, two, three—and you're ready.

Quick question, Quick question, Joan. How many Joan. How many reps do you recommend reps do you recommend people start with? people start with? I would start with 10. I would I would start with 10. I would start with 10 and then start with 10 and then move up to 15. And then, if you can, if you can do 15 and it's do 15 and it's easy, you either take easy, you either take the band to a slightly higher the band to a slightly higher level of resistance level of resistance or add another or add another set. So, you set. So, you can do another can do another set of 10 or 15 set of 10 or 15 reps, two sets in total reps, two sets in total. One set. One set of 8–12 of 8–12 repetitions of an exercise is repetitions of an exercise is enough to enough to build and build and maintain maintain maintain muscle strength. Although a larger muscle strength. Although a larger number of approaches number of approaches may bring you may bring you more benefits.

OK. And we know OK. And we know that resistance is the key. that resistance is the key. You know, the exact You know, the exact resistance level that we resistance level that we use. So it's use. So it's very important that very important that people don't stay at an people don't stay at an easy level, that easy level, that they continue to they continue to work work work hard enough to hard enough to get the best get the best result. So, result. So, keep going.

keep going. Thank you. That's a great Thank you. That's a great observation. This should observation. This should require effort. You require effort. You can't just can't just sing while you're sing while you're working out.

working out. Literally, by the way, this is Literally, by the way, this is one method one method of assessing the intensity of of assessing the intensity of your your your cardio workout. You cardio workout. You shouldn't be able to shouldn't be able to sing. This must be sing. This must be hard work.

hard work. Likewise, your strength Likewise, your strength training should training should be intense. You be intense. You want to feel want to feel those muscles working. You those muscles working. You want to feel like want to feel like they are getting some they are getting some benefit. And although benefit. And although bones are not as visible as muscles during as muscles during contraction—it's easy contraction—it's easy to see, but we don't to see, but we don't know what's know what's going on going on going on inside. But it is worth inside. But it is worth considering that the considering that the more you can more you can lift with proper lift with proper technique while maintaining technique while maintaining body position, the body position, the more benefit there will be.

Loop bands for hip stability and balance

So, these are my favorite So, these are my favorite tube expanders. Again, there are Again, there are many different types of them many different types of them that can be found on the that can be found on the internet. They internet. They are called Dina Pro, Dina are called Dina Pro, Dina Pro, straight from Amazon. And I'll Pro, straight from Amazon. And I'll tell you what I tell you what I like about them. Not only that, like about them. Not only that, they have they have different weights, for example, my green one, my green one is rated is rated is rated for about 15–20 for about 15–20 pounds, and my red one is rated for pounds, and my red one is rated for 20–25. But I'll show you 20–25. But I'll show you something very clever that something very clever that they came up with.

Since the tubes Since the tubes have to be a certain have to be a certain length depending on length depending on your height and your height and limb length, limb length, they made them they made them adjustable. And adjustable. And they made them they made them adjustable adjustable adjustable with a small with a small hole. They made hole. They made a little hole in the a little hole in the handle and then gave you this handle and then gave you this ball that you ball that you put in there really put in there really tightly because sometimes it tightly because sometimes it doesn't hold. And doesn't hold. And then you create a then you create a little resistance on the little resistance on the other side. This one doesn't other side. This one doesn't hold. Insert hold. Insert it really well and then it really well and then pull the tube from the pull the tube from the other side and that other side and that will secure it. So, here are will secure it. So, here are three exercises for the back.

Always an area we Always an area we want to influence for want to influence for bone health, for the bone health, for the back and biceps. So, when you So, when you use loops use loops or do this or do this exercise with an expander, exercise with an expander, you definitely you definitely need to be wearing need to be wearing shoes so you shoes so you don't accidentally sprain your don't accidentally sprain your toe. So, if you toe. So, if you can secure can secure the expander with your feet, that's the expander with your feet, that's ideal. My feet are ideal. My feet are parallel, slightly parallel, slightly wider than wider than hip-width apart. This is my hip-width apart. This is my sitting position. Now, keeping my back, keeping my back straight, I straight, I lean forward slightly and lean forward slightly and pull my arms straight up pull my arms straight up to my waist while pulling to my waist while pulling on the latissimus on the latissimus dorsi muscles. This is an exercise for the latissimus dorsi —the largest —the largest muscle in the back. You muscle in the back. You need to engage need to engage as many as many back muscles as possible to strengthen your back muscles as possible to strengthen your spine. And if I spine. And if I turn my palms turn my palms back and spread my elbows out back and spread my elbows out to the sides, I'll engage to the sides, I'll engage more of the more of the upper and upper and middle middle middle back muscles, the rear delts, back muscles, the rear delts, and the upper trapezius.

So, in one So, in one position, you position, you get two great get two great back exercises. And back exercises. And then we can then we can add a add a bicep curl. Why not? We're still bicep curl. Why not? We're still sitting. So, sitting. So, with three with three shoulder exercises with a barbell and shoulder exercises with a barbell and three exercises for your three exercises for your back and biceps, you're back and biceps, you're all set. These are all set. These are six muscle groups.

six muscle groups. Six muscle groups that Six muscle groups that we worked out in a we worked out in a matter of minutes. I want matter of minutes. I want to say one more thing to say one more thing before you move on before you move on to the next exercise.

These exercises are very These exercises are very important, as is the important, as is the proper proper proper body posture you body posture you mentioned, but often mentioned, but often when we slouch, the when we slouch, the external rotators of the external rotators of the shoulder become very shoulder become very weak and weak and stretched. So this is stretched. So this is also extremely also extremely important. As a important. As a physical therapist, I've physical therapist, I've noticed that people noticed that people train their biceps and train their biceps and triceps, but triceps, but forget about their back, forget about their back, which is attached to their which is attached to their spine. It is critically spine. It is critically important for our important for our health and to health and to prevent prevent prevent spinal fractures and bone density loss to work bone density loss to work specifically with the back muscles, specifically with the back muscles, because they are often because they are often forgotten.

forgotten. Certainly. They should Certainly. They should be the focus, and be the focus, and you just mentioned something you just mentioned something important about the important about the rotator rotator rotator cuff—a muscle that cuff—a muscle that tends to tends to tends to wear down with age.

After age 40, the After age 40, the rotator cuff rotator cuff weakens even from weakens even from our normal our normal daily activities. She can also She can also get injured get injured during strength during strength training. That's why training. That's why it needs to be it needs to be strengthened with the strengthened with the external external external rotation I rotation I showed you with the showed you with the expander. This is an expander. This is an exercise for the exercise for the rotator cuff. It is also worth also worth gradually gradually gradually increasing the weight increasing the weight you work with. We you work with. We say you have to say you have to make an effort. You make an effort. You should gradually should gradually increase increase increase the load so that your the load so that your muscles and connective muscles and connective tissues adapt tissues adapt and you don't get and you don't get injured. So, the injured. So, the next trick in next trick in my arsenal. And I my arsenal. And I just adore them. They are just adore them. They are so comfortable. I so comfortable.

Using resistance bands for leg exercises

I like this like this option. And these are my option. And these are my favorites. They favorites. They come in a case. come in a case. Five different levels: Five different levels: from super easy to from super easy to super hard. And they super hard. And they are called Wad Sky. Wad Sky. The beauty of them is that. The beauty of them is that they are they are made of made of polyester and polyester and cotton-based fabric. It is an elastic cotton-based fabric. It is an elastic fabric, so it is fabric, so it is very pleasant to the touch very pleasant to the touch. They. They usually stay usually stay in place and don't in place and don't slip during slip during use. They are use. They are much better than much better than rubber bands or rubber bands or loops, which are also loops, which are also abundant now. But I abundant now. But I prefer Wad Sky. I'm going prefer Wad Sky. I'm going to show you some to show you some exercises that are great exercises that are great for your legs for your legs because they've essentially because they've essentially replaced my ankle weights. Good.

ankle weights. Good. So, we return to the So, we return to the starting position, I starting position, I stand in the loop and stand in the loop and pull it up above my pull it up above my knees. These are great knees. These are great exercises. If you have exercises. If you have knee problems, knee problems, it's convenient to hold the it's convenient to hold the tape above them so you have tape above them so you have less worry less worry about leg alignment.

about leg alignment. Uh, and the advantage of Uh, and the advantage of performing, for example, performing, for example, squats with a loop is that it squats with a loop is that it involves involves involves other gluteal muscles other gluteal muscles besides the gluteus maximus besides the gluteus maximus, as well as the, as well as the quadriceps and quadriceps and hamstrings hamstrings, which work in, which work in regular regular regular squats. The Wad squats. The Wad Sky Loop activates the Sky Loop activates the gluteus medius and minimus gluteus medius and minimus muscles. I'm constantly muscles. I'm constantly pressing on the loop and I pressing

on the loop and I feel it with all my feel it with all my thighs. So it's thighs. So it's more beneficial for the more beneficial for the femur, femur, femur, strengthening the strengthening the strengthening the hip hip hip joint, and also for joint, and also for shaping a good shaping a good shape. If you want to shape. If you want to isolate the muscles, isolate the muscles, you can move on to side leg swings.

The idea is the same, the other The idea is the same, the other side— side— side— we always train both. They we always train both. They are called "butt bands" (elastic bands for the bands" (elastic bands for the buttocks). They buttocks). They are called that for a reason. Your are called that for a reason. Your buttocks will appreciate it.

buttocks will appreciate it. Backward leg swings Backward leg swings work the glutes work the glutes and and and hamstrings. And again hamstrings. And again, as I said,, as I said, they completely they completely replaced my ankle weights, which I'm ankle weights, which I'm not thrilled about, because these not thrilled about, because these loops can be loops can be used used used directly on the floor.

If you want to do If you want to do leg exercises while lying down, you can, you can use them. I use them. I like that they like that they can be placed can be placed above the knees to above the knees to target the target the upper upper thigh muscles and lateral thigh muscles and lateral glutes. Okay, glutes.

Weighted balls and compound exercises

Okay, Wad Sky. And finally, these Wad Sky. And finally, these little weighted little weighted balls. The little balls. The little weighted balls weighted balls add a lot, add a lot, let's just say, a lot of let's just say, a lot of versatility. You versatility. You can can can use them use them in different ways. So, these are in different ways. So, these are products from different products from different manufacturers. This one, the manufacturers. This one, the green one, weighs 3.3 3.3 green one, weighs 3.3 3.3 pounds. And this one, mint, pounds. And this one, mint, weighs four. So with the weighs four. So with the 3.3-pounder, they show 3.3-pounder, they show exercises like exercises like bicep curls, bicep curls, for example, which you can for example, which you can do holding it do holding it in your hand, or if you take in your hand, or if you take two, because they are often two, because they are often sold in pairs.

sold in pairs. You can perform You can perform bicep curls bicep curls or other exercises or other exercises while holding it. This while holding it. This can be a little can be a little tricky if you have tricky if you have small hands. It small hands. It can be a little hard can be a little hard to hold. The other one I to hold. The other one I usually usually usually use with both use with both hands, and I'll show you hands, and I'll show you a few exercises that a few exercises that I like.

So, I'm going to do a wide- wide- wide- legged plie squat. Turn your entire leg Turn your entire leg outward from your hip. outward from your hip. Turn your leg out as Turn your leg out as one, then one, then hold the ball down.

Okay, I'm in the Okay, I'm in the plying position. Keeping the ball plying position. Keeping the ball down, roll down, roll your shoulders back. Take your shoulders back. Take a breath. Exhale as a breath. Exhale as you lift the ball and you lift the ball and bend your knees. So, we do plie squats down.

squats down. Pressing on the heels. Pressing on the heels. You rise by You rise by squeezing your inner squeezing your inner thighs and thighs and buttocks. Great buttocks. Great exercise. A little exercise. A little different from a different from a regular regular regular squat. And squat. And at the same time, we add a at the same time, we add a shoulder lift. So, shoulder lift. So, it's called a it's called a compound exercise compound exercise because you're doing two because you're doing two movements at the same time, which is movements at the same time, which is very effective. I very effective. I love these kinds of love these kinds of workouts. And if you workouts. And if you work out at home, you work out at home, you always need to always need to think about how you think about how you will warm up will warm up before your workout. And before your workout. And yes, you can run in yes, you can run in place. This is a bit boring.

place. This is a bit boring. You can go out and You can go out and run up the stairs run up the stairs if you live in if you live in an apartment an apartment an apartment building. Or you can building. Or you can go out, do some

cardio, and then come back.

, and then come back. But if you're at home and don't But if you're at home and don't know what to do, know what to do, you can just take steps and lift the ball like this steps and lift the ball like this. And. And you can you can you can experiment with them too.

experiment with them too. Here's a good exercise. Here's a squat, then an Here's a squat, then an overhead press, overhead press, squat again and squat again and down. This is quite down. This is quite elegant. This requires elegant. This requires some coordination, some coordination, which is also a good which is also a good workout for our workout for our coordination and coordination and balance. So, I balance. So, I think that concludes our little showcase of the best home workout equipment.

I hope you I hope you found this helpful. Um, if found this helpful. Um, if you have any questions, I'd be you have any questions, I'd be happy to happy to answer them. And, um, answer them. And, um, I hope you I hope you try some of these try some of these exercises.

exercises. exercises.

Working safely with trainers and physical therapists

Oh, that was so wonderful, Oh, that was so wonderful, Joan. And I think it's Joan. And I think it's important for everyone to important for everyone to know that all people are know that all people are different. You know, Joan is different. You know, Joan is just demonstrating just demonstrating some good exercises some good exercises that she finds very that she finds very beneficial, but beneficial, but everyone is unique and everyone is unique and everyone may have everyone may have their own their own body issues. So I body issues. So I always recommend, if always recommend, if possible, possible, possible, visiting a visiting a physical therapist at least once physical therapist at least once just to get just to get checked out, especially checked out, especially if you have osteoporosis. Additionally, it is important,. Additionally, it is important, if you are planning to if you are planning to work with a trainer, work with a trainer, to find a specialist with to find a specialist with experience in experience in osteoporosis, because you osteoporosis, because you can't just come to the can't just come to the gym and say, " I want private I want private training," training," training," as often this as often this person does not have the person does not have the appropriate appropriate appropriate qualifications and qualifications and experience. And, unfortunately, I've experience. And, unfortunately, I've seen injuries because of seen injuries because of it. People, although they have it. People, although they have good intentions, simply do good intentions, simply do not have the necessary not have the necessary training. What do you training. What do you think about this, Joan?

think about this, Joan? I agree. Find I agree. Find someone who may someone who may have certification and have certification and experience working with the experience working with the issues issues issues you're facing, whether it's you're facing, whether it's just aging, or just aging, or osteoporosis, osteoporosis, osteoporosis, bone health, or anything bone health, or anything else. Try else. Try searching, because there searching, because there are so many are so many specialized specialized specialized organizations now that organizations now that train trainers train trainers to be effective and to be effective and ensure ensure ensure safety.

safety. Yes. There is an organization called Yes. There is an organization called Osteoporosis Canada. They have a Osteoporosis Canada. They have a whole whole whole curriculum. Another curriculum. Another point: if you point: if you find a physical find a physical therapist who therapist who works with works with osteoporosis, he or she osteoporosis, he or she will be able to communicate with the will be able to communicate with the personal personal personal trainer and they trainer and they can work as a can work as a team. So if team. So if you have a problem with your you have a problem with your shoulder or leg, everyone shoulder or leg, everyone will work in will work in will work in harmony. I wanted to harmony. I wanted to share this share this because as a physical because as a physical therapist, I see therapist, I see people thinking they people thinking they can just come can just come to the gym and do to the gym and do any exercise. So any exercise. So you have to really you have to really take care of your body and take care of your body and work with the work with the right person.

right person. And this chain of And this chain of interaction is also interaction is also important to emphasize,

important to emphasize, Margie. There is a Margie. There is a chain: from a doctor chain: from a doctor to a therapist, and then to a therapist, and then to a trainer who can to a trainer who can integrate integrate integrate physical therapy exercises into a physical therapy exercises into a training program.

Yes, this is extremely Yes, this is extremely important. I also wanted to important. I also wanted to mention mention mention adopting the correct adopting the correct positions: you talked positions: you talked about maintaining about maintaining the curve of your lower back and the curve of your lower back and performing squats performing squats with excellent with excellent body alignment.

body alignment. But sometimes I see But sometimes I see people's technology people's technology falling apart. They falling apart. They take on weight or take on weight or wear bands and wear bands and then start then start slouching and slouching and rounding their backs.

rounding their backs. So you should So you should remember that it is remember that it is important not only important not only to perform the exercise, but to perform the exercise, but also to adopt the correct also to adopt the correct starting position.

starting position. That was just wonderful, Joan. I am simply in, Joan. I am simply in awe of your awe of your work, you have work, you have done so much for my done so much for my community, and your community, and your classes have been simply classes have been simply incredible. So, I incredible. So, I can't thank you enough can't thank you enough. Where. Where can people learn can people learn more about you?

more about you? Of course. First of all, Of course. First of all, thank you for inviting thank you for inviting me, Margie. Um, there 's a lot of 's a lot of free free free information on my website joanpaganfitness.com. You can information on my website joanpaganfitness.com. You can just download a just download a bunch of useful bunch of useful information. I believe it is information. I believe it is important important important to spread this knowledge. Is there to spread this knowledge. Is there anything last anything last before we before we finish? I know finish? I know we could talk for we could talk for hours because there is hours because there is so so so much information, but this is great.

much information, but this is great. You really gave people some You really gave people some great advice on where to great advice on where to start. start.

start. Yes. Don't be afraid of Yes. Don't be afraid of strength training. It strength training. It sounds scary, like sounds scary, like I might get injured, I might get injured, or overdo it, or there are or overdo it, or there are many other myths many other myths surrounding strength surrounding strength training. But those of training. But those of us who are getting older us who are getting older also know also know how important it is, how important it is, especially if you have bone health issues. This is really bone health issues. This is really extremely important.

I completely agree. And to I completely agree. And to everyone listening, everyone listening, thank you for being with thank you for being with us, and please us, and please share this with your share this with your friends. And friends. And remember, this is a remember, this is a huge part of huge part of comprehensive comprehensive comprehensive osteoporosis treatment. I have seen osteoporosis treatment. I have seen real miracles, this is real miracles, this is exactly the element exactly the element that you definitely that you definitely need to need to need to practice. And no matter practice. And no matter what level you what level you 're at, no matter where you 're at, no matter where you start, even the start, even the smallest thing—as you smallest thing—as you said, Joan, your said, Joan, your grandmother getting out of her grandmother getting out of her chair—any chair—any chair—any beginning beginning beginning will truly change your life.

I hope you I hope you enjoyed my enjoyed my interview with Joan as much as interview with Joan as much as I did. Now I did. Now I have some new I have some new ideas on how you can add ideas on how you can add strength training to strength training to your own home. I want your own home. I want to warn you that the to warn you that the tapes she tapes she showed are no longer showed are no longer for sale. So there is for sale. So there is another company that another company that makes them, and makes them, and the link is in the the link is in the release description. Additionally, release description. Additionally, Joanne has held some Joanne has held

some phenomenal classes phenomenal classes for my community.

She taught a She taught a four-session course for four-session course for beginners in beginners in strength training, as well strength training, as well as a second, slightly more as a second, slightly more challenging course. So challenging course. So they will be in the description, and they will be in the description, and she recently she recently did an did an agility and step training class.

agility and step training class. I will provide you with all these I will provide you with all these resources. And, as I resources. And, as I always say, thank you for always say, thank you for coming. I really appreciate it coming. I really appreciate it and look forward to seeing you and look forward to seeing you in the in the