



**University
of Victoria**

**Retirees
Association**

STAYING ACTIVE WHILE STAYING HOME!

Presented by David Docherty, PhD

AN ELDER ACADEMY EVENT

Maintaining or developing strength as we age helps in carrying out everyday activities as well as improving health in many other ways. These two workshops will cover the importance of improving or maintaining strength as we get older and how someone can stay active by practicing some simple exercises while staying at home. The first workshop will show how to safely perform the squat exercise and the many variations that are possible. The second workshop will show how the “Theraband” can be used to develop strength in every muscle in the body and how to progress the exercises to get the most out of them. Registrants are encouraged to try the exercises as they are being demonstrated. A video of the two sessions will be made available on You Tube to registered participants, so you do not have to take notes during the presentation. The link to access the video will be sent to you via Eventbrite, when available.

WHEN, WHERE, HOW MUCH?

DATES: Saturdays, August 15 and 22, 2020

TIME: 10:00 am to noon (Zoom entry available starting at 9:45am)

WHERE: Online via Zoom

LINK TO JOIN THE SESSIONS: Emailed to registrants via Eventbrite

COST: \$10.00 for the series

REGISTRATION AND PAYMENT

Registration and credit-card payment done through Eventbrite: [click here](#)

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August Schedule

Saturdays, August 15 and 22, 10am – noon, Zoom

Presenter: David Docherty, PhD



David Docherty is a Professor Emeritus in the School of Exercise Science, Physical and Health Education. His research was primarily on the effects of resistance training on neuromuscular adaptation and he is still reviewing for international journals in the area of exercise science and physiology. His most recent research articles just reached over 50,000 reads according to Research Gate. He was involved in developing strength and conditioning programs for national team athletes and currently applies his knowledge in leading a men’s fitness class twice a week. His passion is applying research to practice and encouraging people of all ages to be physically active.

Workshop 1 (August 15): “Don’t give a squat? Maybe you should!”

This will be a workshop showing the why and how the simple squat exercise is possibly the best single exercise we can and should be doing at any age and especially as we get a bit older. Loss of leg strength is the number one reason older people are admitted to care homes. Leg strength is also fundamental to many daily activities. Simple squats can be done anywhere and without equipment and is one of the best exercises to develop or maintain leg strength as well as other parts of the body. The session will include the correct technique to safely perform the squat and get the most out of the exercise and also show the many variations that can be done to keep interest and maintain effectiveness. Opportunity will be included for you to join in some of the exercises at your own comfort level as well as answer any questions you may have. To join in you will need a chair without arms and some form of resistance, preferably in the form of a resistance band (such as a “Theraband”) or light weights.

Note: “Therabands” come in different colours based on their stretchability. For most people “blue” provides reasonable resistance but I suggest “silver” for those looking for more challenge. A good source for Therabands is Flaman on Douglas opposite Mayfair Mall or most pharmacies carry some form of resistance band. You should purchase 6-7 feet or 2 metres or wingspan (i.e. finger tip to finger tip when the arms are stretched out to the side). They should cost between \$10 and \$15.

Workshop 2 (August 22): “Theraband exercises to work every muscle in your body”

Resistance bands or “Theraband” (trade name) are an effective and economical way to increase strength in every muscle in your body. Maintaining or developing strength as we age helps in carrying out everyday activities as well improving health in a number of other ways. This workshop will cover the importance of improving or maintaining strength as we get older, the general principles related to improving strength, and the many ways in which resistance bands can be used to perform virtually every exercise you would do in a gym. It is recommended you have your own resistance band (see above) so you can try the exercises as they are presented. Resistance bands have the extra advantage of being light to carry, easy to store, and throw in a suitcase when traveling.

NEED HELP?

If you have any questions or want more information about this event, please contact uvra@uvic.ca.