

105399 Strength Training for the Aging Workforce

1. True or False: While older workers' wisdom, experience and knowledge are a bonus to their team, their physical issues may cause concern.
2. True or False: Just as long as an older worker is careful, he or she can go ahead with an exercise routine without first talking to a doctor.
3. Which of the following are strength training exercises?
 - A) seated row,
 - B) jumping rope,
 - C) walking,
 - D) yoga
4. What is the recommended activity amount for strength training for an older worker?
 - A) 30 minutes, five times a week,
 - B) 20 minutes, three times a week,
 - C) 15 minutes, twice a week,
 - D) 30 minutes, four times a week.

What Would You Do?

Several older workers want to begin strength training during their lunch hour. They know you work out and ask you for help. What kind of advice would you give them to get them on their way to stronger bodies?

Quiz Answers: 1: T, 2: F, 3: A, 4: B