

'Building Muscle Mass' for Seniors — a 4-Week Online Program from Stamford Hospital and Westport Library

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Categories : [Healthy Living](#), [Seniors](#)

Tagged as : [Exercise for Seniors 2021](#), [Westport Library 2021](#)

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You can join a Westport Library webinar, "Building Muscle Mass: A Strengthening Series for Older Adults," a special series running for the four Wednesdays of April.

— [an announcement](#) from Westport Library

The series is run in partnership with [Hospital for Special Surgery in Stamford \(HSS\)](#) and [HSS Rehabilitation Provided by Stamford Health](#) designed to support the health and wellness of older adults.

Do you find typical weight lifting and classes offered at gyms intimidating or unrealistic? In this four-week course, we will make building muscle mass accessible and attainable for older adults.

We will cover the health benefits of building muscle mass, and each week will highlight the many ways you

can achieve stronger muscles in your own home. Join us to learn more about strengthening exercises for older adults and strategies for building muscle mass.

If You're Signing Up ...

This is a virtual webinar series. To register for all 4 sessions, [please click here](#).

After registering, you will receive one reoccurring Zoom webinar link which can be used to join each session. Participation at all 4 sessions is strongly encouraged to maximize benefits of the series!

Session Topics

The topics and presenters for each week are as follows:

April 7:

The Basics of Building Muscle Mass: Health benefits, Avoiding Negative Health Effects, and Where to Start with Daniel Blatz, MD, Physiatrist, HSS Stamford / HSS Westchester

April 14:

Starting Light: Body Weight Exercises and Weight Lifting for Beginners with Lynne Roberts, PT, DPT, OCS, ATC and Alexandra Promis, PT, DPT, HSS Sports Rehab-Wilton

April 21:

Cardiovascular Fitness Options for Building Muscle Mass with TBD

April 28:

The Benefits of Mind-Body Practices (i.e. Yoga, Tai Chi, & Pilates) with John Detienne, PT, DPT, HSS Rehabilitation – Tully Health Center

COMMUNITY PARTNER:

[Westport Center for Senior Activities](#)