

How to Use Your Weighted Vest

- ❖ As with most exercise, it is good to begin at a good comfort level and work up slowly as you build strength.
- ❖ The vest alone weighs one pound so you might begin adding one more pound (that is, adding one half-pound rubber weight in the front and one in the back).
- ❖ Try to wear the vest for at least 30 to 60 minutes a day. It is of great benefit to wear it during your daily walk, while doing your strength training exercises, or even when doing housework. Even walking slowly while wearing the vest will benefit bone and overall fitness.
- ❖ Use this slightly weighted vest for a week or until you feel ready to increase the weights.
- ❖ Then add weights one pound at a time (2 weights), using the heavier weighted vest for a week or two before adding more weight.
- ❖ Research has shown that working up to 10-15% of your body weight produces optimal bone building effects, but do not worry if you are not able to reach this level. Any extra weight you use will be of benefit to your bones.