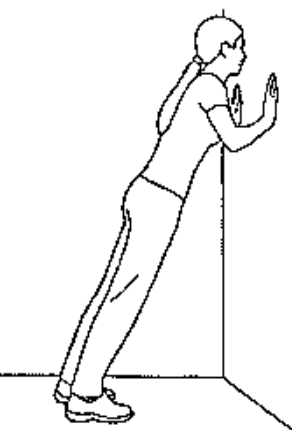




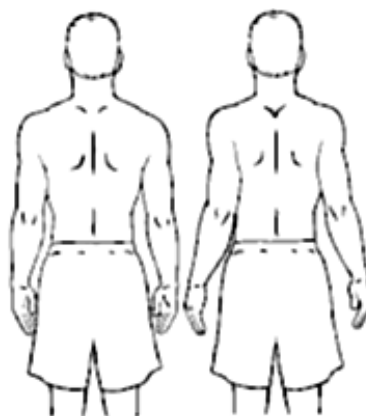
Here are some basic exercises that you can do at home 2-3 days per week to help you build up your strength and balance. **Make sure to have a chair or wall nearby to provide support if necessary.** Also, don't forget to do cardiovascular activities at least 30 minutes most days of the week. These are good for your heart and lungs and include activities such as walking, dancing and golf.

Warm-up: Do 4-5 minutes of walking or marching and make sure to move your arms to warm up lower and upper body.

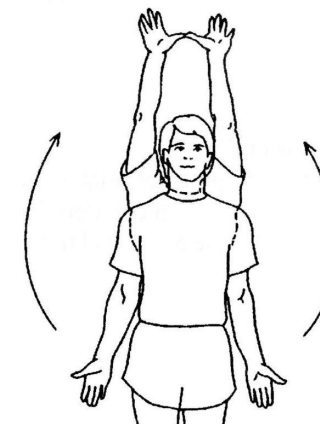
Muscular Strength/Balance: Do 8-12 slow and controlled repetitions of each. Make sure you are maintaining good posture! Either standing or sitting tall, roll your shoulders up, back and down keeping belly button pulled in so your core is engaged. Also, remember to exhale on exertion and inhale on release so you are NOT holding your breath.



Wall Push-ups: Stand facing a wall with your arms straight and hands on the wall shoulder-height about 3 feet apart. Do push-ups against the wall keeping your body in a straight line. To make it easier, have your feet closer to the wall. If you want to make it harder, place your feet further from the wall.



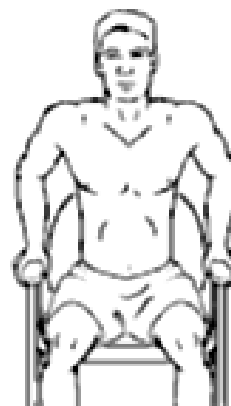
Back Squeeze: With your arms at your sides, squeeze your shoulder blades together. Hold for a moment, then relax. For an added workout, try bringing your right shoulder blade toward your left hip, hold then relax. Then, try bringing your left shoulder blade toward your right hip. Hold, then relax.



Arm Lifts: With palms facing forward, lift your arms as high as you can comfortably and then slowly lower them back to your sides. Remember to tighten your stomach muscles and keep your shoulders down and back. This can also be done while sitting.



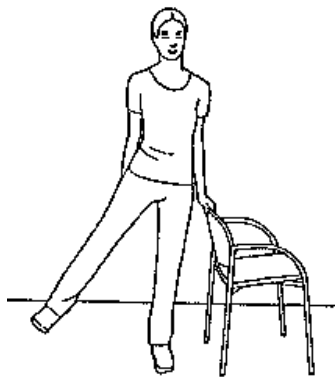
Chair Squats: Stand behind a chair and support yourself with both hands. Slowly bend your hips, trying to push your bottom back. Try not to have your knees go beyond your toes. Slowly stand back up tightening your buttock muscles as you rise back up. You may challenge your balance by using fingertips only or have hands hovering just above the chair.



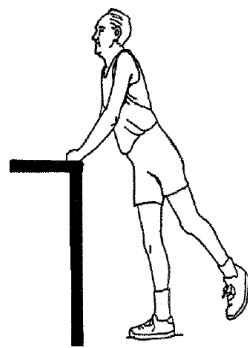
Tricep Dip: Sitting in a chair, place your hands on armrests or on seat for support. Using your arms, raise your bottom off the seat then slowly lower back down. Use your legs to assist if necessary, but try to use your arms as much as possible.



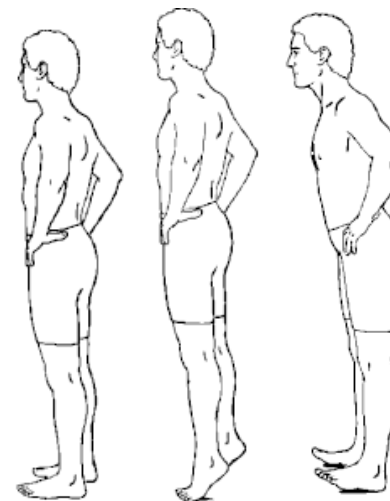
Abdominal Crunch: Sit tall on the front half of a chair. Have your hands rest on your legs or cross your arms at your chest for increased intensity. Slowly lean your upper body backwards until your shoulders almost touch the back of the chair. Then, slowly rise back up to original seated position. Make sure to breathe.



Hip Abduction: With a chair nearby for support in case needed, slowly lift your leg sideways just slightly off the ground then slowly lower back down. Try to keep your body straight and toes pointing forward throughout the exercise. Think about going out with a flat foot or even leading with your heel. Alternate sides and complete desired number of repetitions.



Hip Extension: Lift your leg behind your body. Keep your knee and back straight—do not lean forward. Alternate legs and complete desired number of repetitions. This exercise also stretches your hip flexor.



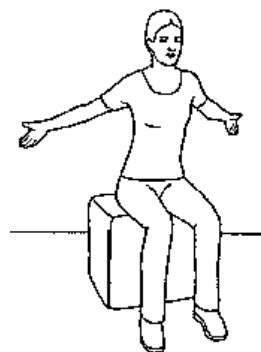
Toe/Heel Raise: Stand tall and, while holding onto a chair for support, slowly rise onto your toes then lower back down. Then, roll back onto your heels lifting your toes off the ground. Do desired number of repetitions alternating from toes to heels.

Remember, try to challenge your balance by only holding on to the chair as much as necessary to ensure safety and proper technique.

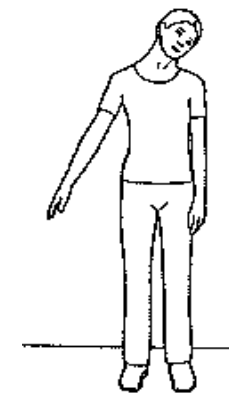
Flexibility



Quadriceps/Hip Flexor Stretch: Sit sideways at the front of a chair with only one buttocks cheek on the seat. Remember to sit tall and do not lean forward. Take your front leg back as far as you can comfortably. For a deeper stretch, press that front hip forward as though there was a string pulling it forward. Hold for 15-30 seconds then switch sides.



Chest Stretch: While sitting or standing tall, bring your arms back as far as you can comfortably. This stretches your chest muscles which, in turn, will help you maintain good posture. Hold for 15-30 seconds.



Upper Traps (Upper Neck) Stretch: Keeping your shoulders level, tilt your ear to your shoulder. To deepen the stretch, reach your fingers on the opposite arm towards the floor. Hold for 15-30 seconds and then do the other side.

Note: When doing **strengthening** exercises, complete **8-12 repetitions**. **Flexibility** exercises should be **held for 15-30 seconds** and done only once (or once per side).

For more information and resources for older adults, contact
Forever...in motion at
(306)844-4080
foreverinmotion@saskhealthauthority.ca