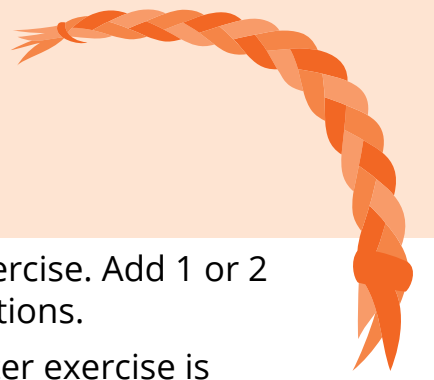


# EVERYDAY EXERCISES FOR ELDERS

## WHEN EXERCISING, REMEMBER TO:

- Check with your doctor or community health nurse before you start a new exercise program.
- Wear comfortable, supportive footwear.
- Use a counter or a firm, stable chair for support.
- Start with 5 repetitions of each exercise. Add 1 or 2 everyday until you reach 15 repetitions.
- Be aware that muscle soreness after exercise is normal.



### SIT TO STAND

- Sit in a chair, feet hip-width apart.
- Slowly stand up half way.
- Make sure your knees do not come forward past your toes.
- Keep your hips, knees, and ankles in line.
- Stand up straight and tall, then return to seated position.
- Repeat up to 15 times.



### STANDING LEG CURL

- Stand with feet hip-width apart, hold the counter for support.
- Shift weight onto one leg.
- Bend other knee.
- Raise heel toward buttocks as far as it is comfortable.
- Return to starting position.
- Repeat on each leg up to 15 times.



### SIDE LEG LIFT

- Stand with feet together, hold the counter for support.
- Shift weight onto one leg.
- Raise the other leg out to the side.
- Keep your back straight and tall.
- Slowly return leg to the floor.
- Repeat on each leg up to 15 times.



### HEEL RAISE

- Stand with feet hip-width apart.
- Hold on to the counter and look forward.
- Slowly raise both heels off the floor, standing on toes.
- Hold for 5-10 seconds.
- Return to start position.
- Repeat up to 15 times.



### TOE RAISE

- Stand with feet hip-width apart.
- Hold on to the counter and look forward.
- Slowly raise toes off the floor, putting weight onto heels.
- Hold for 5-10 seconds.
- Return to start position.
- Repeat up to 15 times.



### COUNTER/WALL PUSH-UP

- Facing the counter, stand arms' length away and place hands on the counter at shoulder height, and shoulder-width apart.
- Tighten the abdominal muscles.
- Keeping back and legs straight, bend elbows while lowering upper body toward the counter.
- Hold for 2-3 seconds.
- Straighten arms pushing against the counter and return to starting position.
- Keep elbows slightly bent.
- Repeat up to 15 times.



**KEEP YOUR MOCCASINS MOVING!**

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