

Exercises for Older Adults

RECOMMENDED EXERCISE

Chair Rise Exercise

What it does: Strengthens the muscles in your thighs and buttocks.

Goal: To do this exercise without using your hands as you become stronger.

How to do it:

1. Sit toward the front of a sturdy chair with your knees bent and feet flat on the floor, shoulder-width apart.
2. Rest your hands lightly on the seat on either side of you, keeping your back and neck straight, and chest slightly forward.
3. Breathe in slowly. Lean forward and feel your weight on the front of your feet.
4. Breathe out, and slowly stand up, using your hands as little as possible.
5. Pause for a full breath in and out.
6. Breathe in as you slowly sit down. Do not let yourself collapse back down into the chair. Rather, control your lowering as much as possible.
7. Breathe out.

Repeat 10-15 times. If this number is too hard for you when you first start practicing this exercise, begin with fewer and work up to this number.

Rest for a minute, then do a final set of 10-15.



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

STEADI Stopping Elderly Accidents,
Deaths & Injuries

sofa abs

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



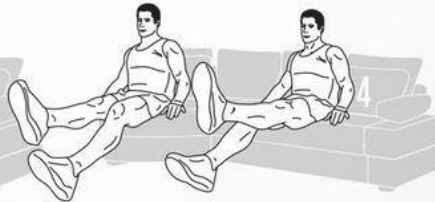
20 leg swings



20-count raised knees hold



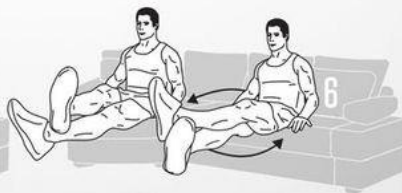
20 knee to elbows



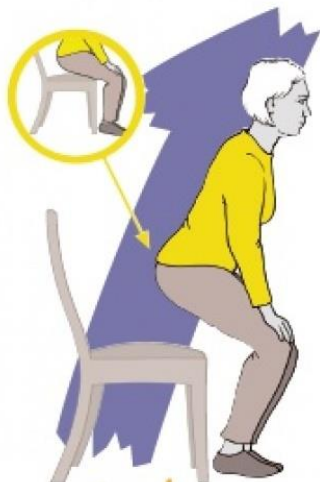
20 flutter kicks



10 raised legs twists



10 scissors



Sit to stand

Sit tall near the front of a chair with your feet slightly back. Lean forwards slightly and stand up (with hands on the chair if needed). Step back until your legs touch the chair then slowly lower yourself back into the chair. **Repeat 10 times.**



Heel raises

Stand tall, holding the back of a sturdy kitchen-type chair or kitchen sink, then lift your heels off the floor, taking your weight onto your big toes. Hold for three seconds, then lower with control. **Repeat 10 times.**



Toe raises

Stand tall holding the same support, then raise your toes – taking your weight on your heels. Don't stick your bottom out. Hold for three seconds, then lower with control. **Repeat 10 times.**

Stay Strong Stay Healthy



Cool down



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Friedman School of Nutrition, Science & Policy
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Adapted from the Strong Woman Program
A National Fitness Program for Women

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7 EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.

Warm-Up



1. Stationary March with Arm Swing/Seated March

Strength Exercises



2. Sit to Stand



3. Standing Hip Extension

Balance Exercises



4. Side Leg Raise



5. Single Leg Stand

Flexibility Exercise



6. Triceps Stretch

Cool Down



7. Standing Quadriceps Stretch

Stay Strong, Stay Healthy



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Wide Leg Squat



Standing Leg Curl



Side Leg Raise



Knee Extension



Biceps Curl



Overhead Press



Seated Row



Toe Stand



Stay Strong, Stay Healthy is adapted from The Strong Women Program, A National Fitness Program for Women, John Hancock Center for Physical Activity and Nutrition, Friedman School of Nutrition Science and Policy, © 2008 Tufts University, Boston Massachusetts

Illustrations by J. Bintzer, University of Missouri Extension
New 07/08; Revised 12/15/00

5 Exercises for Seniors to Increase Strength & Balance

1



Single Limb Stance

It's best to start off with a simple balance exercise for seniors. Here's how you do this one: stand behind a steady, solid chair (not one with wheels), and hold on to the back of it. Lift up your right foot and balance on your left foot. Hold that position for as long as you can, then switch feet.

2

Walking Heel to Toe

You might read this and wonder, "How is walking an exercise to increase balance?" This exercise makes your legs stronger, which enables you to walk without falling.



3



Rock the Boat

Stand with your feet apart so the space between them is the same width as your hips. Make sure both feet are pressed into the ground firmly. Stand straight, with your head level. Then, transfer your weight to your right foot and slowly lift your left leg off the ground. Hold that position for as long as possible (but no more than 30 seconds).

4

Clock Reach

Imagine you're standing in the center of a clock. The number 12 is directly in front of you and the number 6 is directly behind you. Hold the chair with your left hand.



5



Back Leg Raises

This strength-training exercise for seniors makes your bottom and lower back stronger. Stand behind a chair. Slowly lift your right leg straight back—don't bend your knees or point your toes. Hold that position for one second, then gently bring your leg back down. Repeat this 10 to 15 times per leg.



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Source: <https://www.lifeline.ca/en/resources/14-exercises-for-seniors-to-improve-strength-and-balance/>

7 Simple Exercises for Seniors Who Want Active Lifestyles



Regardless of age, it's important to keep yourself **healthy and active**.



One easy way is to exercise regularly and aim for **150 minutes** of moderate-intensity physical activity each week.

In addition, adults aged 50 years or older should maintain their physical fitness by doing **strength and balance exercises** at least **twice a week**.



These exercises offer the following important **health benefits**

- Increase or maintain muscle strength
- Improve balance, coordination and mobility
- Improve confidence to move about independently
- Reduce risk of falling
- Improve mood and overall well-being

It's never too late to start exercising. **Start slow, keep going, and you'll discover the ability to do more and feel better in no time.** Try these 7 easy exercises at least twice a week to increase your fitness!

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Balance Exercises



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Cool Down



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Source: <https://www.healthhub.sg/programmes/71/healthy-ageing-exercise>