
Aerobic, Resistance, Balance and Flexibility Exercises



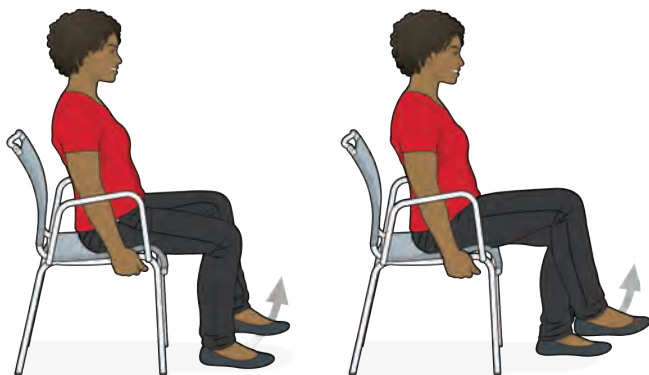
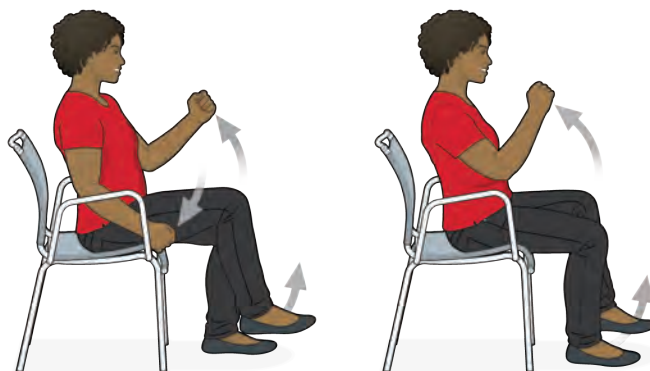
Connected for Life

Aerobic Exercises

Start by choosing an aerobic activity that you can do almost daily, such as taking 5-minute walks throughout the day or parking farther away so you will take more steps. You don't even have to break a sweat or change clothes.

Seated March

- Start by sitting upright and marching your feet in place.
- Lift right foot up; place right foot down. Lift left foot up; place left foot down.
- Swing your arms back and forth with your elbows bent while you march.
- March for about 1 minute.



Seated Foot Drill

- Sit upright and pick up the pace by tapping your feet faster.
- Keep tapping for 45 seconds.

Aerobic Exercises

Seated Arm Curls

- ❑ Start with your fists beside your legs.
- ❑ Move your fists up toward your shoulders.
- ❑ Bring your fists back down to your legs.
- ❑ Repeat the arm curls for 30 seconds (about 30 arm curls).



Seated Overhead Punches

- ❑ Start with our fists in front of our shoulders.
- ❑ Punch your right fist up overhead and bring it back down.
- ❑ Then punch your left fist up overhead and bring it down.
- ❑ Switch from right- to left-side punches for 45 seconds (about 20 times for each arm).

Standing March

- ❑ If you are able to stand up, march in place for 45 seconds.
- ❑ It's fine to stay seated if you need to.

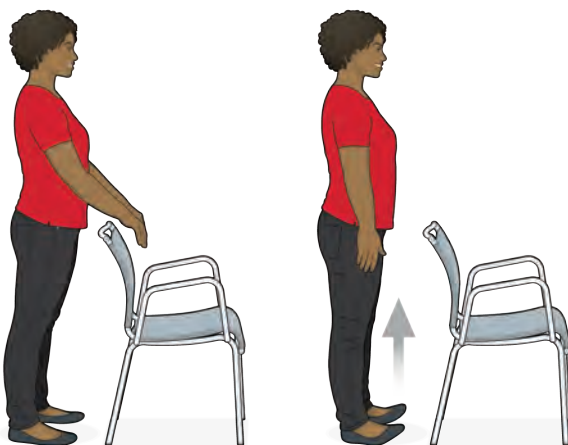


Balance Exercises

Start your balance training by holding on to something stable and trying to stand on one leg at a time several times per day. Add in some other exercises along the way to help you get more balance and avoid falls.

Single Leg Balance

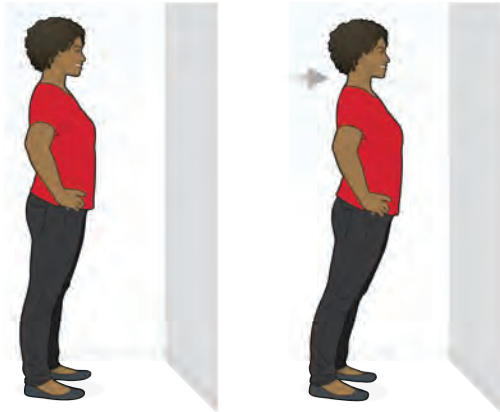
- Stand with a chair in front of you to hold on to for balance, if needed.
- Raise your right foot off the ground.
- Hold it there for 10 to 20 seconds.
- Put your right foot back on the ground.
- Raise your left foot.
- Hold it up for 10 to 20 seconds.
- Repeat for one minute.



Toe Raise

- Rock back on your heels while standing up.
- Repeat this 20 times.

Balance Exercises



■ Forward Lean

- Stand in front of a wall for the with your hands on your hips.
- Lean forward.
- Hold 10 to 15 seconds.

■ Three-way Leg Swing

- Stand on one foot, with your hands on your hips or, if you need to, hold a chair or wall.
- Keeping your leg straight, move your raised foot forward and hold it there for 5 seconds.
- Put your foot back on the ground.
- Repeat the forward lift 10 times.
- Now lift it sideways 10 times.
- And finally, backwards 10 times.
- Repeat with other foot.

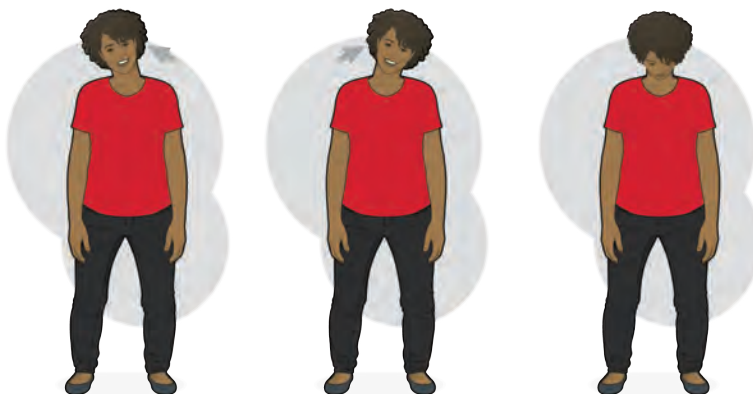


Flexibility Exercises

Stretch 2 to 3 days per week as well. Break up periods of sitting with easy stretches. This is a great way to work stretching into your day, and you will feel better.

Neck Stretch

- Stand with your feet apart and your knees slightly bent (or sit in a chair with your back straight and your feet on the floor).
- Relax your shoulders and gently bend your head toward your right shoulder.
- Hold it there for 5 seconds.
- Repeat on the left side and hold it for 5 seconds.
- Now tip your head forward toward your chest and hold it for 5 seconds.
- Then tilt your head back, looking up toward the ceiling for 5 seconds.



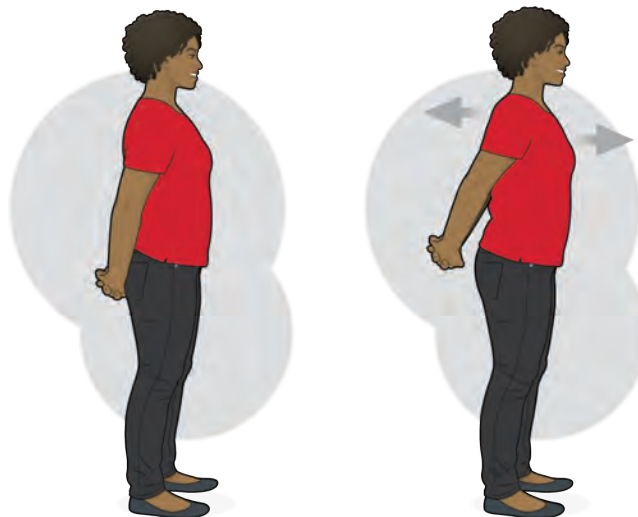
Shoulder/Upper-Back Stretch

- Stand with your feet apart and your knees slightly bent (or sit in a chair with your back straight and your feet on the floor).
- Relax your shoulders and stretch your right arm across your chest by pulling your right elbow with your left hand.
- Hold the stretch for 10 seconds.
- Repeat with your left arm and hold the stretch for 10 seconds.

Flexibility Exercises

Chest/Shoulder Stretch

- Bend your knees slightly, tense your stomach muscles, and relax your shoulders. If you need to sit, sit forward in your chair so your arms can go slightly behind you.
- Move your hands behind your back as close as you can behind you, holding them together if you can.
- Now bring your shoulders back and push your chest forward.
- Hold the stretch for about 10 seconds.



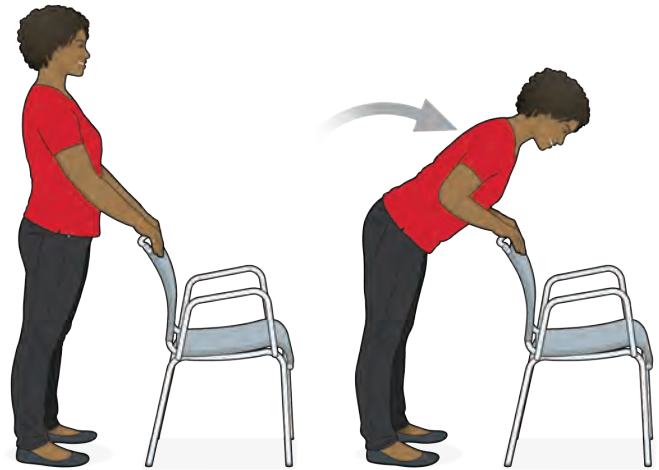
Upper-Back/Back of Arm Stretch

- Stand with your feet a little apart. You can also do this exercise while seated in a chair.
- Your stomach muscles should be slightly tensed and, if standing, your knees should be slightly bent.
- Relax your shoulders and stretch your right arm up reaching behind you by pulling to your right elbow up with your left hand.
- Hold the stretch for 10 seconds.
- Repeat with your left arm and hold the stretch for 10 seconds.

Flexibility Exercises

Back of Upper-Leg Stretch

- Stand behind a chair with your legs straight.
- Hold the back of the chair with both hands.
- Bend forward from your hips, keeping your legs and back straight.
- Hold this position for 10 seconds, relax, and repeat the stretch again.



Calf Stretch

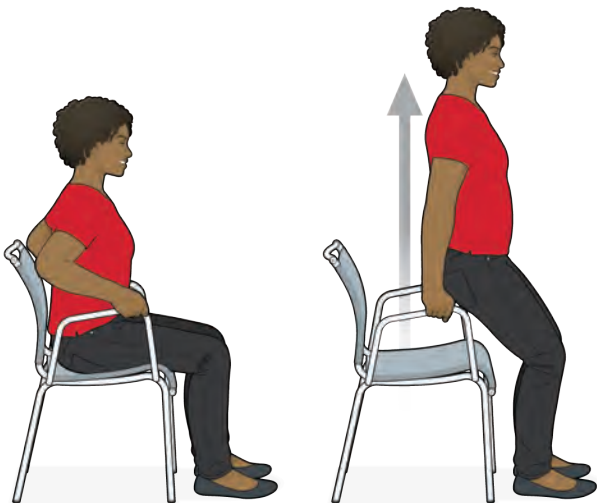
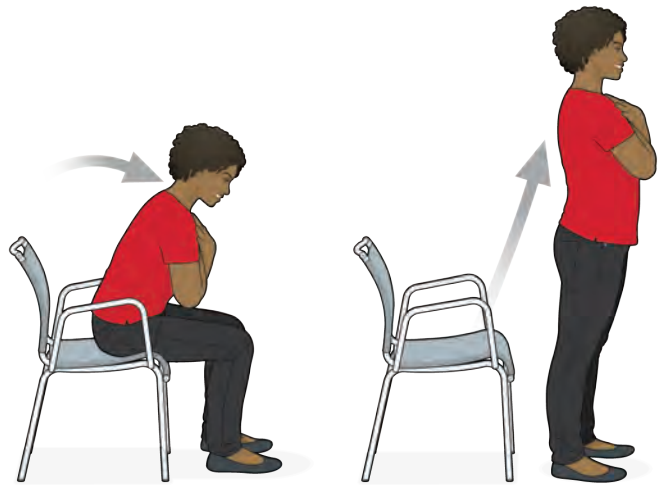
- With straight arms, put your hands on the wall in front of you.
- Place your feet shoulder-width apart.
- Move your right foot back from the wall about 12 inches while bending your left knee and holding your back and right knee straight.
- Bend your elbows slightly and lean in a few inches toward the wall to stretch your right calf.
- Hold the stretch for about 10 seconds.
- Repeat this stretch with the other leg.

Resistance Exercises

To build some strength and muscle, add some resistance training at least 2 days per week. It is fine to start with wall push-ups and other easy activities that you can do during work breaks, at your desk or at home using household items.

Sit to Stand

- ❑ Push the back of a chair against a wall for stability.
- ❑ Sit toward the front of our chair.
- ❑ Keep your back and shoulders straight and lean forward slightly. Practice using only your legs to stand up slowly and to sit back down.
- ❑ Repeat 15 to 20 times.

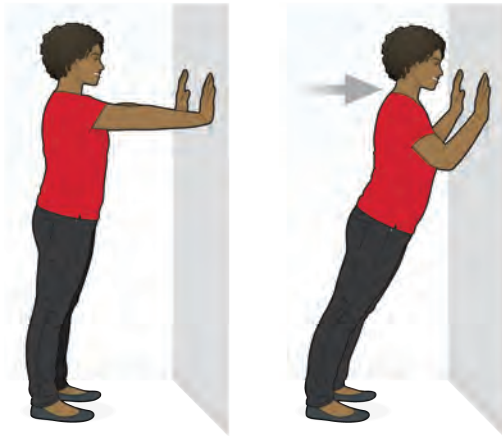


Chair Push-Ups

- ❑ Push the back of a chair against a wall for stability.
- ❑ Next, let's use your hands and grasp the arms of your chair.
- ❑ Slowly push your body as far as you can up off the chair.
- ❑ Hold your weight and then slowly lower yourself back down.
- ❑ Repeat 15 to 20 times.

Note: If you don't have a chair with arms, you can hold on to the sides of your chair.

Resistance Exercises

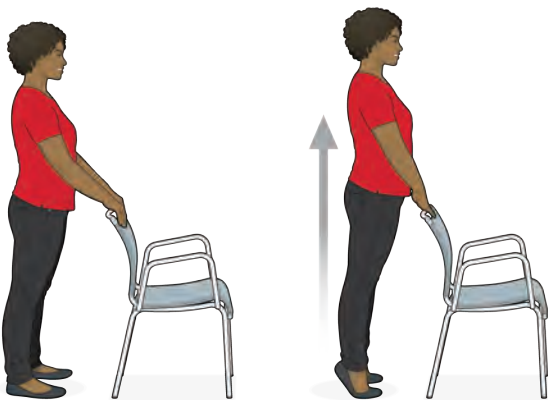


Wall Push-Ups

- Stand about 2 feet from a wall and place your hands on it about shoulder-width apart.
- Keep your body in a straight line and start to bend your elbows, bringing your head and shoulders toward the wall while keeping your back and legs straight.
- Now push your body back from the wall.
- Repeat these 20 times.

Standing Leg Curls

- Place your hands on the back of a chair.
- Keep your knees close together and bend your knee, lifting your right heel up toward your bottom.
- Hold your heel as close to your bottom as you can lift it for a few seconds before returning your foot slowly to the floor.
- Repeat 15 times.
- Now switch to your left leg and repeat 15 times.



Standing Calf Raises

- Stand behind a chair with your feet about shoulder-width apart.
- Keep your fingertips on the chair for support as you slowly raise your heels off the ground.
- Then, slowly lower your heels back to the ground.
- Repeat 20 times.