



Exercise Guide

Welcome to Fizikaflex™!

You are taking an important step to improving your health. We invite you to work out regularly and safely, by following the easy to follow instructions for each exercise.

The book is organized in Four Parts. As your cardiovascular capacity, strength, flexibility, and balance improve, you can continue to challenge yourself by moving to the next level of exercises. Try to do the exercises in sequence – to ensure that you have warmed up your muscles and allowed them to cool down as you end your exercise session.

We welcome your comments and feedback. Feel free to send an email to:

Fizika. lex@gmail.com

We wish you all the best with your exercise program. Congratulations on your commitment to maintaining your physical, mental and emotional health.

Martha Lester Harris, MPA, Founder/CEO Fizika Group, LLC

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Fizika**flex** exercises are easy to follow and require minimum equipment. Normal household items like chairs and a towel are required for some of the exercises. We encourage you to work out at your own level. As you feel your strength improving or you are looking for a new challenge, select exercises from the next level to add to your daily routine.



Each level of exercises includes activities that work on your cardiovascular capability, strength, balance and flexibility.

How to use this Exercise Guide.

Fizika recommends that you do the exercises in sequence.

For example if you are just starting an exercise routine, here is way to begin:



Select 1 Cardiovascular exercise from the Beginner Level (or a higher level if you feel up to doing so). Use a light exercise to warm up your body.



Select 1 or 2 strength exercises from the Beginner Level (or a higher level) .
As your strength improves, you will want to do a strength exercise for each area of your body.



Select 1 balance exercise



End your workout with **flexibility exercises** to stretch and relax muscles.

By working out daily, eating a balanced diet, drinking plenty of water and getting enough sleep, you can keep your brain and your body healthy as you age. We also encourage you to keep learning—try a new craft, play a new instrument or game. Make new friends who want to exercise with you. Many of the suggested exercises encourage you to work out with a partner or a group of people while having fun. Music and dance are great ways to stimulate movement and help our brains stay engaged and focused.

The name “Fizika” means physical activity, movement and measurement. We trust that the exercises along with the daily health log, will help you stay on track and keep you healthy for a lifetime.

Before starting any exercise program, always consult your physician and be sure to work out at your own pace. Listen to your body and don’t overdo any exercises. The goal is to improve your physical strength and stamina over time.

Fizika’s fitness professional, Kristin Hallquist, NASM certified, created the exercises. She has worked with seniors to help improve their cardiovascular stamina, strength, balance and flexibility. Should you have any questions about the exercises, send an email to:

Fizika.flex@gmail.com.

Beginner Level Exercises

BEGINNER LEVEL



Cardiovascular Exercises

Recommend: 150 minutes/week

The American College of Sports Medicine recommends a duration of 20–30 minutes, however if you exercise infrequently, you should start with 10–15 minutes and gradually build from there.

- ☐ **Take an easy walk with a friend.**
When walking, choose a flat surface outside, or inside on a treadmill or at your local mall. Attempt to walk 10–15 minutes at a low-moderate pace.
- ☐ **Ride the recumbent cross trainer at a local fitness or senior center.**
Attempt to ride the recumbent cross trainer at a low-moderate intensity pace for 10–15 minutes.
- ☐ **Participate in an arthritis focused water class at a local aquatics center.**
Arthritis aquatic classes are typically done in warmer water (83–90 degrees) and focus on light cardio, range of motion exercises, and general stretching.

- ☐ **Take a beginner/low impact dance class to learn the waltz, swing,rumba, or salsa dance.**

www.ballroomdancinglancaster.com provides more information for newcomer dance classes.

- ☐ **Go “water walking” at a local aquatics center.**

Pick a waist high deep area in the pool and begin walking at a low-moderate pace for 10–15 minutes. Exercising in the water can help alleviate pressure on the joints caused by arthritis.

- ☐ **Take a SilverSneakers cardio class.**

SilverSneakers is a free fitness program for seniors. To find out if your Medicare Advantage Plan includes SilverSneakers, go to: www.silversneakers.com.

- ☐ **Go bowling.**

Grab a friend or friends and play 1-2 games of bowling!

☐ **Take a ride on a recumbent bike at a local fitness or senior center.**

One benefit of this exercise is the position of the recumbent bike seat ensures the rider is exercising with good spinal posture. Attempt to ride the recumbent bike at a low-moderate intensity for 10–15 minutes.

☐ **Plant a garden.**

Gardening is an enjoyable form of exercise. A low impact physical activity which incorporates all motor skills, gardening helps increase mobility and flexibility. Start with 10–15 minutes of gardening at a time.

☐ **Take a YouTube beginner cardio class or exercise DVD.**

Start with 10–15 minutes of a beginner class such as Jane Fonda's Walking Cardio Workout–Level 1.



BEGINNER LEVEL



Strength Training

Recommend: 2–3 times/week

The American College of Sports Medicine recommends 8–10 exercises involving the major muscles of the body (chest, back, shoulders, biceps, triceps, legs, and core) on 2–3 nonconsecutive days per week.



Side leg raises.

Lie down on one side, extending legs and stacking them on top of one another. Slowly raise the top leg as high as possible. Exhale on each leg lift, and inhale when lowering.



Seated calf raise.

Sitting towards the middle or front of a chair, place feet hip width apart on the floor, with knees bent. Slowly raise heels off the floor coming up on the toes, then gently return back to starting position. Perform 2 sets of 10 repetitions on each side, resting 30–60 seconds in between sets.

☐ **Shoulder rolls.**

Shoulder rolls target muscles in the shoulders and upper back. Sit with good posture and slowly rotate shoulders forward 10 times, and then backward 10 times. Rest 30–60 seconds, then repeat 1 time.

☐ **Bicep curls.**

Use 1–2 pound dumbbells for resistance or something easy to grip around the house such as two soup cans. Sit with good posture in a chair before beginning the exercise. Turning the palms forward, keep the elbows as close to the body as you slowly bend at the elbows, raising the weights $\frac{3}{4}$ of the way to your shoulders. Exhale with each bicep curl and inhale each time you lower the weight slowly to starting position. Perform 2 sets of 10 repetitions, resting 30–60 seconds in between sets.





Grip strength.

Grip an old tennis ball or soft stress ball in one hand. Hold and squeeze for 3 seconds and release. Perform 2 sets of 10 repetitions on each hand, resting 30–60 seconds in between sets.



Tricep kickbacks.

Use 1–2 pound dumbbells for resistance or something easy to grip around the house such as one soup can. Hold the weight in one hand and sit in a chair. Slowly lean over the knee and straighten your elbow behind as far back as comfortable, keeping elbow high during the backward movement. Exhale with each tricep kickback, and inhale when returning the weight to starting position. Perform 2 sets of 10 repetitions, resting 30–60 seconds between sets.



Seated leg extensions.

Sit in a chair with good posture, placing feet hip width apart. Slowly extend one leg out in front, and gently return to starting position. Perform 2 sets of 10 repetitions on each leg, resting 30–60 seconds in between sets.



Seated side bends.

Sit in a chair with good posture, placing feet hip width apart. Keep one hand behind the head and the other reaching towards the floor. Lean to the side, as if trying to touch fingers to the floor. Slowly return back to starting position. Perform 2 sets of 10 repetitions on each side, resting 30–60 seconds between sets.

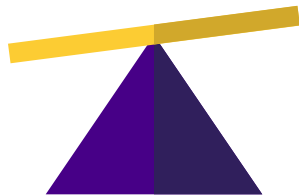


Chest press using a thera-band.

Sitting towards the middle or front of a chair, place feet hip width apart on the floor, with knees bent. Place the thera-band under arms and across the upper back, looping the band ends a few times around the hands. Begin the exercise with elbows pulled back and hands on either side of chest. Slowly extend arms forward at chest height. Adjust the tension of the band as needed. Inhale as arms come back, and exhale as arms extend forward. Perform 2 sets of 10 repetitions, resting 30–60 seconds in between sets.



BEGINNER LEVEL



Balance Training

Recommend: 2–3 times/week

Balance exercises should be performed near a wall or chair to prevent falling.



Balance in the semi-tandem stance.

Standing with good posture, place one foot in front of the other until the inside of one heel is touching the big toe of other foot. In this staggered stance, make sure the weight is evenly distributed between the feet. Shift gaze forward, holding this balance exercise for 30 seconds before switching position to bring the other foot forward for a 30 second hold. Use a sturdy chair for support if needed. Repeat 1–2 times.



March in place.

Standing tall, slowly march in place. Perform 10 marches, then repeat 1–2 times.

☐ **Side to side weight shift.**

Making sure the knees are soft and gaze is forward, shift weight to the right foot, bringing the left foot off the ground and nearly touching the right foot. Continue to shift weight from side to side for 30 seconds. Rest 30–60 seconds, and repeat 1–2 times. Use a sturdy chair for support if needed.

☐ **Walk heel to toe (“footprints in the sand” walk).**

Walk forward, very slowly striking heel to toe, as if attempting to make deep footprints in the sand. Perform 3 sets of 10 steps, resting 30–60 seconds between sets.

☐ **Forward to back weight shift (“rocking horse”).**

As if taking a step, place one foot in front of the other. Slowly shift weight to forward leg, bringing the back foot off the ground a few inches, before shifting weight on the back leg, lifting up the front foot off the ground. Continue rocking back and forth 10 times, before switching leg position to bring the opposite leg forward. Repeat 1–2 times.



☐ **Lateral step with arm movement.**

Facing forward, take a step to the side with the right leg, then draw the left leg to meet the right leg. Continue leading with the right leg, side stepping 5 times, then lead with the left leg 5 times. Repeat 1–2 times. If able, with each step raise the arms to shoulder height out to the sides. Lateral movement exercises assist in the development of balance, strength, flexibility, and spatial awareness.

☐ **Balance walk.**

Raise arms to the sides at shoulder height. Take slow steps, keeping gaze forward, and focusing on an object in front to help with steadiness when walking. Walk 10 steps, rest, then repeat 1–2 times.

☐ **Modified one-legged stand.**

Stand next to a chair or something stable to hold for support. Shifting to the right side, slowly lift the left heel off the ground. Maintain your balance in this position for 15-20 seconds before switching to the opposite side. Repeat 1-2 times on each foot.

☐ **Cross country ski walk.**

Slowly begin walking forward. With each step of the right foot, raise the opposite left arm forward, then do the same to the opposite side (step forward with the left foot, and raise the right arm forward). Continue to travel continuously for 10 steps, repeating 1–2 times.

☐ **Standing toe taps.**

Standing with good posture, alternate tapping the right and left toes forward on the floor about 5–8 inches. Standing toe taps not only help to improve balance, but strengthen the muscles that are used to flex the foot.



BEGINNER LEVEL



Flexibility Training

Recommend: 2–3 times/week

According to the American College of Sports Medicine, flexibility exercises are most effective when the muscle is warm. Before stretching warm up with light aerobic exercise.



Quadriceps stretch.

Stand behind a chair, keep one foot planted on the floor. Slowly bend the opposite leg, bringing the heel close to the backside of the body. If possible use the hand to hold the ankle and bring foot closer to the body to deepen the stretch. Hold the stretch for 10–30 seconds, repeating 1–2 times on each leg.



Chest stretch.

Using a doorway, raise arms up to the sides of the doorway as far as comfortable. Keeping the chest up, slowly take a small step into the doorway, moving to the point of resistance. Hold for 10–30 seconds, relax, and repeat 1–2 times.

☐ **Back stretch.**

Sit toward the front of a sturdy, straight-backed chair with feet shoulder-width apart, flat on the floor. Keeping your neck and back straight, slowly bend forward from the hips. Slightly relax your hands down the legs toward your shins. Hold for 10–30 seconds, then slowly straighten up until back in starting position. Repeat 1–2 times.

☐ **Shoulder stretch.**

Sitting or standing, cross the right arm straight across the chest. Use the left hand to gently pull the right upper arm closer to your body. Hold for 10–30 seconds, relax, and repeat on the other side. Repeat each arm 1–2 times.

☐ **Hamstring stretch.**

Sit towards the front of a sturdy chair keeping one foot planted on the floor with the knees bent. Slowly straighten the opposite leg, keeping the knee soft, and flexing the foot (toes up and heel planted on the floor). Take a full breath in and on the exhale bend at the hips, reaching the hand down the leg until a stretch is felt. Hold the stretch for 10–30 seconds, repeating 1–2 times on each leg.





Bicep stretch.

Using a wall to lengthen and stretch the biceps, begin with the right arm by placing the palm, inner elbow, and shoulder against the wall. Keeping contact between the wall and arm, slowly turn the body away from the wall until a gentle stretch is felt in the bicep. Hold the stretch 10-30 seconds before switching sides. Repeat 1-2 times on each arm.



Triceps stretch.

Sit with good posture in a chair, extending the right arm with palm up. Bring the right arm overhead, walking the fingers down the back as far as comfortable. Gently bring the left hand to press the right elbow back until a stretch is felt. Hold the stretch 10-30 seconds before switching sides. Repeat 1-2 times on each arm.



Neck stretch.

Sit with good posture on a sturdy chair. Slowly turn the head to the right until a gentle stretch is felt. Hold the stretch for 10-30 seconds, then turn to stretch the left side. Repeat each side 5 times.

☐ Calf stretch.

Stand tall, holding onto the back of a chair. Keep the right leg forward and foot flat on the floor, begin to extend the left leg straight back, placing the heel flat on the floor until a stretch is felt in the calf of the straight leg. Hold the stretch 10–30 seconds before switching sides. Repeat 1–2 times on each leg.

☐ Hand and finger stretch.

While seated or standing, place the palms together in a praying position, with the elbows touching (in this position the hands should be in front of the face). Keeping the palms pressed together, slowly allow the elbows to spread apart until hands are at approximately waist height, or until a stretch is felt. Hold the stretch 10–30 seconds. Repeat 1–2 times.



Intermediate Level Exercises

INTERMEDIATE LEVEL



Cardiovascular Exercises

Recommend: 150 minutes/week

The American College of Sports Medicine recommends a duration of 20–30 minutes, however intermediate level participants should start with 15–20 minutes and gradually build from there.

- ☐ **Take a moderately paced walk with a friend.**

When walking be conscious to keep a brisk pace, but still be able to talk comfortably. Attempt to walk 15–20 minutes.

- ☐ **Ride the seated elliptical machine at a local fitness or senior center.**

Attempt to use this machine at a low to moderate intensity level for 15–20 minutes.

- ☐ **Take a beginner/low impact dance class to learn the fox trot, hustle, or ballroom style of dance.**

☐ **Go “water walking” at a local aquatics center.**

Pick a waist high deep area in the pool and begin walking at a low-moderate pace for 15–20 minutes. Exercising in the water can help alleviate pressure on the joints caused by arthritis.

☐ **Take a beginner/low impact cardio class at a local fitness or senior center.**

Choosing a low/impact cardio class will help to build endurance slowly. Attempt to participate in this class at a low to moderate intensity for 15–20 minutes. The remainder of the class stay at a low intensity level.

☐ **Play a game of shuffleboard.**

Grab a friend or friends and play 1–2 games of shuffleboard!

☐ **Take a ride on an upright bike at a local fitness or senior center.**

Attempt to ride the upright bike at a low-moderate intensity pace for 15–20 minutes.

☐ **Play 18 holes of golf.**

Golf is a fun way to get in a great workout to strengthen the heart and lungs. Be sure to use a golf cart in the intermediate level.

INTERMEDIATE LEVEL



Strength Training

Recommend: 2–3 times/week

The American College of Sports Medicine recommends 8–10 exercises involving the major muscles of the body (chest, back, shoulders, biceps, triceps, legs, and core) on 2–3 nonconsecutive days per week.



Chest Press using a thera-band (add a third set).

Sitting towards the middle or front of a chair, place feet hip width apart on the floor, with knees bent. Place the thera-band under arms and across the upper back, looping the band ends a few times around the hands. Begin the exercise with elbows pulled back and hands on either side of chest. Slowly extend arms forward at chest height. Adjust the tension of the band as needed. Inhale as arms come back, and exhale as arms extend forward. Perform 3 sets of 10 repetitions, resting 30–60 seconds in between sets.



Shoulder shrugs.

To perform a shoulder shrug, sit with good posture and slowly bring shoulders up to the ears, pause for a moment, before lowering them down gently. Complete 2 sets of 10 repetitions, resting 30–60 seconds in between sets.



Bicep curls.

It may be time to increase the weight for this exercise. See if 2–3 pound dumbbells are achievable for resistance for 10 repetitions. Sit with good posture in a chair before beginning the exercise. Turning the palms forward, keep the elbows close the body as you slowly bend at the elbows and raising the weights $\frac{3}{4}$ of the way to your shoulders. Exhale with each bicep curl, and inhale each time you lower the weight slowly to starting position. Perform 2 sets of 10 repetitions, resting 30–60 seconds in between sets.

☐ **Tricep kickbacks.**

It may be time to increase the weight for this exercise. See if 2–3 pound dumbbells are achievable for resistance for 10 repetitions. Hold the weight in one hand and sit in a chair. Slowly lean over the knee and straighten elbow behind as far back as comfortable, keeping elbow high during the backward movement. Exhale with each tricep kickbacks, and inhale when returning the weight to starting position. Perform 2 sets of 10 repetitions, resting 30–60 seconds in between sets.

☐ **Chair stands.**

Sitting towards the middle or front of a sturdy chair, place feet hip width apart on the floor, with knees bent. Crossing arms on the chest, begin to stand up slowly while keeping back straight. Taking at least 3 seconds, slowly lower down to seated position. Perform 2 sets of 10 repetitions, resting 30–60 seconds in between sets.



☐ **Book a personal training appointment.**

Make sure to explain to the trainer your current fitness level and any physical limitations you may have.

☐ **Leg raises.**

Leg lifts are a great way to work the lower abdominal muscles. Begin by lying flat on the floor, face up. Contract your abdominals while slowly raising one leg a few inches off the floor, before lowering gently down. Perform 2 sets of 10 repetitions on each side, resting 30–60 seconds in between sets.

☐ **Standing side leg raises.**

Standing with good posture behind a chair, slowly raise one leg out to the side as far as possible, holding on to the chair for support. Exhale on each side leg lift, and inhale when lowering. Perform 2 sets of 10 repetitions on each side, resting 30–60 seconds in between sets.



Standing calf raise.

Standing with good posture behind a chair, slowly raise heels off the floor coming up on the toes, then gently return back to starting position. Hold on to the chair if needed for support. Perform 2 sets of 10 repetitions on each side, resting 30–60 seconds in between sets.

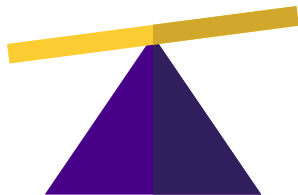


Pinch grip exercise.

Grab onto household objects such as 2 paper plates, and squeeze as hard as possible with just fingertips without letting them drop. Hold this grip for 30 seconds, repeating 1 time and resting 30–60 seconds in between sets.



INTERMEDIATE LEVEL



Balance Training

Recommend: 2–3 times/week

Balance exercises should be performed near a wall or chair to prevent falling.



Balance in the tandem stance.

Standing with good posture, place one foot in front of the other so the stance is heel to toe, making sure the weight is evenly distributed between the feet. Shift gaze forward, holding this balance exercise for 30 seconds before switching position to bring the other foot forward for a 30 second hold. Use a sturdy chair for support if needed. Repeat 1–2 times.



High knee walking.

Lifting the knees as high as possible, walk forward very slowly, striking heel to toe. Perform 3 sets of 10 steps, resting 30–60 seconds in between sets.

☐ Side to side weight shift and hold.

Making sure the knees are soft and gaze is forward, shift weight to the right foot, bringing the left foot off the ground and nearly touching the right foot. Continue to shift weight from side to side 20 times, holding the last 2 repetitions for a 10 second hold each. Rest 30–60 seconds, and repeat 1–2 times. Use a sturdy chair for support if needed.

☐ Tip toe walking.

Standing tall, slowly transfer the weight to the toes, lifting heels off the ground. Attempt to walk 10 steps forward with the weight mostly on the toes. Repeat 1–2 times.

☐ Grapevine travel (arms at sides).

Facing forward, take a step to the side with the right leg, then slowly cross the left leg in front of the right leg. Step sideways again with the right leg, but this time reverse and cross the left leg behind the right leg. Continue to step sideways 10 steps, alternating the left leg crossover front and back. Next switch direction and lead with the left leg side stepping for 10 steps. Repeat 1–2 times.



☐ **Balance walk with arm movement.**

Raise arms to the sides at shoulder height. Take slow steps, keeping gaze forward, and focusing on an object in front to help with steadiness when walking. With every step touch the chin with the fingers of one hand, then switch to other hand with next step forward. Walk 10 steps, then repeat.

☐ **High-knee march in place.**

Standing tall, slowly lift one knee as high as possible. Lower it, then lift the other leg. Perform 10 marches, then repeat.

☐ **One-legged stand.**

Stand next to a chair or something stable to hold for support. Shifting to the right side, slowly lift the left foot off the ground. Maintain balance in this position for 20–30 seconds, before switching to the opposite side. Repeat 1–2 times on each foot.

☐ **Standing heel taps.**

Standing with good posture, alternate tapping the right and left heels forward on the floor about 5–8 inches. Standing heel taps not only help to improve balance, but strengthen the muscles of the ankle and foot.

☐ **Forward to back weight shift (“rocking horse”) and hold.**

As if taking a step, place one foot in front of the other. Slowly shift weight to forward leg, bringing the back foot off the ground a few inches before shifting weight on the back leg, lifting up the front foot off the ground. Continue rocking back and forth 10 times, holding the last repetition on the back foot in a one-legged stand for 10 seconds. Switch leg position to bring the opposite leg forward, and perform the same exercise on the opposite side. Repeat 1–2 times.



INTERMEDIATE LEVEL



Flexibility Training

Recommend: 2–3 times/week

According to the American College of Sports Medicine, flexibility exercises are most effective when the muscle is warm. Before stretching warm up with light aerobic exercise.



Quadriceps stretch.

Sitting in an armless chair, move to the right side of the chair. Slowly swing the right knee down to the ground on to something soft such as a mat or pillow. Gently lean back to bring the shoulders behind the hips until a stretch is felt in the quadriceps. Hold the stretch for 10–30 seconds, repeating 1–2 times on each leg.



Chest stretch.

This stretch can be done seated or standing. Interlocking the fingers, bend the elbows and raise arms above the head. Slowly and gently begin to squeeze the shoulder blades together and move your elbows and hands backward. Hold the stretch for 10–30 seconds, repeating 1–2 times.

☐ **Back stretch.**

Lie flat on your back with toes pointed up. Slowly bend the right knee and pull the right leg up to the chest. Wrap your hands or arms around your knee, thigh, or shin, and gently pull the knee toward the chest. Hold the stretch for 10–30 seconds, repeating 1–2 times on each side.

☐ **Shoulder stretch.**

Place both hands on a wall so they form a 90-degree angle to the body. Walk feet back until arms are straight, hinging forward at the hips. In this stretch it's important not to push on the wall, and also to not allow the arms to raise up too high. Keep shoulder blades set back and avoid scrunching shoulders around the neck. Hold the stretch for 10–30 seconds, repeating 1–2 times.

Hamstring stretch.

- ☐ Lie on the back, supporting the thigh with the hand or with a towel wrapped around it. Slowly straighten the knee until a stretch is felt in the back of the thigh, attempting to get the bottom of the foot to face the ceiling, one leg at a time. Hold the stretch for 10–30 seconds, repeating 1–2 times on each leg.





Bicep stretch.

Stand tall with good posture and clasped hands behind the back. Turn the clasped palms downward, then lift hands up until tension is felt in biceps. Hold the stretch for 10–30 seconds, repeating 1–2 times. This standing biceps stretch also stretches your shoulder and chest muscles.



Triceps stretch.

Stand tall with good posture and grab a small towel with the right hand, raising that arm above the head. Bend at the right elbow and dangle the towel behind the back. Now bend the left arm and curl it behind the lower back. Grab the dangling towel, and slowly pull the towel with the left arm until a gentle stretch is felt in the right triceps. Hold the towel for 10–30 seconds, repeating 1–2 times on each arm.

☐ Calf stretch.

Using a wall for support, keep the right leg forward, foot flat on the floor, and extend the left leg straight back, placing heel flat on the floor. Making sure not to bend the back knee, lean into the wall until you feel a stretch in the calf of the straight leg. Hold the stretch for 10–30 seconds, repeating 1–2 times on each leg.

☐ Neck stretch.

Slowly bend the right ear to the right shoulder until a gentle stretch is felt in the neck. Hold for 10–30 seconds, repeating 1–2 on each side.

☐ Hand and finger stretch.

Make a tight fist with one hand. Bend the fingers as much as possible and place thumb around the outside of the fingers. Hold the position for 10–30 seconds, then straighten and spread the fingers as far apart as possible, also holding 10–30 seconds. Repeat 1–2 times on each hand.



Advanced Level Exercises

ADVANCED LEVEL



Cardiovascular Exercises

Recommend: 150 minutes/week

The American College of Sports Medicine recommends a duration of 20–30 minutes of cardiovascular exercise per session, a good goal for advanced level participants.

☐ Take a moderately paced walk with occasional elevation.

When walking be conscious to keep a brisk pace, but still be able to talk comfortably. Choose a route outside that has some hills or walk on the treadmill and every few minutes change the incline setting to create a “hill”. Each elevation period should last approximately 30–90 seconds. Attempt to walk 20–30 minutes.

☐ Try the rowing machine at a local fitness or senior center.

Attempt to stay on the rowing machine 20–30 minutes at a moderate level.

☐ **Try a deep water aerobics class at a local aquatics center.**

Deep water aerobics aquatic classes are typically 30–60 minutes in length, and use a variety of equipment for resistance, including dumbbells, paddles, gloves, and noodles. Flotation belts are worn, as class is completed in deep water ranging from 7–12 feet.

☐ **Take a country line dancing class.**

There are several local opportunities to learn country line dancing. www.countrybarnmarket.com is just one local place that offers country line dancing lessons.

☐ **Go “water walking” at a local aquatics center.**

Pick a chest high deep area in the pool and begin walking at a moderate pace for 20–30 minutes. Exercising in the water can help alleviate pressure on the joints caused by arthritis.

☐ **Play pickleball.**

Give the sport of pickleball a try. Many senior and retirement communities have organized pickleball activity times. This sport is also a popular category to compete in local, state, and national senior games!

☐ **Play Wii sports.**

Many senior centers and retirement communities have a Wii gaming system. The Wii Sports game offers tennis, baseball, golf, and bowling to name a few. The Wii remote is used to play which provides a realistic feel to the games and a great workout as well.

☐ **Take a ride on a bike outside.**

If balance is not an issue, attempt to ride a bike outside at a moderate intensity pace for 20–30 minutes.





Walk and play 9 holes of golf.

Golf is a fun way to get in a great workout to strengthen the heart and lungs. Walking 9 holes of golf is equivalent to approximately 2–3 miles, depending on the course.



Take a YouTube intermediate cardio class or exercise DVD.

Try to complete 20–30 minutes of Jane Fonda’s Walking Cardio Workout–Level 2, or a similar moderate level cardio YouTube video or exercise DVD.

ADVANCED LEVEL



Strength Training

Recommend: 2–3 times/week

The American College of Sports Medicine recommends 8–10 exercises involving the major muscles of the body (chest, back, shoulders, biceps, triceps, legs, and core) on 2–3 nonconsecutive days per week.



Wall push-ups.

This exercise is a great modification to regular push-ups. Begin by facing the wall, about arm's length away from it. Next place hands on the wall with fingers pointing up and hands a little wider than shoulder width apart, just slightly below shoulder level. Begin to bend the elbows and bring head towards the wall. The body should move forward hinging at the ankles, without the feet moving. Lastly push body away from the wall back to starting position. Perform 2 sets of 10 repetitions, resting 30–60 seconds in between sets.



The superman.

Lying face down on a mat, simultaneously raise the arms, legs, and chest off of the floor, holding this contraction for 2–3 seconds. Slowly lower back to starting position. Perform 2 sets of 10 repetitions, resting 30–60 seconds in between sets.



Standing bicep curls.

Stand with good posture, placing feet shoulder width apart. Turning the palms forward, keep the elbows close the body as you slowly bend at the elbows and raising the weights $\frac{3}{4}$ of the way to your shoulders. Exhale with each bicep curl and inhale each time you lower the weight slowly to starting position. Perform 2 sets of 10 repetitions, resting 30–60 seconds in between sets.



Crush grip exercise.

Close the hands around 2–5 pound dumbbells and squeeze as hard as possible. Hold this grip for 30 seconds, repeating 2 times and resting 30–60 seconds between sets.

☐ **Tricep kickbacks negatives.**

Negatives will add more intensity to strength training. During the lowering phase of the lift, slow down the tempo to 3–5 second repetition count. Begin by holding the weight in one hand and sitting in a chair. Slowly lean over the knee and straighten elbow behind as far back as comfortable, keeping elbow high during the backward movement. Exhale with each tricep kickbacks and inhale when returning the weight to starting position. Perform 2 sets of 10 repetitions, resting 30–60 seconds in between sets.

☐ **Chair stands (add a set!).**

Sitting toward the middle or front of a chair, place feet hip width apart on the floor with knees bent. Crossing arms on the chest, begin to stand up slowly while keeping back straight. Taking at least 3 seconds, slowly lower down to seated position. Perform 3 sets of 10 repetitions, resting 30–60 seconds in between sets.

☐ **Floor glute bridge.**

Begin laying on a mat, face up. With knees bent, place feet hip width apart. Slowly raise the hips up off the floor, until they are in line with the shoulders and knees. Gently lower back to starting position. Perform 2 sets of 10 repetitions.



Donkey kicks.

Standing to the right of a chair, hold on to the chair with the left hand. Slowly bend and bring the right knee up in front of the body as far as comfortable. Next extend and straighten the right leg behind the body as far as comfortable. Perform 2 sets of 10 repetitions on each leg.



Standing side leg raises (add a set!).

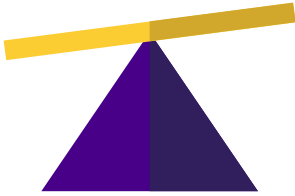
Standing with good posture behind a chair, slowly raise one leg out to the side as far as possible, holding on to the chair for support. Exhale on each side leg lift, and inhale when lowering. Perform 3 sets of 10 repetitions on each side, resting 30–60 seconds in between sets.



Standing calf raise using dumbbells.

Holding 2–5 pound dumbbells and standing with good posture, slowly raise heels off the floor coming up on the toes, then gently return back to starting position. Perform 2 sets of 10 repetitions on each side, resting 30–60 seconds in between sets..

ADVANCED LEVEL



Balance Training

Recommend: 2–3 times/week

Balance exercises should be performed near a wall or chair to prevent falling.



Heel to toe walking (“footprints in the sand”) with head turn.

Walk forward very slowly striking heel to toe, as if attempting to make deep footprints in the sand. While walking, slowly turn the head to the right, and then to the left, repeating until walk is complete. Perform 3 sets of 10 steps, resting 30–60 seconds in between sets.



Tandem walk.

Standing tall and looking straight ahead, begin slowly walking forward in a straight line. With each step try to have the back heel come forward to touch the front toes. Perform 3 sets of 10 steps, resting 30–60 seconds in between sets.

☐ **Balance in the tandem stance with arm movement.**

Standing with good posture, place one foot in front of the other so the stance is heel to toe, making sure the weight is evenly distributed between the feet. Shift gaze forward, holding this balance exercise for 30 seconds before switching position to bring the other foot forward for a 30 second hold. While holding tandem stance, slowly touch the chin with the fingers of one hand, switching back and forth between hands so the arms are continuously moving. Use a sturdy chair for support if needed. Repeat 1–2 times.

☐ **Balance in the tandem stance with head movement.**

Standing with good posture, place one foot in front of the other so the stance is heel to toe, making sure the weight is evenly distributed between the feet. Shift gaze forward, holding this balance exercise for 30 seconds before switching position to bring the other foot forward for a 30 second hold. While holding tandem stance, slowly turn the head to the right, and then to the left, repeating until the 30 second hold is over. Use a sturdy chair for support if needed. Repeat 1–2 times.

Grapevine travel with arm raises.

Facing forward, take a step to the side with the right leg, then slowly cross the left leg in front of the right leg. Step sideways again with the right leg, but this time reverse and cross the left leg behind the right leg. With each side step raise arms to the sides to shoulder height. Continue to step sideways 10 steps, alternating the left leg crossover front and back. Next switch direction and lead with the left leg side stepping for 10 steps. Repeat 1–2 times.

Yoga tree pose.

Standing with good posture, place feet hip-width apart and the palms pressed together at the heart. Choose a point of focus straight ahead and hold a fixed gaze to support balance. Slowly open the right knee out wide, placing the right soul of the foot on the inner left calf, or modify by bringing right heel to left ankle and placing right toe on the ground. Hold the pose for 20–30 seconds before switching to the opposite side. Repeat tree pose 1–2 times on each side.



☐ **One-legged stand with head movement.**

Stand next to a chair or something stable to hold for support. Shifting to the right side, slowly lift the left foot off the ground. Maintain balance in this position for 20–30 seconds, before switching to the opposite side. While standing, slowly turn the head to the right, and then to the left, repeating until 20–30 second stand is complete. Repeat 1–2 times on each foot.

☐ **Yoga chair pose.**

Standing tall, plant feet firmly hip-width apart and begin to raise the arms as high as comfortable, palm facing in. Choose a point of focus straight ahead and hold a fixed gaze to support balance. Next, slowly bend the knees, squatting down, as if sitting on the edge of a chair. Be careful to not let the hips drop lower than the knees. As arms stay extended upward, relax the shoulders down and back. Hold the pose for 20–30 seconds, repeat 1–2 times, resting 30–60 seconds in between poses.

Standing toe taps on plastic cup.

Find a medium to large sized plastic cup for this exercise. Begin by placing the plastic cup upside down, a few inches in front of feet. Stand with good posture and start alternate tapping the right and left toes forward, touching the top of the upside down cup gently. The objective is to not make any “dents” in the cup. Standing toe taps not only help to improve balance but strengthen the muscles that are used to flex the foot. Perform this exercise for 20-30 seconds, repeat 1-2 times, resting 30-60 seconds in between sets.

Take a Tai Chi class

Tai Chi is growing in popularity, especially among the senior population. Tai Chi is a low-impact, gentle form of exercise that can help improve balance, flexibility, and strength.



ADVANCED LEVEL



Flexibility Training

Recommend: 2–3 times/week

According to the American College of Sports Medicine, flexibility exercises are most effective when the muscle is warm. Before stretching warm up with light aerobic exercise.

☐ Quadriceps stretch (increase the time!).

Stand behind a chair, keep one foot planted on the floor. Slowly bend the opposite leg, bringing the heel close to the backside of the body. If possible use the hand to take ahold of the ankle and bring foot closer to the body to deepen the stretch. Hold the stretch for 30–60 seconds, repeating 1–2 times on each leg.

☐ Chest stretch (increase the time!).

Using a doorway, raise the arms up to the sides of the doorway as far as comfortable. Keeping the chest up, slowly take a small step into the doorway, moving to the point of resistance. Hold for 30–60 seconds, relax, and repeat 1–2 times.

☐ **Back stretch (increase the time!).**

Sit toward the front of the chair with feet about shoulder-width apart, flat on the floor. Keeping your neck and back straight, slowly bend forward from the hips. Slightly relax hands down the legs toward your shins. Hold for 30-60 seconds, then slowly straighten up until back in starting position. Repeat 1-2 times.

☐ **Shoulder stretch (increase the time!).**

Sitting or standing, cross a straight right arm across the chest, using the left hand to gently pull right upper arm closer to your body. Hold for 30-60 seconds, relax, and repeat on the other side. Repeat each arm 1-2 times.

☐ **Neck stretch (increase the time!).**

Sit with good posture on a sturdy chair. Slowly turn the head to the right until a gentle stretch is felt. Hold the stretch for 30-60 seconds, then turn to stretch the left side. Repeat each side 5 times.



☐ **Hamstring stretch (increase the time!).**

Sit towards the front of a chair keeping one foot planted on the floor with the knee bent. Slowly straighten the opposite leg, keeping the knee soft, and flexing the foot (toes up and heel planted on the floor). Take a full breath in and on the exhale bend at the hips, reaching the hand down the leg until a stretch is felt. Hold the stretch for 30-60 seconds, repeating 1-2 times on each leg.

☐ **Bicep stretch (increase the time!).**

Using a wall to lengthen and stretch the biceps, begin with the right arm by placing the palm, inner elbow, and shoulder against the wall. Keeping contact between the wall and arm, slowly turn the body away from the wall until a gentle stretch is felt in the bicep. Hold the stretch 30-60 seconds before switching sides. Repeat 1-2 times on each arm.

☐ **Triceps stretch (increase the time!).**

Sit with good posture in a chair, extending the right arm with palm up. Bring the right arm overhead, walking the fingers down the back as far as comfortable. Gently bring the left hand to press the right elbow back until a stretch is felt. Hold the stretch 30–60 seconds before switching sides. Repeat 1–2 times on each arm.

☐ **Calf stretch (increase the time!).**

Stand tall, holding onto the back of a chair. Keeping the right leg forward and foot flat on the floor, begin to extend the left leg straight back, placing the heel flat on the floor until a stretch is felt in the calf of the straight leg. Hold the stretch 30–60 seconds before switching sides. Repeat 1–2 times on each leg.

☐ **Hand and finger stretch (increase the time!).**

While seated or standing, place the palms together in a praying position, with the elbows touching (in this position the hands should be in front of the face). Keeping the palms pressed together, slowly allow the elbows to spread apart until hands are at approximately waist height, or until a stretch is felt. Hold the stretch 30–60 seconds. Repeat 1–2 times.



Super Hero Level Exercises



Cardiovascular Exercises

Recommend: 150 minutes/week

The American College of Sports Medicine recommends at least 150 minutes per week of moderate-intensity exercise. As a Super Hero level participant, exercise recommendations can be reached through 30–60 minutes of moderate-intensity exercise (5 days per week), OR 20–60 minutes of vigorous-intensity exercise (3 days per week).

☐ **Take a moderately paced walk with several hill intervals.**

When walking be conscious to keep a brisk pace, but still be able to talk comfortably. Choose a route outside that has hills, or walk on the treadmill and every few minutes change the incline setting to create a “hill”. Each elevation period should last approximately 60–90 seconds. Attempt to walk 20–60 minutes.

☐ **Try the upright elliptical machine at a local fitness or senior center.**

Attempt to stay on the elliptical machine 20–60 minutes at a moderate level, including occasional intervals.

☐ **Try a moderate to high intensity water aerobics class at a local aquatics center.**

This type of water aerobics aquatic class is typically 45–60 minutes in length, and will use a variety of equipment for resistance, including dumbbells, paddles, gloves, and noodles.

☐ **Take a Zumba Gold dance aerobics class.**

A Latin-inspired cardio-dance class, Zumba Gold is a great low-impact option for older adults who enjoy exercising to music with choreographed steps.

☐ **Go “water walking” at a local aquatics center.**

Pick a chest high deep area in the pool and begin walking at a moderate pace for 20–60 minutes. Make the workout more challenging by using water dumbbells or resistance gloves when walking. Exercising in the water can help alleviate pressure on the joints caused by arthritis.

☐ **Play tennis.**

Give the sport of tennis a try. Many senior and retirement communities have organized tennis activity times and opportunities for lessons. This sport is also a popular category to compete in local, state, and national Senior Games!

☐ **Take a hike with a local hiking club.**

Sometimes exercise is more fun with a group! Organized hiking groups give an opportunity to meet new people and enjoy beautiful scenery, all while getting a great workout. More information about hiking groups in your area can be found at www.alltrails.com.

☐ **Take a ride on a bike with hills.**

If balance is not an issue, attempt to ride a bike on a route with elevation at a moderate intensity pace for 20–60 minutes.





Walk and play 18 holes of golf.

Golf is a fun way to get in a great workout to strengthen the heart and lungs. Walking 18 holes of golf is equivalent to approximately 5–6 miles, depending on the course.



Play water volleyball.

Many senior centers and retirement communities have organized water volleyball leagues and activity times. Playing this sport is a great cardiovascular workout!



Strength Training

Recommend: 2–3 times/week

The American College of Sports Medicine recommends 8–10 exercises involving the major muscles of the body (chest, back, shoulders, biceps, triceps, legs, and core) on 2–3 nonconsecutive days per week.



One-arm dumbbell rows.

Begin by placing the right knee on top of the end of a workout bench, and bend the torso forward from the waist until upper body is parallel to the floor, placing right hand on the other end of the bench for support. Next use the left hand to pick up a dumbbell on the floor and hold the weight. The palm of the hand should be facing the torso. Keeping the back straight, pull the dumbbell straight up to the side of the chest, keeping upper arm close to the side of the body, and the torso stationary. Breathe out as you perform this step. Lower the resistance straight down to the starting position while breathing in. Perform 3 sets of 10–12 repetitions, resting 30–60 seconds in between sets.



Modified floor push-ups.

Begin this exercise on all fours, with hands placed a bit wider than shoulders. Next walk the knees back a few inches so the body weight is more on the hands. Keeping the back straight, pull the abdominals in and begin bending the elbows to lower the body toward the floor until elbows are at a 90-degree angle. Slowly push back up and repeat. Have a thick mat or towel on the floor to decrease the potential for knee pain. Perform 3 sets of 10–12 repetitions, resting 30–60 seconds in between sets.



Standing bicep curls (add a set, and increase the weight!).

Stand with good posture, placing feet shoulder width apart. Turning the palms forward, keep the elbows close to the body as you slowly bend at the elbows and raise the weights $\frac{3}{4}$ of the way to your shoulders. Exhale with each bicep curl, and inhale each time you lower the weight slowly to starting position. Perform 3 sets of 10–12 repetitions, resting 30–60 seconds in between sets. As you continue to gain strength, increase the weight used for this exercise.

☐ **Triceps kickbacks (add a set, and increase the weight!).**

Sitting with good posture in a chair, hold the weight in one hand. Slowly lean over the knee and straighten elbow behind as far back as comfortable, keeping elbow high during the backward movement. Exhale with each tricep kickback, and inhale when returning the weight to starting position. Perform 3 sets of 10–12 repetitions, resting 30–60 seconds in between sets. As you continue to gain strength, increase the weight used for this exercise.

☐ **Chair stands (increase repetitions!).**

Sitting towards the middle or front of a chair, place feet hip width apart on the floor, with knees bent. Crossing arms on the chest, begin to stand up slowly while keeping back straight. Taking at least 3 seconds, slowly lower down to seated position. Perform 3 sets of 15 repetitions, resting 30–60 seconds in between sets.





Dumbbell lateral raise.

Use a pair of dumbbells and let them hang at arm's length to the side of body. Stand tall, with feet shoulder-width apart, and bend the elbows slightly. Keeping the elbows slightly bent, begin to raise the arms straight out to the sides until reaching shoulder height level. Pause, and then slowly lower the weights back to starting position. Perform 3 sets of 10–12 repetitions, resting 30–60 seconds in between sets.



Russian twist with a friend.

Lie down with back resting on the mat, with knees bent and the feet flat on the ground. Have a workout partner hold feet down, or tuck them under something sturdy. Lift the upper body off the ground so that torso and thighs form a V-shape. Next extend arms in front and bring parallel to the ground, bringing palms together. Keep abdominals contracted and slowly twist torso to the right, bringing arms to the right as well. Rotate back through center, then twist to the left. Perform 3 sets of 10–12 repetitions, resting 30–60 seconds in between sets.

☐ **Weighted side leg raises.**

Adding ankle weights to this exercise will continue to help improve strength. First secure a 1–5 pound ankle weight to the working leg. Standing with good posture behind a chair, slowly raise the weighted leg out to the side as far as possible, holding on to the chair for support. Exhale on each side leg lift, and inhale when lowering. Perform 3 sets of 10–12 repetitions on each side, resting 30–60 seconds in between sets.

☐ **Standing calf raise using dumbbells (add a set, and increase the weight)!**

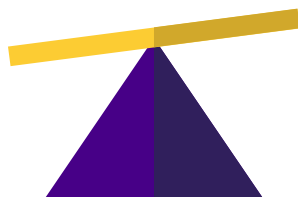
Holding 3 pound or heavier dumbbells and standing with good posture, slowly raise heels off the floor coming up on the toes, then gently return back to starting position. Perform 3 sets of 10–12 repetitions on each side, resting 30–60 seconds in between sets.

☐ **Make a fist.**

Make a fist, wrapping the thumb across your fingers. Hold for 30–60 seconds, release and spread fingers out as wide as possible. Repeat 3 times and rest 30–60 seconds in between sets.



SUPER HERO LEVEL



Balance Training

Recommend: 2–3 times/week

Balance exercises should be performed near a wall or chair to prevent falling.



Yoga “walking chair” pose.

Standing tall, plant feet firmly hip width apart and begin to raise the arms as high as comfortable, palm facing in. Choose a point of focus straight ahead and hold a fixed gaze to support balance. Next, slowly bend the knees, squatting down, as if sitting on the edge of a chair. Be careful to not let the hips drop lower than the knees. As arms stay extended upward, relax the shoulders down and back. Once balanced, slowly begin transferring weight side to side, lifting only the heels as weight shifts. Continue for 20–30 seconds, and repeat 1–2 times, resting 30–60 seconds in between poses.

☐ **Balance in the tandem stance with eyes opened and closed.**

Standing with good posture, place one foot in front of the other so the stance is heel to toe, making sure the weight is evenly distributed between the feet. Shift gaze forward, holding this balance exercise for 30 seconds before closing eyes for another 30 seconds. Switch position to bring the other foot forward and perform exercise. Use a sturdy chair for support if needed. Repeat 2–3 times.

☐ **Heel taps on plastic cup.**

Find a medium to large sized plastic cup for this exercise. Begin by placing the plastic cup upside down, a few inches in front of feet. Stand with good posture and start alternate tapping the right and left heels forward, touching the top of the upside down cup gently. The objective is to not make any “dents” in the cup. Standing heel taps not only help to improve balance, but strengthen the muscles of the ankle and foot. Perform this exercise for 20-30 seconds, repeat 1-2 times, resting 30-60 seconds in between sets.

☐ **Take a Yoga class.**

Yoga can offer a wide range of physical and psychological benefits such as improved joint health, improved balance and stability, blood pressure regulation, and anxiety management. Make sure to ask the Yoga instructor to show modifications geared for beginners before class begins.



Tandem walk with head turn.

Standing tall and looking straight ahead, begin slowly walking forward in a straight line. With each step try to have the back heel come forward to touch the front toes. While walking, slowly turn the head to the right, and then to the left, repeating until walk is complete. Perform 3 sets of 10–12 steps, resting 30–60 seconds in between sets.



Backwards walk toe to heel (“footprints in the sand”).

Keeping gaze forward, begin to walk backward very slowly striking toe to heel, as if attempting to make deep footprints in the sand. Perform 3 sets of 10–12 steps, resting 30–60 seconds in between sets.



Backwards walk high knees.

Keeping gaze forward, begin to walk backward very slowly striking toe to heel and lifting the knees as high as possible with each step. Perform 3 sets of 10–12 steps, resting 30–60 seconds in between sets.

☐ **Tandem walk with arm movement.**

Standing tall and looking straight ahead, begin slowly walking forward in a straight line. With each step try to have the back heel come forward to touch the front toes. While walking, slowly touch the chin with the fingers of one hand, switching back and forth between hands so the arms are continuously moving. Continue the arm movements until tandem walk is complete. Perform 3 sets of 10–12 steps, resting 30–60 seconds in between sets.

☐ **One-legged stand with eyes opened and closed.**

Stand next to a chair or something stable to hold for support. Shifting to the right side, slowly lift the left foot off the ground. Maintain balance in this position for 20–30 seconds, before switching to the opposite side. Repeat 1–2 times on each foot.

☐ **Backwards walk tandem.**

Keeping gaze forward, begin to walk backward very slowly striking toe to heel. With each step try to have the front toe come backward to touch the back heel of the opposite foot. Perform 3 sets of 10–12 steps, resting 30–60 seconds in between sets.



SUPER HERO LEVEL



Flexibility Training

Recommend: 2–3 times/week

According to the American College of Sports Medicine, flexibility exercises are most effective when the muscle is warm. Before stretching warm up with light aerobic exercise.



Quadriceps stretch (increase the time!).

Sitting in an armless chair, move to the right side of the chair. Slowly swing the right knee down to the ground on to something soft such as a mat or pillow. Gently lean back to bring the shoulders behind the hips until a stretch is felt in the quadriceps. Hold the stretch for 30–60 seconds, repeating 1–2 times on each leg.



Neck stretch (increase the time!).

Slowly bend the right ear to the right shoulder until a gentle stretch is felt in the neck. Hold the stretch for 30–60 seconds, repeating 1–2 times on each side.

☐ **Chest stretch (increase the time!).**

This stretch can be done seated or standing. Interlocking the fingers, bend the elbows and raise arms above the head. Slowly and gently begin to squeeze the shoulder blades together and move your elbows and hands backward. Hold the stretch for 30–60 seconds, repeating 1–2 times..

☐ **Back stretch (increase the time!).**

Lie flat on your back with toes pointed up. Slowly bend the right knee and pull the right leg up to the chest. Wrap your hands or arms around your knee, thigh, or shin, and gently pull the knee toward the chest. Hold the stretch for 30–60 seconds, repeating 1–2 times.

☐ **Shoulder stretch (increase the time!).**

Place both hands on a wall so they form a 90-degree angle to body. Walk feet back until arms are straight, hinging forward at the hips. In this stretch it's important not to push on the wall, and also to not allow the arms to raise up too high. Keep shoulder blades set back and avoid scrunching shoulders around the neck. Hold the stretch for 30–60 seconds, repeating 1–2 times on each arm.



☐ **Hamstring stretch (increase the time!).**

Lie on the back, supporting the thigh with the hand or with a towel wrapped around it. Slowly straighten the knee until a stretch is felt in the back of the thigh, attempting to get the bottom of the foot to face the ceiling, one leg at a time. Hold the stretch for 30–60 seconds, repeating 1–2 times on each leg.

☐ **Bicep stretch (increase the time!).**

Stand tall with good posture and clasped hands behind the back. Turn the clasped palms downward, then lift hands up until tension is felt in biceps. Hold the stretch for 30–60 seconds, repeating 1–2 times. This standing biceps stretch also stretches your shoulder and chest muscles.

☐ **Triceps stretch (increase the time!).**

Stand tall with good posture and grab a small towel with the right hand, raising that arm above the head. Bend at the right elbow and dangle the towel behind the back. Now bend the left arm and curl it behind the lower back. Grab the dangling towel, and slowly pull the towel with the left arm until a gentle stretch is felt in the right triceps. Hold the stretch for 30–60 seconds, repeating 1–2 times on each arm.

☐ **Calf stretch (increase the time!).**

Using a wall for support, keep the right leg forward, foot flat on the floor, and extend the left leg straight back, placing heel flat on the floor. Making sure not to bend the back knee, lean into the wall until you feel a stretch in the calf of the straight leg. Hold the stretch for 30–60 seconds, repeating 1–2 times on each leg.



Congratulations! By now you have learned to incorporate cardiovascular, strength, balance and flexibility exercises into your daily and weekly routine.

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