

ELDERLY EXERCISE

7 Exercises for an Aging Body

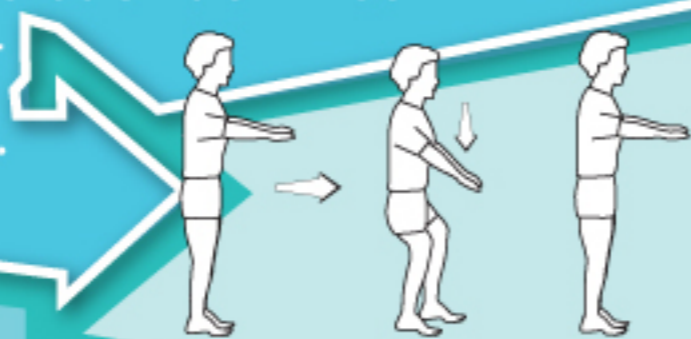
23%
of Men

14%
of Women

In Seniors 75+, 23% of men exercised regularly and 14% of women. 38.5% of men, 65 to 74 years old exercised regularly, and 31.1% of women

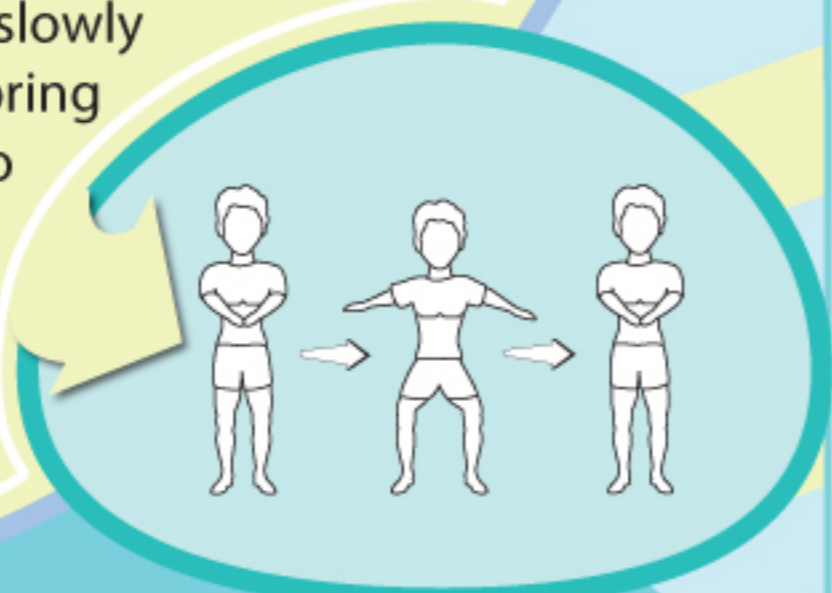
1 Arm Raise

While in a standing position. Place your arms out in front of you with your palms facing down. Then inhale as you slowly raise your arms to shoulder level. Once there slowly exhale and lower your arms back down as you bend your knees slightly.



2 Arm Side Raise

Place your arms out in front of you with your wrists limp and your palms facing down. Inhale and slowly move your arms out to your sides, while slowly bending your knees. Then slowly exhale and bring them back to the center while straightening your legs.



3 Arm Curl and Balance

Raise your arms up to your sides at shoulder level with your palms facing up. Bring your left arm up bending it over your head while slightly bending your right leg and keeping your left leg straight. Straighten your arms and legs back to your original position and repeat this process to the opposite side.



4 Chair Squat

Place a chair with its back against a wall for added safety. This may be the easiest exercise to do as you literally sit down and then get up, although you may be rethinking that after 10 or so reps.



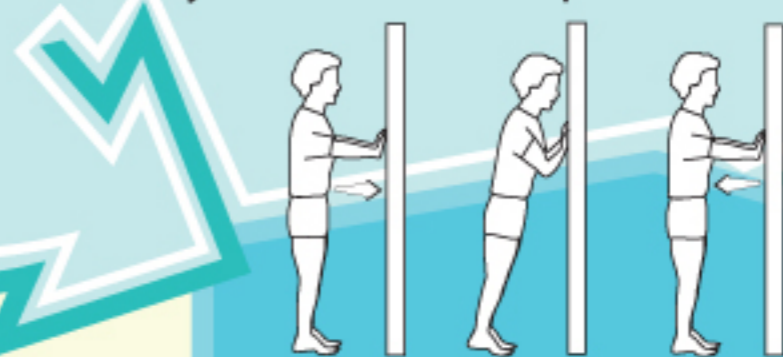
5 Leg Tapping

Place a chair with the back against the wall. Place a box on the floor in front of the chair. While sitting in the chair with the box directly in front of you slowly lift one of your legs and tap the top of the box with bottom of your shoe. Alternate doing this with each foot for 30 to 60 seconds each session.



6 Wall Push Ups

For this exercise you will simply need a wall. That's right a wall. Face the wall with your arms directly out in front of you, so your palms are comfortably able to lay flat on the wall. Then slowly bend your arms so you move towards the wall with your feet planted in place. Then push your self back up and repeat.



7 Walking With Balance

As you take each stride, one of your feet will be coming up as your other hits the ground. For this exercise slowly pause on each step once your back foot leaves the ground. The pause should only be for a second or two. Place your arms out by your side if you have a problem balancing.



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