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LET'S GET MOVING!



**A GUIDE TO
EXERCISE THAT
YOU CAN DO
ANYWHERE!**



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WORKING WITH WEIGHTS

No weights? No problem! You can make your own weights from unbreakable household items.

- Fill a plastic milk jug with sand or water and tape the opening securely closed.
- Fill a sock with dried beans, and tie up the open end.
- Use common grocery items, such as bags of rice, vegetable or soup cans, or bottled water.





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SIDE ARM RAISE



You can do this exercise while standing or sitting in a sturdy, armless chair.

- Keep your feet flat on the floor, shoulder-width apart.
- Hold hand weights (**cans work great!**) straight down at your sides with palms facing inward. Breathe in slowly.
- Slowly breathe out as you raise both arms to the side, shoulder height.
- Hold the position for 1 second.
- Breathe in as you slowly lower your arms.
- Repeat 10-15 times.
- Rest; then repeat 10-15 more times.





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OVERHEAD ARM RAISE



You can do this exercise while standing or sitting in a sturdy, armless chair.

- Keep your feet flat on the floor, shoulder-width apart.
- Hold weights (**cans work great!**) at your sides at shoulder height with palms facing forward. Breathe in slowly.
- Slowly breathe out as you raise both arms up over your head, keeping your elbows slightly bent.
- Hold the position for 1 second.
- Breathe in as you slowly lower your arms.
- Repeat 10-15 times.
- Rest; then repeat 10-15 more times.





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CHAIR DIP

The pushing motion will strengthen your arm muscles even if you are not able to lift yourself up off the chair.

- Sit in a sturdy chair with armrests with your feet flat on the floor, shoulder-width apart.
- Lean slightly forward; keep your back and shoulders straight.
- Grasp arms of chair with your hands next to you. Breathe in slowly.
- Breathe out and use your arms to push your body slowly off the chair.
- Hold position for 1 second.
- Breathe in as you slowly lower yourself back down.
- Repeat 10-15 times.
- Rest; then repeat 10-15 more times.





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KNEE CURL



Walking and climbing stairs are easier when you do both the knee curl and leg straightening exercises. For an added challenge, you can modify the exercise to improve you balance.

- Stand behind a sturdy chair, holding on for balance. Lift one leg straight back without bending your knee or pointing your toes. Breathe in slowly.
- Breathe out as you slowly bring your heel up toward your buttocks as far as possible. Bend only from your knee, and keep your hips still. The leg you are standing on should be slightly bent.
- Hold position for 1 second.
- Breathe in as you slowly lower your foot to the floor.
- Repeat 10-15 times.
- Repeat 10-15 times with other leg.
- Repeat 10-15 more times with each leg.





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BACK LEG RAISE



This exercise strengthens your buttocks and lower back.

- Stand behind a sturdy chair, holding on for balance. Breathe in slowly.
- Breathe out and slowly lift one leg straight back without bending your knee or pointing your toes. Try not to lean forward. The leg you are standing on should be slightly bent.
- Hold position for 1 second.
- Breathe in as you slowly lower your leg.
- Breathe in as you slowly lower your leg.
- Repeat 10-15 times.
- Repeat 10-15 times with other leg.
- Repeat 10-15 more times with each leg.





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SIDE LEG RAISE



This exercise strengthens hips, thighs, and buttocks. For an added challenge, you can modify the exercise to improve your balance.

- Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
- Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
- Hold position for 1 second.
- Breathe in as you slowly lower your leg.
- Repeat 10-15 times.
- Repeat 10-15 times with other leg.
- Repeat 10-15 more times with each leg.

