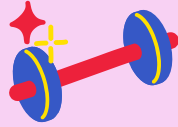




# FITNESS FOR SENIORS



Do you want to maintain your strength and independence?

**Enjoyable**



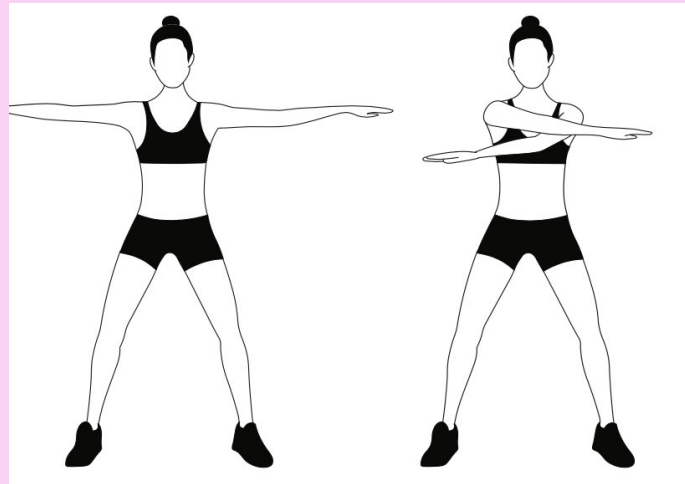
**At home**

**If so, follow these warm-up and strengthening exercises independently or with a friend!**

## WARM-UPS

### Arm Swings

1. Feet shoulder-width apart.
2. Arms out like an airplane.
3. Swing arms back and forth.
4. Repeat 10 times



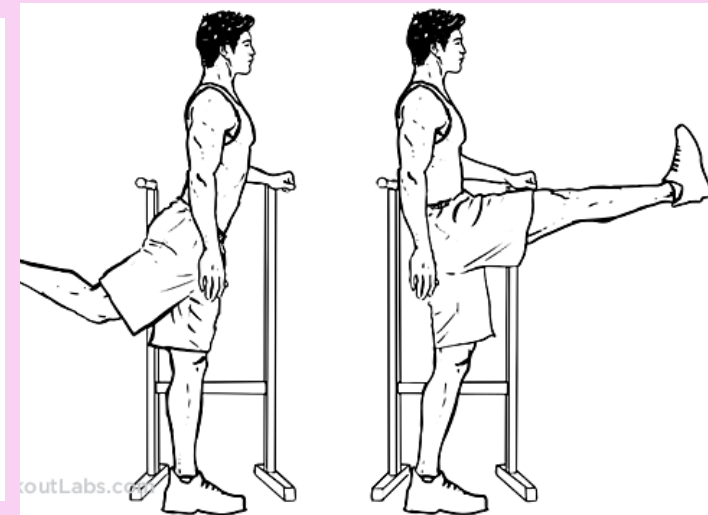
**Recommendation:** Try 3-4 times per week.

<https://www.arthritis.org/health-wellness/healthy-living/physical-activity/other-activities/7-dynamic-warm-ups>



### Leg Swings

1. Feet flat on the floor
2. Hold onto the wall
3. Swing your leg back and forth
4. Alternate
5. Repeat 10 times



**Recommendation:** Try 15-30 minutes per day.

<https://www.seniorexercisesonline.com/warm-up.html>

# EXERCISES

## Ab Twists

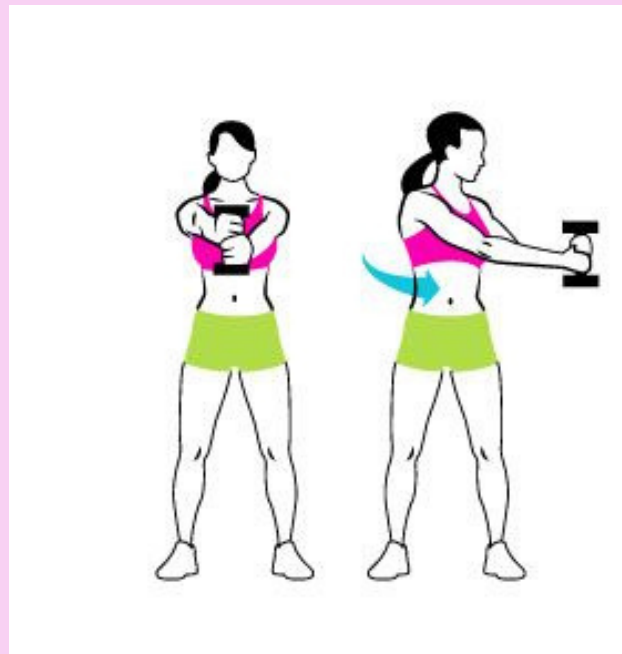
## Sit to Stand Squats

### Wall Push-Ups

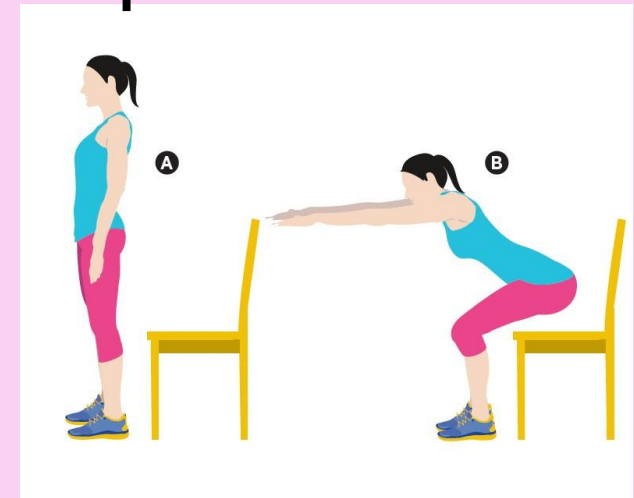
1. Hands against the wall
2. Feet shoulder-width apart.
3. Press into the wall
4. Slowly push off
5. Repeat 10 times

1. Hold a can of beans out in front of you.
2. With both hands, rotate arms from right to left.
3. Repeat 10 times

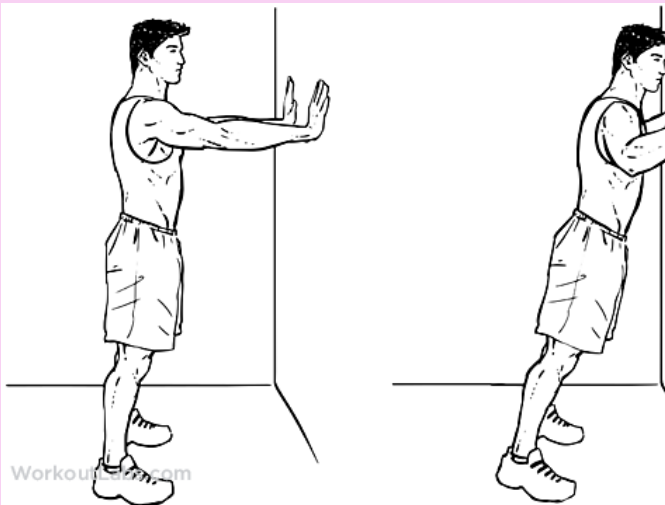
1. Ensure you place a chair firmly against the wall.
2. Sit straight in the chair
3. Feet shoulder-width apart
4. Stand slowly
5. Sit down slowly
6. Repeat 10 times



**Recommendation:** Keep hydrated.



**Recommendation:** Choose a safe area and use non-skid shoes.



**Recommendation:** Take a 3-5 minute break as needed.