

Leg Exercise

- Lift one foot until your knee is straight and hold for a few seconds. Return foot to the starting position.



for seniors:

8-10
exercises

Abdominal Exercises

- Squeeze your abdominal muscles while raising both your feet off the ground. Hold for a second and release.



Arm Raises

- Holding light weights in both hands and keeping a bend in your elbows, slowly lift both arms until they are parallel to the ground. Hold for a second and slowly go down to the starting position.



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6-8
repetitions
per exercise/per side

Triceps Extensions

- Holding a light weight, bend your left elbow straight up so it is pointing to the ceiling. Slowly straighten your arm. Hold for a second, then lower to the starting position.



Balance Exercises

- Walk by placing the heel of your right foot directly in front of your left foot. Switch feet and repeat.



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2
days/week

Leg Stretches

To lengthen your abductors:

- Standing, bend your left leg slightly and lean your body left. Hold for a few seconds, then repeat on the other side.



To stretch your legs:

- Stand and put one foot in front of the other. Gently lean forward, then repeat on the other side.



Chest Stretch

- Clasp hands gently behind your head. Move your elbows back to the wall behind you. Hold for a few seconds, then repeat.



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heart, brain & body benefits

- maintain or increase muscular strength and endurance
- achieve or maintain a healthy weight
- maintain health and physical independence

For more information, visit www.heart.org/seniorhealth.