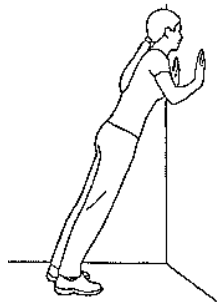


## Forever...in motion Physical Activity Exercises

Here are some basic exercises that you can do at home 2-4 days per week to help you build up your strength and balance. Don't forget to do activities that are good for your heart and lungs too, for at least 30 minutes most days of the week. These include activities such as walking, dancing and golf.

**Warm-up:** Do 4-5 minutes of walking or marching and make sure to move your arms to get your blood flowing. Do 6 shoulder rolls forward, then 6 rolls shoulder rolls backwards. Look slowly over your right shoulder, then slowly over your left shoulder—try to see what is behind you.

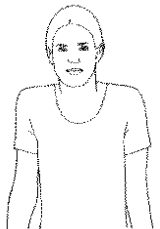
**Muscular Strength:** Do 10-15 repetitions of each. These exercises can be done with weights, tubing or without equipment but still squeezing your muscles. Make sure that you do all these exercises with good posture, belly button pulled in, either standing or sitting tall.



**Wall Push-ups:** Stand facing a wall with your arms straight and hands on the wall about 3 feet apart. Do push ups against the wall keeping your body in a straight line. To make it easier, have your feet closer to the wall. If you want to make it harder, place your feet further from the wall.



**Back Row:** Extend your legs in front of you with your heels on the floor and toes pointed forward. Place the band around bottom of your feet. Have tension in the band with hands in starting position at the knees. Keeping tension on the band, slide your hands up your thighs until they are at your hips. Think about squeezing the shoulder blades together and down, pulling elbows back but close to your body as you pull on the band. Slowly lower back to start position.



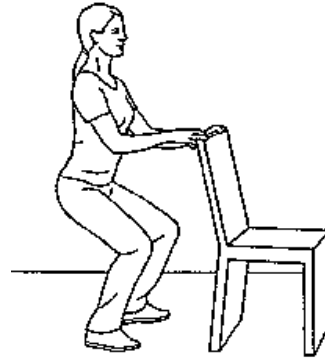
**Shoulder Shrug:** Can be done using weights, bands and also without equipment. Starting in a seated or standing position, sit tall and with good posture, slowly raise your shoulders up towards your ears. Then, slowly lower back to original resting position.



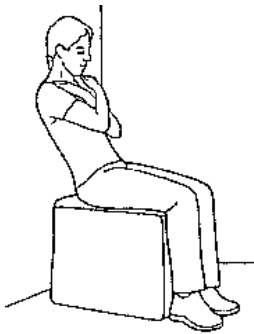
**Tricep Extension:** Using a band only, grip the band with both hands and put against your chest. Pull the exercise band down with one hand, straightening your elbow. Return to starting position. Once you have completed the desired number of repetitions on one side, switch and repeat with other side.



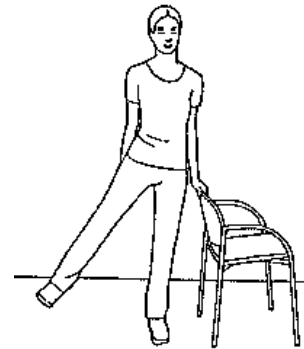
**Bicep Curl:** This exercise works on your upper arm muscles and can be done using weights or bands. If you are using a band, step on one end and grip the other end with your hand. Pull up on the band while bending the elbow. Slowly return arm back to starting position. Remember to switch sides when desired number of repetitions are completed, or alternate sides.



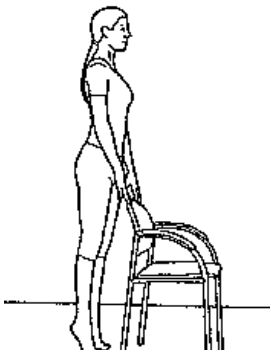
**Chair squats:** Stand behind a chair and support yourself with both hands. Slowly bend your hips, trying to push your bottom back. Try not to have your knees go beyond your toes. Slowly stand back up tightening your buttock muscles as you rise back up.



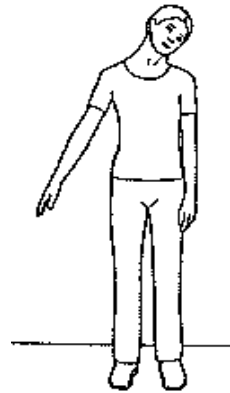
**Core:** This exercise is for your stomach muscles. Sit on the front half of a chair, cross your arms at your chest or have your hands rest on your legs. Slowly lean your upper body backwards until your shoulders almost touch the back of the chair. Then, slowly rise back up to original seated position. Make sure to breathe.



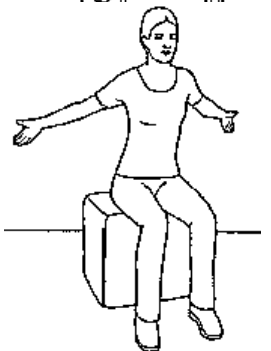
**Balance:** Stand straight while holding onto a chair for support. Slowly lift your leg sideways about a foot off the ground then slowly lower back down to the ground. Try to keep your body straight throughout the exercise. Remember to switch sides when desired number of repetitions are completed or alternate sides.



**Balance:** Stand straight while holding onto a chair for support. Slowly rise onto your toes then lower back down. Then roll back onto your heels lifting your toes off the ground.



**Stretch:** Tilt your head to the side while you stretch your fingers on the opposite arm towards the floor. Hold for 10-15 seconds and then do the other side.



**Stretch:** While sitting or standing tall, bring your arms back as far as you feel comfortable. This stretches your chest muscles which in turn will help you maintain good posture.

**Great Job!!!** Now don't you feel better! Keep up the good work and try to do these exercises on a regular basis in addition to being active for at least 30 minutes per day most days of the week.