

Start a strength training exercise routine to keep you strong, healthy and independent.

Chart your progress. Mark down which exercises you do on which days:

					May 1	May 2
May 3	May 4	May 5	May 6	May 7	May 8	May 9
May 10	May 11	May 12	May 13	May 14	May 15	May 16
May 17	May 18	May 19	May 20	May 21	May 22	May 23
May 24	May 25	May 26	May 27	May 28	May 29	May 30
May 31						

Let's build
STRENGTH
together.

Inside are eight easily accomplished strength-training exercises to get you started.



Building and maintaining muscle is key to healthy aging and living an independent lifestyle. So let’s make a pledge to get strong together.

People lose about 3 percent of their muscle every year after age 60, which can lead to a host of physical problems. However, older adults who incorporate resistance training into their daily lives can increase their muscle strength, mobility and balance. Building strong, toned muscles can help prevent falls, reduce joint pain, increase bone density, improve sleep and boost brain health. So why not get started by speaking with your healthcare provider about strength training program that may be right for you.

“I Love a Parade” Lift

Using a chair if necessary, march in place four times in each phase:

- Foot raised 6 inches
- 12 inches
- 18 inches

Repeat five times.
Lift knees as high as they can.

Modification:
Can be done seated in a chair

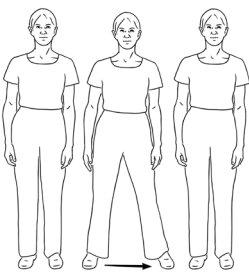


Combined Stepping

- Step sideways.
- Step to the left-left-right
- Step to the right-right-left
- Step to the front-right-left
- Step back-left-right

Repeat for 1 to 2 minutes.
This provides a good brain challenge.

Modifications:
1. Can be done holding on to the back of a chair
2. Can be done seated, scooted forward in a chair



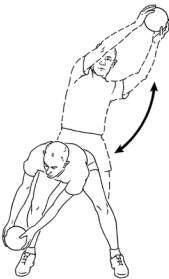
Wood Chop

- Put hands together and raise them up and to the left, then down to right ankle and return quickly as if chopping wood.
- Switch sides.

(This can be done with a light weight depending on your skill level).

Complete five sets of repetitions.

Modification:
Can be done seated in a chair

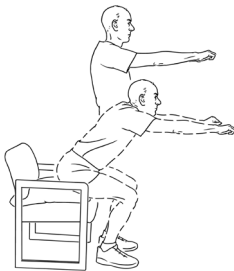


Half Squat to Chair

- Stand with feet shoulder width apart.
- Push buttocks backward and lower slowly, touching chair lightly and returning to standing position.
- Come out of the chair as much as you are able.

Complete five repetitions.

Modifications:
1. Have a chair in front and one behind.
Use the chair in front to steady.
2. If seated, come part way out of the chair and sit back down.



Sitting Crunch

- Holding one- to two-pound weight, tighten abdominal muscles and lean forward at trunk.

Complete seven sets.

Modification:
Can be done without weight



Arm Curl

- Sit with feet and knees apart.
- Rest arms holding weights on inner thigh, then raise forearms and slowly “curl” weight to shoulder.
- Slowly return arms to starting position.

Repeat 10 times.

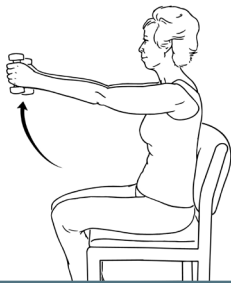


Shoulder Strength

- Sit or stand with arms at sides, holding weights or resistance bands.
- Move arms forward and up to shoulder level, palms in.

Repeat 10 times.

Modifications:
1. May be done with no weights in the beginning, advancing to one-pound weights and working up to two- to three-pounds
2. May be done with resistance band placed under foot
3. Can be done standing



Side Kick with Oscillation

- Holding a chair for balance, keep legs shoulder width apart and toes pointed forward.
- Swing a leg out to side, keeping knee straight.

- Oscillate up and down 10 times.
Repeat using other leg.

Repeat four times.

Modification:
Can be done seated in a chair with leg straight out in front

