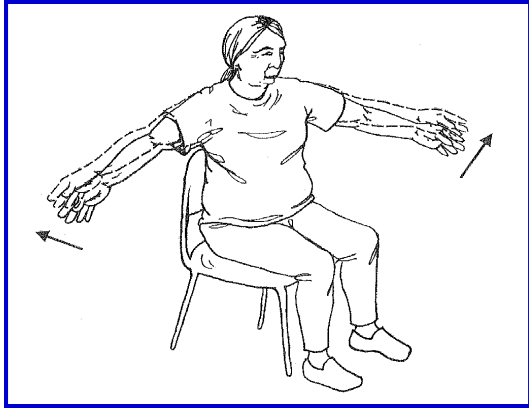


Seated Bicep Stretch



- Increases your arm flexibility.

Directions:

Step 1: Breathe in and lift your arms out to your sides about half way up to your shoulders, with your palms face front. (Do not lock your elbows, keep arms slightly bent).

Step 2: Reach back with your arms as you breathe out. Squeeze your stomach and hold for 10-30 seconds.

Step 3: Return arms to starting position.

Repeat 2-5 times

Why is exercise important?

- Decreases the loss of muscle that often occurs in older adults.
- Can help to:
 1. Lower blood pressure
 2. Improve cholesterol and triglyceride levels
 3. Control diabetes
 4. Keep your bones strong
- May keep you independent longer.
- Helps improve your mood!



Safety Tips

1. Talk to your doctor before beginning any exercise routine.
2. Wear comfortable clothing.
3. Wear well fitting, supportive, and secure shoes.
4. Start slow and do what you feel is comfortable!



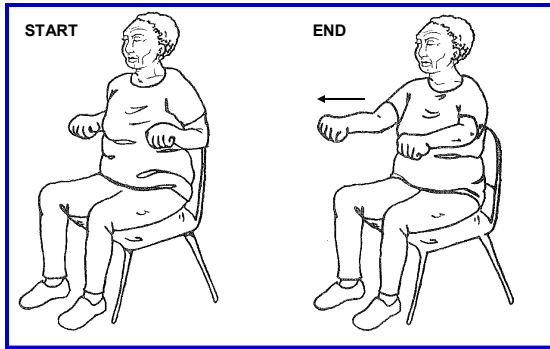
Upper Body Exercises



All you need is a chair!



Seated Chest Press



- Builds strength for pushing a grocery cart and pushing doors open.

Directions:

Step 1: Arms by your sides, elbows bent, palms down.

Step 2: Breathe in.

Step 3: Breathe out as you push your arms out in front of you, but do not completely straighten your arm.

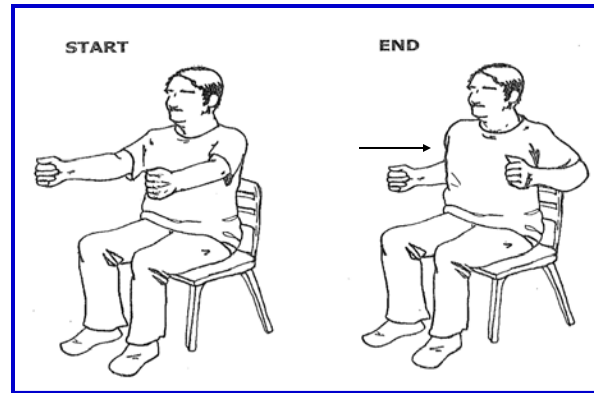
Step 4: Breathe in and bring your arms back to the starting position.

Repeat 8-12 times.

Advanced Version:

For added weight, find something you can easily hold onto such as a bottle of water or a can of soup.

Seated Row



- Builds strength for pushing carts, opening doors, walking a dog with a leash, and lifting a child.

Directions:

Step 1: Lift arms out in front of your chest.

Step 2: Breathe in.

Step 3: Pull elbows back and squeeze shoulder blades together and breathe out.

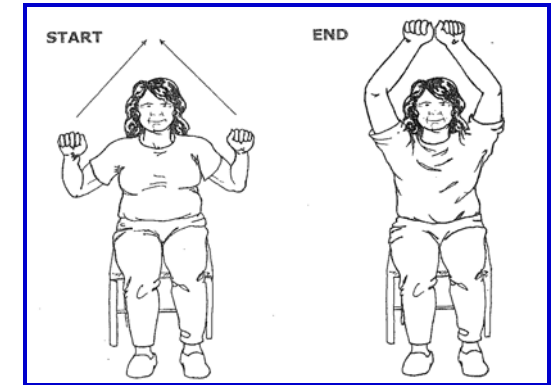
Step 4: Breathe in, and bring your arms to starting position.

Repeat 8-12 times.

Advanced Version:

Add light weights such as a can or bottle of water to both hands.

Seated Overhead Press



- Builds strength for lifting and reaching overhead objects.

Directions:

Step 1: Bend your arms with palms facing forward and hands near your shoulders.

Step 2: Breathe in.

Step 3: Breathe out as you raise both arms over your head and bring your hands together.

Repeat 8-12 times.

Advanced Version:

Add light weights such as a can or bottle of water to both hands.