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# LET'S GET MOVING!



## A GUIDE TO EXERCISE THAT YOU CAN DO ANYWHERE!



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# WORKING WITH WEIGHTS

**No weights? No problem! You can make your own weights from unbreakable household items.**

- Fill a plastic milk jug with sand or water and tape the opening securely closed.
- Fill a sock with dried beans, and tie up the open end.
- Use common grocery items, such as bags of rice, vegetable or soup cans, or bottled water.





# SIDE ARM RAISE



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**You can do this exercise while standing or sitting in a sturdy, armless chair.**

- Keep your feet flat on the floor, shoulder-width apart.
- Hold hand weights (**cans work great!**) straight down at your sides with palms facing inward. Breathe in slowly.
- Slowly breathe out as you raise both arms to the side, shoulder height.
- Hold the position for 1 second.
- Breathe in as you slowly lower your arms.
- Repeat 10-15 times.
- Rest; then repeat 10-15 more times.



 exercises recommended by  
U.S. Department of Health & Human Services



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# OVERHEAD ARM RAISE

**You can do this exercise while standing or sitting in a sturdy, armless chair.**

- Keep your feet flat on the floor, shoulder-width apart.
- Hold weights (**cans work great!**) at your sides at shoulder height with palms facing forward. Breathe in slowly.
- Slowly breathe out as you raise both arms up over your head, keeping your elbows slightly bent.
- Hold the position for 1 second.
- Breathe in as you slowly lower your arms.
- Repeat 10-15 times.
- Rest; then repeat 10-15 more times.





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# CHAIR DIP

**The pushing motion will strengthen your arm muscles even if you are not able to lift yourself up off the chair.**

- Sit in a sturdy chair with armrests with your feet flat on the floor, shoulder-width apart.
- Lean slightly forward; keep your back and shoulders straight.
- Grasp arms of chair with your hands next to you. Breathe in slowly.
- Breathe out and use your arms to push your body slowly off the chair.
- Hold position for 1 second.
- Breathe in as you slowly lower yourself back down.
- Repeat 10-15 times.
- Rest; then repeat 10-15 more times.





# KNEE CURL



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**Walking and climbing stairs are easier when you do both the knee curl and leg straightening exercises. For an added challenge, you can modify the exercise to improve you balance.**

- Stand behind a sturdy chair, holding on for balance. Lift one leg straight back without bending your knee or pointing your toes. Breathe in slowly.
- Breathe out as you slowly bring your heel up toward your buttocks as far as possible. Bend only from your knee, and keep your hips still. The leg you are standing on should be slightly bent.
- Hold position for 1 second.
- Breathe in as you slowly lower your foot to the floor.
- Repeat 10-15 times.
- Repeat 10-15 times with other leg.
- Repeat 10-15 more times with each leg.





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# BACK LEG RAISE

**This exercise strengthens your buttocks and lower back.**

- Stand behind a sturdy chair, holding on for balance. Breathe in slowly.
- Breathe out and slowly lift one leg straight back without bending your knee or pointing your toes. Try not to lean forward. The leg you are standing on should be slightly bent.
- Hold position for 1 second.
- Breathe in as you slowly lower your leg.
- Breathe in as you slowly lower your leg.
- Repeat 10-15 times.
- Repeat 10-15 times with other leg.
- Repeat 10-15 more times with each leg.





# SIDE LEG RAISE



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**This exercise strengthens hips, thighs, and buttocks. For an added challenge, you can modify the exercise to improve your balance.**

- Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
- Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
- Hold position for 1 second.
- Breathe in as you slowly lower your leg.
- Repeat 10-15 times.
- Repeat 10-15 times with other leg.
- Repeat 10-15 more times with each leg.





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**LET'S GET MOVING!**



**SIT AND  
STAY FIT!**



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- Fill a sock with dried beans, and tie up the open end.
- Use common grocery items, such as bags of rice, vegetable or soup cans, or bottled water.





# SIDE ARM RAISE



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**You can do this exercise while standing or sitting in a sturdy, armless chair.**

- Keep your feet flat on the floor, shoulder-width apart.
- Hold hand weights (**cans work great!**) straight down at your sides with palms facing inward. Breathe in slowly.
- Slowly breathe out as you raise both arms to the side, shoulder height.
- Hold the position for 1 second.
- Breathe in as you slowly lower your arms.
- Repeat 10-15 times.
- Rest; then repeat 10-15 more times.



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# OVERHEAD ARM RAISE

**This exercise will strengthen your shoulders and arms. It should make swimming and other activities such as lifting and carrying grandchildren easier.**

- You can do this exercise while standing or sitting in a sturdy, armless chair.
- Keep your feet flat on the floor, shoulder-width apart.
- Hold weights at your sides at shoulder height with palms facing forward. Breathe in slowly.
- Slowly breathe out as you raise both arms up over your head keeping your elbows slightly bent.
- Hold the position for 1 second.
- Breathe in as you slowly lower your arms.
- Repeat 10-15 times.
- Rest; then repeat 10-15 more times.





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# CHAIR DIP

**The pushing motion will strengthen your arm muscles even if you are not able to lift yourself up off the chair.**

- Sit in a sturdy chair with armrests with your feet flat on the floor, shoulder-width apart.
- Lean slightly forward; keep your back and shoulders straight.
- Grasp arms of chair with your hands next to you. Breathe in slowly.
- Breathe out and use your arms to push your body slowly off the chair.
- Hold position for 1 second.
- Breathe in as you slowly lower yourself back down.
- Repeat 10-15 times.
- Rest; then repeat 10-15 more times.





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# BACK 1

**This exercise is for your back muscles. If you've had hip or back surgery, talk with your doctor before trying this stretch.**

- Sit securely toward the front of a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
- Slowly bend forward from your hips.
- Keep your back and neck straight.
- Slightly relax your neck and lower your chin. Slowly bend farther forward and slide your hands down your legs toward your shins. Stop when you feel a stretch or slight discomfort.
- Hold for 10-30 seconds.
- Straighten up slowly all the way to the starting position.
- Repeat at least 3-5 times.





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## BACK 2

**This exercise will help you do activities that require you to twist or turn to look behind you, such as backing out of a parking space or swinging a golf club. If you've had hip or back surgery, talk with your doctor before trying this stretch.**

- Sit up toward the front of a sturdy chair with armrests. Stay as straight as possible. Keep your feet flat on the floor, shoulder-width apart.
- Slowly twist to the left from your waist without moving your hips. Turn your head to the left. Lift your left hand and hold on to the left arm of the chair.
- Place your right hand on the outside of your left thigh. Twist farther, if possible.
- Hold the position for 10-30 seconds.
- Slowly return to face forward.
- Repeat on the right side.
- Repeat at least 3-5 more times.





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## SEATED ROW with Resistance Band

**This exercise to strengthen upper back, shoulder, and neck muscles should make everyday activities such as raking and vacuuming easier.**

- Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
- Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward.
- Relax your shoulders and extend your arms beside your legs. Breathe in slowly.
- Breathe out slowly and pull both elbows back until your hands are at your hips.
- Hold position for 1 second.
- Breathe in as you slowly return your hands to the starting position.
- Repeat 10-15 times.
- Rest; then repeat 10-15 more times.





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# UPPER BACK

**This exercise is good for your shoulders and upper-back muscles.**

- Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
- Hold arms in front of you at shoulder height with palms facing outward.
- Relax your shoulders, keep your upper body still, and reach forward with your hands. Stop when you feel a stretch or slight discomfort.
- Hold position for 10-30 seconds.
- Sit back up.
- Repeat at least 3-5 times.



**Progression**

