



Getting Older? Stay Fit!

Enjoy a Better Life, Longer!



The exercises that are shown on the DVD are designed for older people to help:

- *Improve mobility and balance*
- *Reduce the risk of falls*
- *Improve heart and muscular health*
- *Keep elders fit and independent*
- *Increase confidence and strength*

PART 1 Elders **without** mobility issues

Warm-up Exercises

1. March on the spot
2. Squats
3. Step touch
4. Four square

Exercises

1. Squat with side leg kick
2. Lunge
3. Dumbbell lateral raise
4. Dumbbell press
5. Tricep extension 1
6. Tricep extension 2

Cool-down Exercises

1. Shoulder stretch
2. Tricep stretch
3. Crossover stretch
4. Leg and back stretch

PART 2 Elders **with** mobility issues

Warm-up Exercises

1. Shoulder rotations
2. Neck circles
3. Arms reach across

Exercises

1. Toe raises
2. Leg raises
3. Knee raises
4. Lateral raises
5. Obliques

Cool-down Exercises

1. Shoulder stretch
2. Tricep stretch

***Flip Over to
Get Started!***





Getting Started at Home!



While this program has been designed for elders it is important to make sure that it is right for you. Are you aware of any health risks? Consult with your doctor or nurse practitioner and make sure that the program is suitable for you before you begin.



First Steps

- View the DVD before working out
- Plan your session using the exercises demonstrated. If you have mobility issues, use the exercises from that section
- Have 2 and 5 pound weights available to use. Items such as full water bottles or cans of food make great substitutes
- Make sure you have enough space for the workout
- Pay attention to how you do each exercise. The right "form" helps you:
 - get better results
 - reduce the chance of strain or injury
- If you have mobility issues, make sure that your chair is stable and has no arms

The Workout Session

- Begin each workout with the warm-up series
- Complete one set of ten repetitions for each exercise in the sequence
- If you experience pain or shortness of breath, stop immediately
- Before beginning exercises select suitable weights from 2 – 5 pounds
- End with a cool-down — it helps:
 - reduces stiffness and soreness after exercise
 - lessens risk of injury to joints and muscles

For more information you can call the WAHA Quality Department at (705) 658-4544 ext. 2332 or find us online at www.weeneebaykohealth.ca

North East **LHIN**
RLISS du Nord-Est

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Weeneebayko Area Health Authority

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