

Adding movement to your at-home routine

REMEMBER TO:

- Check with your healthcare provider before you start a new exercise program.
- Wear comfortable, supportive footwear.
- Use a firm, stable chair, countertop, or wall for support.
- Start with five repetitions of each exercise. Add one or two every day until you reach 15 repetitions.
- Be aware that muscle soreness after exercise is normal.

While you get breakfast



STANDING LEG CURL

- Stand with feet hip-width apart
- Shift weight onto one leg
- Bend other knee
- Raise heel toward buttocks as far as it is comfortable
- Return to starting position
- **Repeat on each leg up to 15 times**



SIDE LEG LIFT

- Stand with feet together, hold the counter for support
- Shift weight onto one leg
- Raise the other leg out to the side
- Keep your back straight and tall
- Slowly return leg to the floor
- **Repeat on each leg up to 15 times**



HEEL RAISE

- Stand with feet hip-width apart
- Hold onto the counter and look forward
- Slowly raise both heels off the floor, standing on toes
- Hold for 5-10 seconds
- Return to start position
- **Repeat up to 15 times**



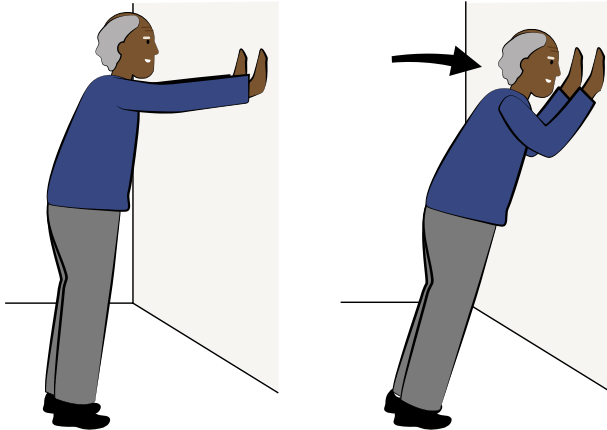
TOE RAISE

- Stand with feet hip-width apart
- Hold onto the counter and look forward
- Slowly raise toes off the floor, putting weight onto heels
- Hold for 5-10 seconds
- Return to start position
- **Repeat up to 15 times**

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Adding movement to your at-home routine (cont.)

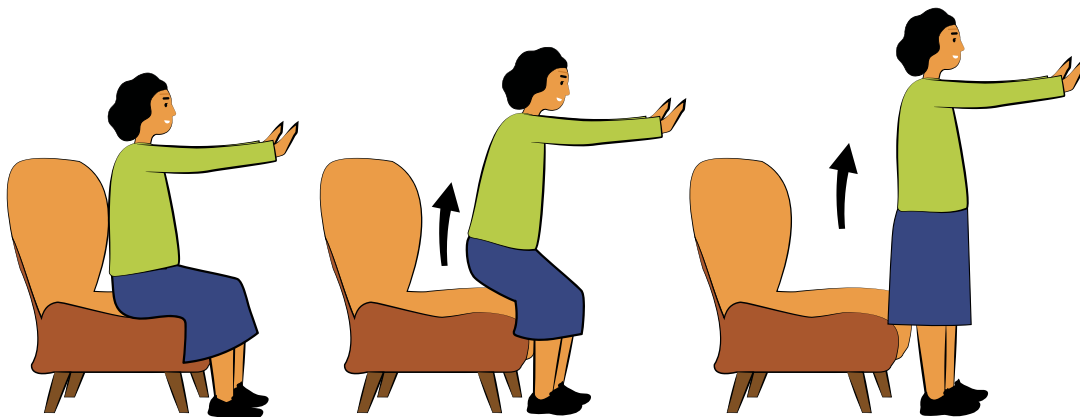
After lunch



WALL PUSH-UP

- Facing a wall, stand arms' length away and place hands on the wall at shoulder height, and shoulder-width apart
- Tighten the abdominal muscles
- Keeping back and legs straight, bend elbows while lowering upper body toward the wall
- Hold for 2-3 seconds
- Straighten arms pushing against the wall and return to starting position
- Keep elbows slightly bent
- **Repeat up to 15 times**

While watching your favourite TV show



SIT TO STAND

- Sit in a chair, feet hip-width apart
- Slowly stand up half way, both arms outstretched
- Make sure your knees do not come forward past your toes
- Keep your hips, knees, and ankles in line
- Stand up straight and tall, then return to seated position
- **Repeat up to 15 times**

To access this exercise guide for seniors online, visit parachute.ca/movetips

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