EVERYDAY EXERCISES
FOR OLDER ADULTS

WHEN EXERCISING, REMEMBER TO:
» Check with your healthcare provider before you start a new exercise program.
» Wear comfortable, supportive footwear.
» Use a firm, stable chair for support.
» Start with 5 repetitions of each exercise. Add 1 or 2 everyday until you reach 15 repetitions.
» Be aware that muscle soreness after exercise is normal.

1. SIT TO STAND
   » Sit in a chair, feet hip-width apart
   » Slowly stand up half way
   » 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

2. 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

3. SIDE LEG LIFT
   » Stand with feet together, hold a chair 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

4. HEEL RAISE
   » Stand with feet hip-width apart
   » Hold on to back of chair 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

5. TOE RAISE
   » Stand with feet hip-width apart
   » Hold onto back of chair 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

6. 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

findingbalancealberta.ca
Stay Independent. Prevent Falls.