

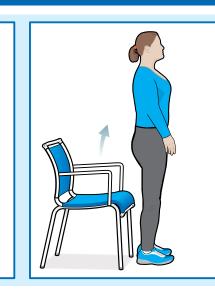
EVERYDAY EXERCISES FOR OLDER ADULTS TO DO AT HOME

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 or counter top 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.







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 **>>**



STANDING LEG CURL

- » Stand with feet hip-width apart, hold a counter for support
- » 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

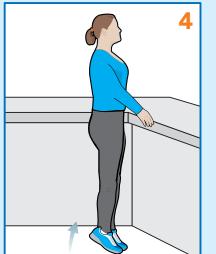


SIDE LEG LIFT

- » Stand with feet together, hold a 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



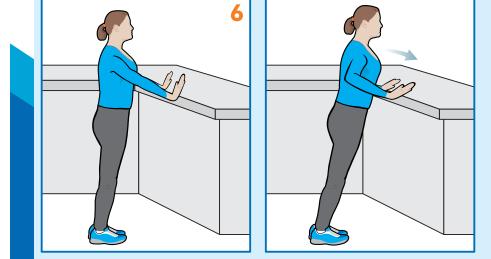
- » Stand with feet hip-width apart
- » Hold onto counter and look forward
- Slowly raise toes off the floor, putting weight onto heels
- » Hold for 5-10 seconds
- Return to start position >>
- Repeat up to 15 times >>



HEEL RAISE

- Stand with feet hip-width >> apart
- » Hold on to 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 >>

WALL PUSH-UP



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

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For more information, phone 780.492.6019 or email info@findingbalancealberta.ca

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