



SENIOR WELLNESS

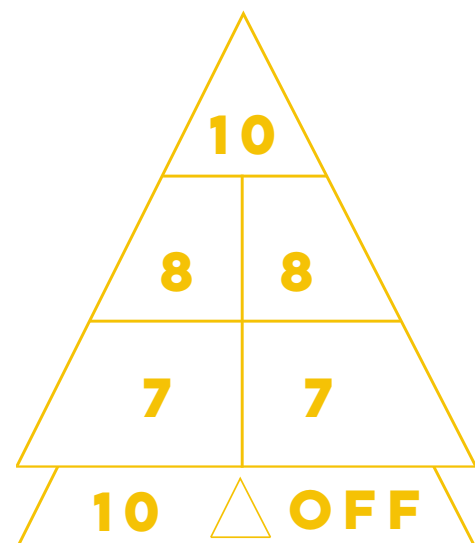


INDOOR SHUFFLE BOARD

Supplies: painters tape/masking tape, lids from jars/containers, broom/Swiffer, hard floor (not carpet)

How to:

1. Tape the shuffle board onto the floor leaving at least 5 feet between where you will start and the board itself.
2. Place a line for your start.
3. Lay out your lids with the solid side down on the floor. 2-3 lids/player
4. Each player stands and pushes a lid with the broom towards the board.
5. Take turns pushing each lid onto the board at the end of the round (after each player pushes all their lids).
6. Players may knock other players lids out of the board.
7. Award points based on where they land at the end of the round.
 - a. 10 OFF zone = minus 10 points
 - b. 10, 8 or 7 points
8. First player to 45 points wins!



AT HOME EXERCISE

Seniors | Building Upper Body Strength



Adding resistance with light weights or elastic bands helps develop muscle mass and upper body strength.

Overhead Press

Sit (or stand) with feet flat on the floor and hold weights at shoulder height with palms facing forward, then lift the weights above your head.

Side Arm Raises

Hold weights at your sides, palms inward, and raise your arms out to the sides.

Front Arm Raises

hold weights at your sides, palms down, and raise arms to shoulder height.

Aim for two sets of at least 10 reps for each of these three exercises.

AT HOME EXERCISE

Seniors | Building Lower Body Strength



Not only do leg raises help strengthen the thigh, hip, buttocks, and lower back muscles, this type of exercise benefits balance as well.

Side Leg Raise

For side leg raises, stand behind a chair and hold on for better balance. Lift one leg out to the side, keeping it completely aligned from heel to hip, while maintaining a straight back and a slight bend in the supporting leg, then slowly lower the leg.

Back Leg Raise

For back leg raises, use the same chair for balance and slowly lift one leg behind you (without leaning forward), hold for a moment, and lower the leg. Do not bend the lifted leg or point the toes, and keep the standing leg slightly bent.

For each exercise, complete two sets of at least 10 reps for each leg, alternating legs between sets.

AT HOME EXERCISE

Seniors | Full Body



Perform any of the following activities to help you stay fit.

Wall Sit

Stand with your back to a wall. Place your back right up against the wall and ensure your feet are pointed straight out in front of you about hip width apart. Slide down the wall until your knees are bent at roughly a 90 degree angle. Maintain this position for 20-60 seconds. Repeat 5 times.

Wall Push-Up

Stand facing a wall. Place your hands on the wall a little bit wider than your shoulders and at about shoulder height. Take one step back with both feet so your body is slightly angled towards the wall. Bend at the elbows to lower your body closer to the wall, until your nose can almost touch the wall, then push away from the wall, straightening your elbows. Repeat 10 times.

Knee To Elbow

Sit in a chair with both knees bent and feet flat on the floor. Bring both arms up so your hands are resting at the back of your head and elbows are bent. Slowly raise up one knee while at the same time twisting to lower your opposite elbow to touch that knee. Your elbow and knee should meet at roughly the midline of the body. Repeat on the other side, alternating sides for a total of 12.

Bridge

Lie down flat on your back. Bend your knees up towards your bottom, so that with your arms lying by your sides your fingertips will just brush against your heels. Ensure your feet are hip width apart, then slowly raise your hips up into the air until they are fully extended, keeping your knees bent and feet on the floor. Hold this position for 5-10 seconds and slowly lower your hips back to the floor. Repeat 5 times.