



**LOOKING FOR  
AT HOME WORKOUTS?**

WE'VE GOT YOU COVERED.

# AT HOME EXERCISE



## 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 until your nose is almost grazing 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 12 times on each side.



## Bridge

Lie down flat on your back. Bend your knees up towards your bottom with your arms lying by your sides. 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.



## Air Squats

Standing with your feet hip width apart and the weight in your heels, bend at the hip and knee to lower your pelvis down and back, as if you were going to sit in a chair. Make sure your upper body stays upright and your knees track over top of your heels. Lower yourself until your thighs are parallel with the floor, then push through the heels to straighten your legs and stand upright. Repeat 5 times.



## Push-Up

Get into a plank position on the floor with your feet together and your arms straight, with your palms placed on the floor under the shoulders and a little bit wider than shoulder width. Keeping your lower body engaged, bend at the elbow and lower your body towards the ground until your nose is almost grazing the floor. Then press up using the arms to return to starting position. If this is too difficult, start from the knees. Repeat 10 times.



## Superman's

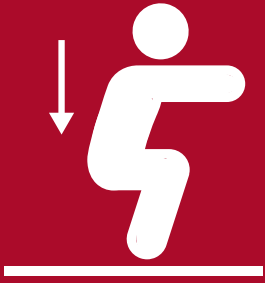
Lie on your stomach with your arms held straight out in front of you. Now, at the same time, raise both arms and both legs up off the floor. Ensure your knees and lower thighs lift up off the floor. With a slow and controlled motion, return your arms and legs to the floor. Repeat 5 times.



## Bicycle Crunch

Lying on the floor on your back, bend both knees up to 90 degrees. Place the hands gently behind the head with your elbows bent. Engage the abdominal muscles and twist one elbow down and towards the midline while you bring the opposite knee up to meet the elbow. Straighten out the opposite leg as you do this, keeping it hovering above the ground. Return to starting position and then switch sides. Repeat 12 times on each side.

# Pyramid Circuit



**Air Squat**

## Round 1

Complete 30 repetitions of each exercise with a 20 second break in between. After all 4 exercises are complete, do 30 Jumping Jacks.



**Push-Up**

## Round 2

Complete 20 repetitions of each exercise with a 20 second break in between. After all 4 exercises are complete, do 20 Jumping Jacks.



**Superman's**

## Round 3

Complete 10 repetitions of each exercise with a 20 second break in between. After all 4 exercises are complete, do 10 Jumping Jacks.

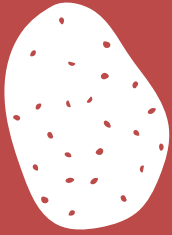


**Bicycle Crunch**

## BONUS ROUNDS

If you want an extra challenge, complete the circuit again starting with 10 repetitions and working your way back up to 30 repetitions.

# DID YOU KNOW?



Sweet potatoes are an excellent source of carotenoid anti-oxidant.



2 cups of broccoli contains as much calcium as a glass of milk.



Cucumbers are 96% water.



Peeling an apple will remove 50% of its total fiber and around 30% of its vitamin C.



Egg yolks contain Choline which improves our memory and brain function.



Soluble fiber slows down the absorption of fats and sugars, helping to regulate blood sugar levels. It also excess removes cholesterol from the bloodstream. It can be found in grains, beans and oats.



Fish and flax seeds are high in Omega 3's which reduce inflammation, support joint health, increase muscle recovery making them an excellent choice to support your workout program.

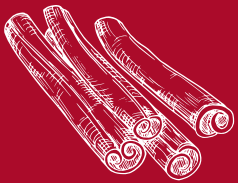
# DID YOU KNOW?



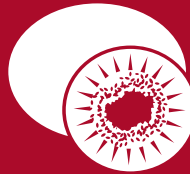
One avocado contains three times as much potassium as a banana.



Lemon contains your daily dose of vitamin C, it cleanses the liver, boosts your immunity and aids in weight loss.



Adding cinnamon to your food can help increase insulin sensitivity and reduce blood sugar levels.



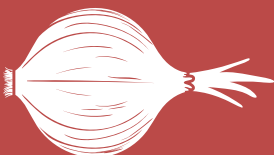
The skin of a kiwi is edible and loaded with fiber as well as vitamin C.



Quinoa is an excellent source of magnesium, a mineral needed for strong bones, as well as healthy nerve and muscle function.



Green tea has been shown to boost the metabolic rate and increase fat burning.



Onions have antiviral and antibacterial properties making them a great choice if you feel like you're getting sick.

# DID YOU KNOW?



Raspberries, apple, pears and cherries are actually part of the rose family.



There is actually no Chocolate in white chocolate.



Pistachios are actually fruits.



25% of your daily carbohydrate intake goes strictly to fueling your brain.



Parsley is a digestive aid that also works to freshen your breath.



Garlic contains properties that reduce blood pressure.



There is 1440 minutes in a day and you only need 60 of them to exercise.



# How can you make **HEALTHY HABITS STICK?**

**Start small** - break down your fitness goals into smaller, more achievable changes (e.g. instead of trying to start out by running for 30 minutes on the treadmill, start with 10 and make it your goal to add 5 minutes to your workout each time).

**Set clear intentions** – research shows one is much more likely to follow through on something if it is planned beforehand when and where that behaviour is going to take place. (e.g. plan your week and schedule time for exercise into your calendar ahead of time).

**Celebrate small wins** – celebrating progress is crucial for motivation. Congratulate yourself each time you complete a hard workout!

**Surround yourself with supporters** – we tend to feel the same way and adopt the same goals as the people we spend the most time with, so key to ensure you have the right people in your corner.

Source: Edblad, Patrick (2019) How to Make Good Habits Stick: 7 Secrets from Research [www.liveboldandbloom.com/12/habits/how-to-make-good-habits-stick](http://www.liveboldandbloom.com/12/habits/how-to-make-good-habits-stick)



# AT HOME EXERCISE

Full Body Workout | No Equipment Needed



**20 Minute HIIT Style – Perform each exercise for 20 seconds of work with 10 seconds rest. Perform 8 rounds of work for each exercise before moving on to the next one.**

## **Jump Squats**

From a standing position with your feet slightly wider than hip width, squat down by bending at the knee and hip like you were going to sit back into a chair. Squat down until your thighs are parallel with the floor, keeping your knees tracking over your ankles. As you rise up out of the squat, drive your legs and jump into the air, straightening the legs. Come right into another squat as you land.

## **Push-Ups**

Start lying on your stomach with your hands under your shoulders, palms facing down. Using either your toes or your knees as the pivot point, press up into a plank position with your arms straight, keeping your whole body in a straight line, core engaged. Bend at the elbows and slowly lower yourself back towards the floor as low as you can go, then press back up, straightening out the arms again.

## Elevated Glute Bridge

Lie on your back with your knees bent up at 90 degrees and your heels resting on the seat of a chair. Straighten out your arms and firmly place them on the floor, palms facing down. Lift your hips into full extension, keeping your arms and shoulder blades on the floor. Slowly lower back down until your hips touch the ground.

## V-Ups

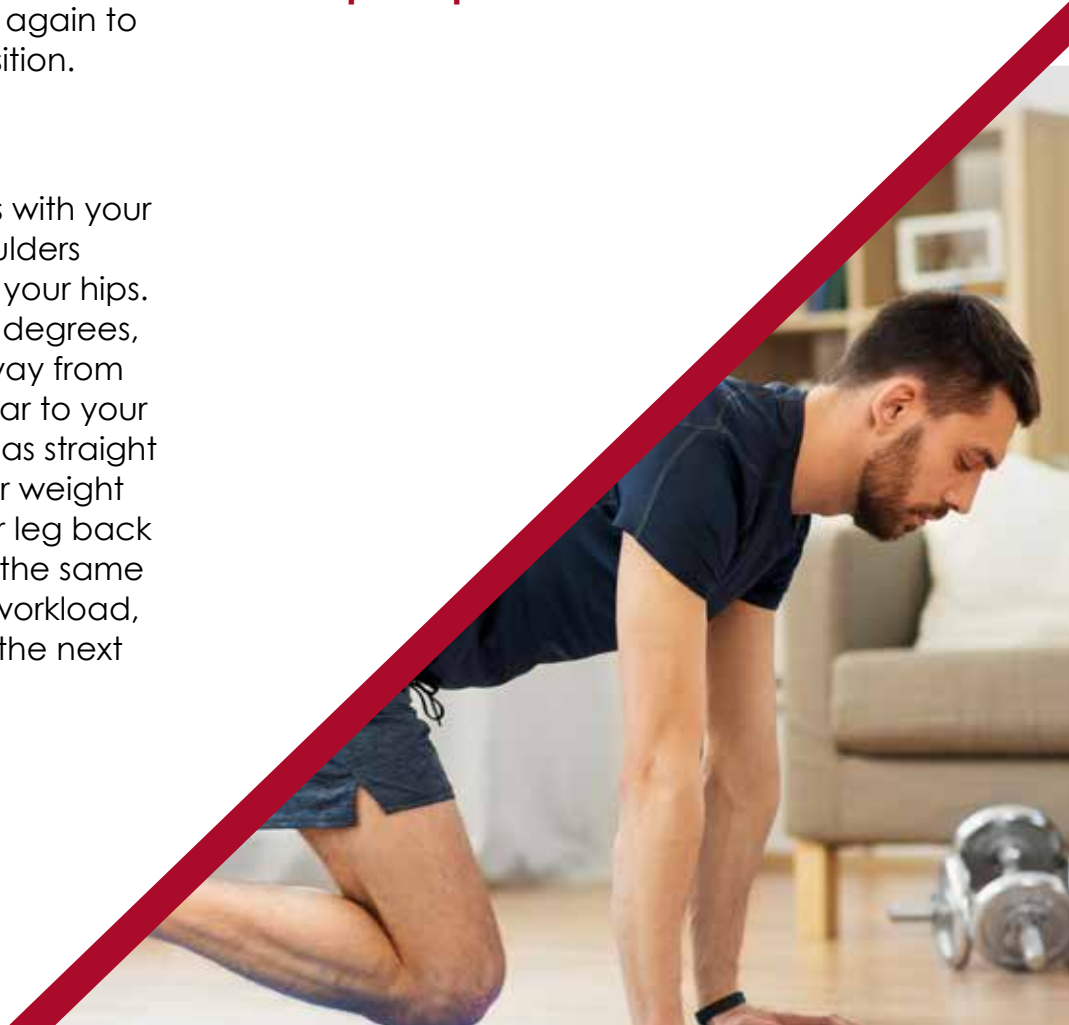
Sit on the floor with your knees bent and feet flat on the floor. Brace yourself by extending your arms behind you and placing your palms on the floor, finger tips pointing away from the body. Lift your feet and lean back on your sit bones slightly so your thighs and torso are forming a 'V' shape. Slowly straighten the legs, lowering them to a hover without touching the ground while your upper body leans further back. Keeping your back straight, bend the knees again to come back to the starting position.

## Fire Hydrants

Start on your hands and knees with your hands directly under your shoulders and your knees directly under your hips. Keeping your knee bent at 90 degrees, raise your right leg out and away from the body until it is perpendicular to your left leg. Try to keep your back as straight as possible and don't shift your weight on to your left side. Lower your leg back to meet the other. Repeat on the same side for the whole 20 second workload, then switch to the left side for the next workload.

## Other exercises that can be done with no equipment...

- Ab Crunch
- Burpees
- Hamstring Curl with slides
- High Knees
- Hip Thrust
- Jumping Jacks
- Lunges – forward, backward, side, curtsey
- Mountain Climbers
- One Leg Bridge
- One-Leg Squats into Chair
- Plank
- Plank Jack with slides
- Sit Ups
- Speed Skaters
- Split Squats



# AT HOME EXERCISE

Full Body Workout | Looped Resistance Band



**20 Minute HIIT Style – Perform each exercise for 20 seconds of work with 10 seconds rest. Perform 8 rounds of work for each exercise before moving on to the next one.**

## **Banded Good Mornings**

Start standing with the resistance band looped under your feet. Bend forward at the hip, keeping the back straight, until your torso is bent forward at almost a 90-degree angle. Loop the band over your head so it rests on the back of the shoulders. Keeping the back straight with the knees slightly bent, extend the hip to stand straight up, squeezing your glutes as you stand. Then bend forward again at the hip to return to starting position.

## **Banded Upright Row**

Start standing with the resistance band looped under your feet. Grasp the top of the looped band with both hands with arms straight and palms facing towards you. Space your hands relatively close together, with about 3 inches of space between them. Bend at the elbow to pull the band up to collarbone height, then straighten the elbows to lower back to the starting position.

## Banded Bicep Curl

Stand and loop the band under your feet. Grasp the resistance band in each hand with your palms facing each other, thumbs towards the ceiling. Begin with your arms straight and bend at the elbow to curl your hands towards your torso until your arm is fully flexed and the hands are up near the shoulders. Slowly, with tension, lower your arms back to the starting position.

## Banded Side Shuffles

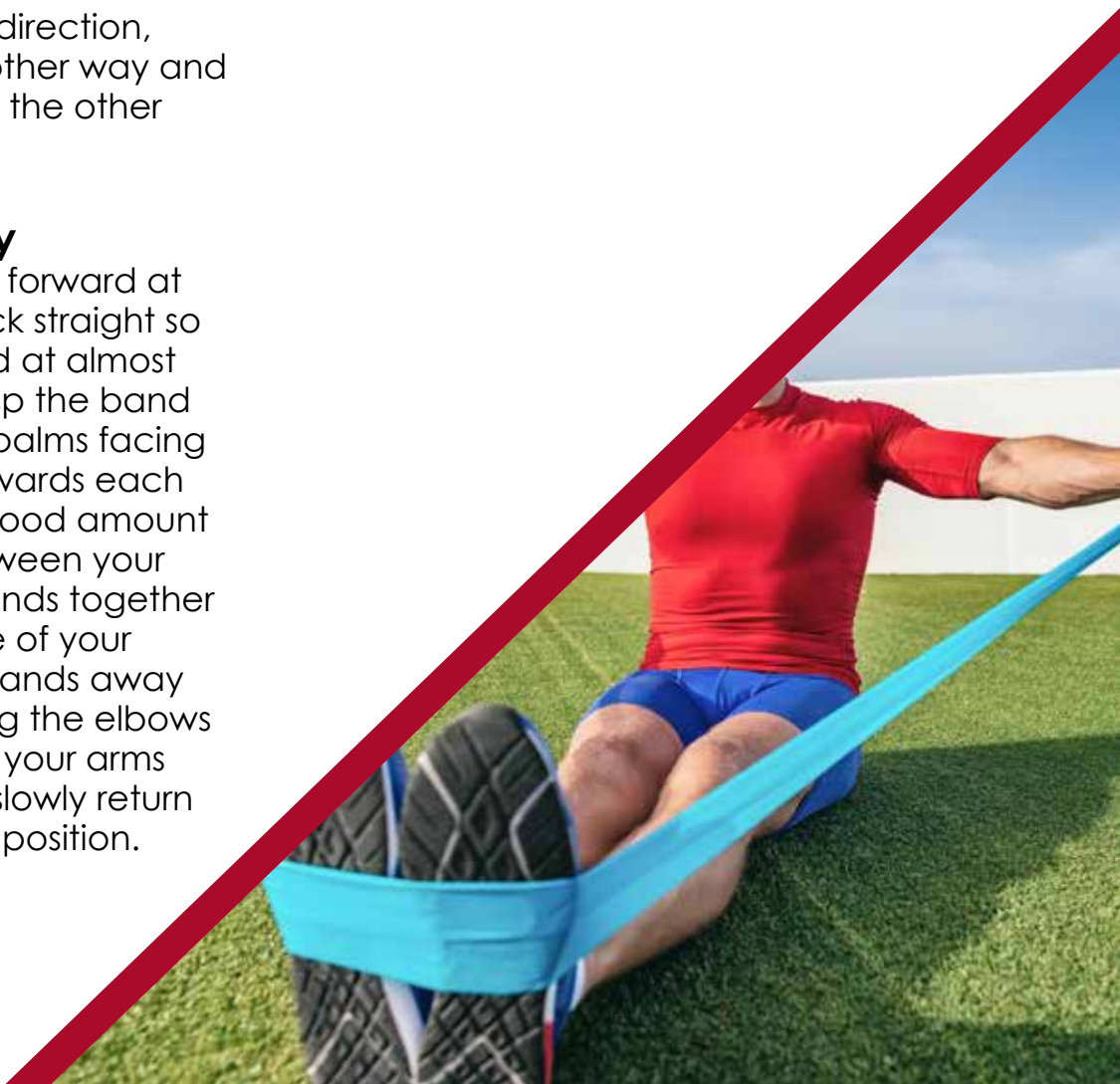
Loop the band around itself so it is half its length. Slide the looped band under your feet and bring it up to rest on your lower thigh above the knee. Bend the knees slightly and get into a half-squat position, sending the hips back. Step your feet in one direction, keeping your knees far enough apart that there is tension on the band. Count 12 shuffles in one direction, then step your feet the other way and count 12 shuffles back in the other direction.

## Banded Rear Delt Fly

Start standing and bend forward at the hip, keeping the back straight so your torso is bent forward at almost a 90-degree angle. Grasp the band in both hands with your palms facing you, thumbs pointing towards each other. Ensure there is a good amount of slack in the band between your hands. Start with your hands together directly under the centre of your torso and then pull the hands away from each other, keeping the elbows straight. Try to straighten your arms out to a 'T' shape, then slowly return your arms to the starting position.

## Other exercises that can be done with resistance bands...

- Banded Face Pulls
- Banded Squats
- Bent Over Banded Row
- Split Squats





# AT HOME EXERCISE

Full Body Workout | With Dumbbells



**25 Minute HIIT Style – Perform each exercise for 20 seconds of work with 10 seconds rest. Perform 8 rounds of work for each exercise before moving on to the next one. You can substitute dumbbells for things around the house – laundry detergent, bag of dog food, etc.**

## **Goblet Squats**

Take the heaviest dumbbell that you have and hold it with both hands. Keep it close to your body at about chest height. Ensure your feet are slightly more than hip width apart. Holding the dumbbell, squat down by moving your hips down and back and bending your knees. Ensure your knees track over your ankles and don't collapse inwards. Squat down until your thighs are parallel with the ground, then drive back up to standing by pushing through your heels.

## **Bent Over Alternating Dumbbell Row**

Hold two medium weight dumbbells, one in each hand. Standing with your feet hip width apart, bend forward at the hip, keeping your back straight, until your torso is nearly perpendicular with the floor. Start with your arms straight, palms facing each other. One at a time, bend at the elbow and row the dumbbell upwards toward your body, stopping when the weight is almost touching your side. Slowly return to the starting position and then repeat on the other side.

## Staggered Stance Deadlift

Stand with your feet close together, then step one foot back about half a foot. Place a heavier dumbbell on the ground just in front of your front foot. Bend forward at the hip, keeping your back straight. Pick up the dumbbell with both hands, then engage the glutes in your front leg to bring your torso up until you are back to standing. To help target your working leg, you can raise your back heel or to challenge yourself even more, you can lift your back leg as you bend forward and pick up the weight.

## Shoulder Burnouts

**(Lateral Raise, Front Raise, Overhead Press)**

Hold a lighter dumbbell in each hand while standing. Start with your hands by your sides, palms facing inwards. At the same time, raise both hands out to the side, keeping a slight bend in the elbow, until your arms are shoulder height. Lower your arms back to your sides. Next, flip your palms to face behind you and then lift your arms straight out in front of you until they are shoulder height. Lower the arms back to your sides. Next, bend your elbows to bring your hands up to shoulder height. Now your palms are facing in front of you. Straighten your elbows to press the weights straight up overhead, then return to the starting position and drop your arms back to your sides. Repeat all 3 exercises in sequence.

## Skull Crushers

Lie down on your back and hold a lighter dumbbell in each hand. Start with your arms straight up overhead with your palms facing each other. Slowly bend at the elbow, bringing the dumbbells closer to your body, until your elbows are bent 90 degrees. Then push the dumbbells away from your body, straightening your arms back to the starting position.

## Plank Dumbbell Pass

Take one lighter dumbbell and lie down on your stomach. Place your hands directly underneath your shoulders and place the dumbbell just to the outside of one hand. Come up into a plank position on your hands, with legs together and core engaged. With the hand furthest from the dumbbell, reach behind your opposite hand to grab the dumbbell and place it on the other side of your body, then return your hand back to the floor just inside of where you placed the dumbbell. Then with the other hand, reach behind your planted hand and grab the dumbbell to place it back where it started. Repeat, passing the dumbbell back and forth while maintaining correct plank position with core engaged.

## Other exercises that can be done with dumbbells...

- **Arnold Press**
- **Around the Worlds**
- **Bicep Curl**
- **Clean and Press**
- **Dumbbell Glute Kickback**
- **Front Raise**
- **Half Get Up**
- **Lateral Leg Raise**
- **Lateral Raise**
- **Overhead Press**
- **Pectoral Fly**
- **Sumo Squats**
- **Tricep Kickbacks**
- **Upright Row**



# AT HOME STRETCHING



## **Cat/Cow**

Start on all fours with your hands directly under your shoulders and knees directly under your hips. In one motion, round the upper spine while pulling the head down and tucking the chin towards you. Then look up and tilt the chin back which will flex the spine in the opposite direction. Repeat 8-10 times in a slow controlled motion.

## **Nose to Shoulder**

Seated or standing, turn your head to one side as if you were going to look over your shoulder. Then tilt the head downwards to bring your chin closer to your collarbone. Hold for 10 seconds, then return to a neutral head position and repeat on the other side.

## **Upper Back Stretch**

Seated or standing, reach both arms straight out in front of you. Clasp your hands together then flip your palms so they are facing away from you. Push the arms and hands away from the body while you round your upper back and slightly tilt the chin down. Hold for 30 seconds and repeat 3-5 times.

## **Lower Back Stretch**

Lie on the floor on your back. Bring both knees into your chest and wrap your arms around your knees. You can rock slightly from side to side to massage the lower back. Hold for 15-20 seconds and repeat 3-5 time



## Figure 4 Stretch

Lying on the floor, bend both knees so your feet sit flat on the floor. Take one leg and place it so the area just above the ankle rests just above the knee of the other leg. Reach one arm through the gap you've created between the legs and reach the other one outside the planted leg to grasp hands around the back of the planted leg, then gently pull towards you, raising your planted foot off the ground. Hold for about 30 seconds, then switch sides and repeat on each side 3-5 times.

## Hip Flexor Stretch

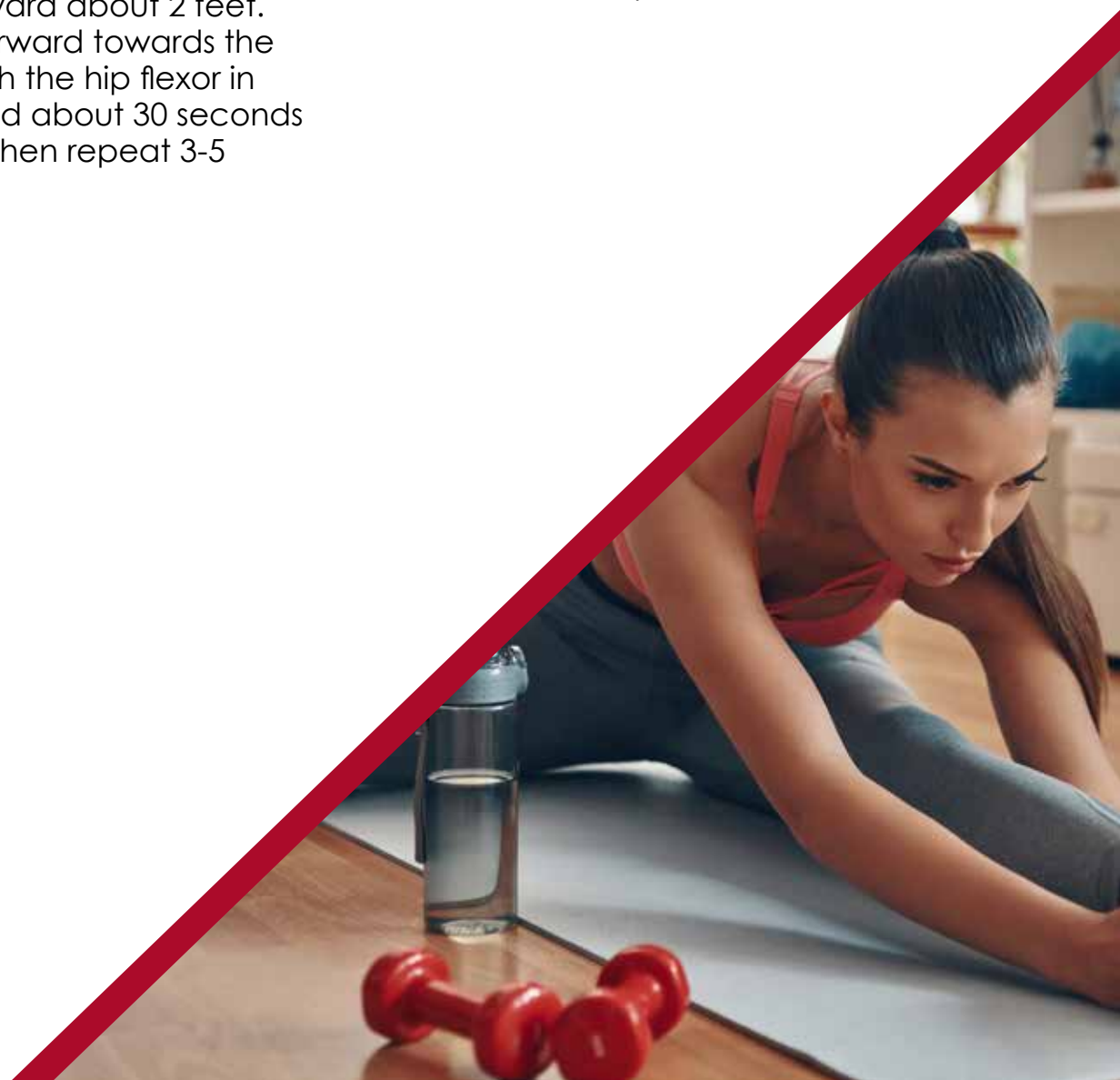
Kneel on the floor with your hips extended so your body is in a straight line. Bend one knee upwards and step that foot forward about 2 feet. Lean your torso forward towards the front foot to stretch the hip flexor in your back leg. Hold about 30 seconds and switch sides, then repeat 3-5 times.

## Standing Oblique Stretch

Start standing and reach both arms straight up overhead. Lean over towards one side, flexing the torso slightly. Then drop the arm on the side you are leaning towards and let it hang down the side of the body while you continue reaching towards that side with the other outstretched arm. Hold about 30 seconds, then switch sides and repeat 3-5 times.

## Seated Hamstring & Back Stretch

Start sitting with your legs together and straight out in front of you. Slowly fold forward over your thighs, reaching for the toes and letting the back round. Hold for about 30 seconds and repeat 3-5 times.





**SENIOR WELLNESS**



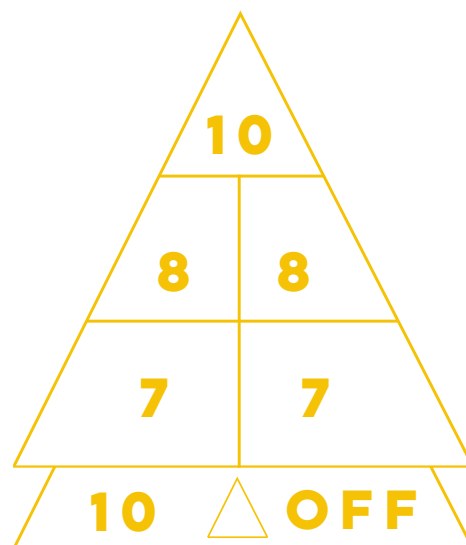


# INDOOR SHUFFLE BOARD

**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.