



KEEPING WELL FOR SENIORS EXERCISE PROGRAM



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Disclaimer

INTRODUCTION

Our bodies are extraordinary. Throughout our lifespan, they undergo changes and we owe it to our bodies to listen to what they need from us.

As we get older our heart works harder, muscles and bones become weaker and smaller, our brain structure changes and our metabolism slows down making us more susceptible to weight gain.

Although these might seem like changes we *can't* control, there is actually a great deal we can do to slow the ageing process right down and that is to EXERCISE.

This booklet provides safe and effective exercises which have been proven, **at worst**, to maintain function and movement.

You have worked hard your entire life, use your spare time to invest in **YOU**. You deserve to continue to live a full life.



BEFORE WE BEGIN

****Consult your GP for MEDICAL CLEARANCE prior to performing these exercises and discuss if these exercises are suitable for you****

Prior to commencing these exercises prepare a space away from any objects and ensure you have the following ready:

- ✓ An indoor area set at room temperature or cooler on warmer days
- ✓ A chair that is sturdy and stable with preferably no arm rests
- ✓ Ankle weights and resistance band- Start off with low intensity until you have mastered the technique
- ✓ Dumbbells- Start off with light weights until you have mastered the technique. Alternatively, you can use drinking bottles filled with water
- ✓ Comfortable clothes and supportive footwear
- ✓ Drinking water
- ✓ An exercise buddy- Use this opportunity to socialise and exercise with a friend or a group
- ✓ Music- Everything is better with music

If you have medication to treat symptoms such as asthma, ensure you have the medication with you at all times and remember **DO NOT** exercise if you feel unwell.

LET'S DO THIS

WHEN- Set aside a time to do all or some of the exercises. If you choose to do the exercises throughout the day, do a little march first to warm up and prepare for exercise.

HOW OFTEN- These exercises are designed to be completed at least twice per week in addition to a daily walk.

HOW HARD- This scale is a unique and helpful tool to measure physical activity intensity levels. It takes into account how hard *YOU feel* your body is working. Remember to breathe normally when completing the exercises.

Always work at RPE number 3-4 on the RPE Scale for the best results.

RPE number	Breathing rate/ability to talk	Exertion
1	Resting	Very slight
2	Talking is easy	Slight
3	Talking is easy	Moderate
4	You can talk but with more effort	Somewhat hard
5	You can talk but with more effort	Hard
6	Breathing is challenged/don't want to talk	Hard
7	Breathing is challenged/don't want to talk	Very hard
8	Panting hard/conversation is difficult	Very hard
9	Panting hard/conversation is difficult	Very, very hard
10	Cannot sustain this intensity for too long	Maximal

SAFETY- WHEN TO STOP

While exercising, if you experience chest pain, dizziness or severe shortness of breath, **STOP IMMEDIATELY** and contact your GP (or an ambulance if you feel very unwell).

If you experience pain in your joints or muscles, stop, check your posture, and try again. If pain persists, seek advice from a health professional.

Feeling your muscles working or slight muscle soreness the next

day after exercise is normal and shows that your muscles are working. However, what is abnormal is feeling exhaustion, sore joints and unpleasant muscle soreness.

Please read disclaimer at the back of booklet.



POSTURE- SEATED

Head and neck: Look straight ahead and slightly pull or glide chin inward and backward

Shoulders: Shrug and then relax your shoulders

Back: Sit with a straight back

Hips: Move hips towards the back of chair

Hands: Place by your side or on thighs

Knees: Put knees hip distance apart over ankles

Feet: Place feet flat on floor hip distance apart

Toes: Point toes forward or slightly outward and symmetrical



POSTURE- STANDING

Head and neck: Look straight ahead and slightly pull or glide chin inward and backward

Shoulders: Shrug and then relax your shoulders.

Back and hips: Stand straight. Place one hand behind you and feel the curve of your lower back. Place the other hand on your hips, guiding it forward and backward (called the pelvic tilt) until you find a natural curve in your lower back

Hands: Relax your hands by your sides or on the back of chair for support

Feet: Place feet flat on floor hip distance apart

Toes: Point toes forward or slightly outward and symmetrical



WARM UP- March

This exercise helps warm the muscles and prepares the body for movement

1. Sit tall at the front of the chair with hands on thighs or holding onto the sides of chair for extra support
2. March with control by lifting one foot off the floor then putting it back down
3. Repeat with other leg
4. Build a rhythm that is comfortable for you and perform for 30 seconds



WARM UP- Side Toe Taps

Helps to improve balance and walking

1. Place hands on sides of chair
2. Lift one leg out to the side then back to the centre
3. Alternate legs
4. Perform for 30 seconds



WARM UP- Seated Toe Point and Flex

This exercise helps loosen ankles and improves the heel and toe walking action

1. Sit tall at the front of the chair with hands on thighs or hold the sides of the chair for extra support
2. Slide one foot forward as far as comfortable and then lift 2-5cm off the floor
3. Place the heel of one foot on the floor then lift it and put the toes down on the same spot
4. Perform 10 times per leg



WARM UP- Seated Twists

This exercise improves upper body movement by loosening the spine

1. Sit tall with feet shoulder width apart, palms across chest
2. Twist your upper body by moving one elbow backward and the other forward
3. Keep shoulders down (Don't shrug)
4. Return to starting position and repeat on other side
5. Perform 10 times in each direction



WARM UP- Side Bends

Improves movement and balance

1. Hold side of chair with one hand and the opposite arm straight at the side with the palm facing in
2. Lower the hand toward the floor and then return to starting position
3. Perform 10 times on each side



WARM UP- Shoulder Rolls

This exercise helps reduce neck/shoulder tension and improves posture

1. Sit tall and place fingertips on the shoulders with elbows out to the side
2. Make circles with the elbows
3. Perform for 30 seconds in each direction

Side Note: Open your chest (Stick it out).

Think about moving both shoulders at the same time.

Squeeze your shoulder blades together. Use controlled/slow movements



MAIN EXERCISES- Chest Squeeze

Target Muscles: Chest, back of arms and shoulders

1. Hold dumbbell or weighted object at arm's length with palms facing one another at the level of the lower chest
2. Keep wrists straight
3. Pull both arms towards the chest and then away from chest. If this is too difficult you can try to push one arm away from your chest and then bring it back and then push the other arm away from your chest and bring it back
4. Move only the elbow and shoulder joint
5. Perform 20 times (10 per arm) if alternating or 10 times if performing with both arms



MAIN EXERCISES- The Row

Target Muscles: Back, shoulders and front of arms

1. Place your resistance band around a stable rail or the leg of a strong table or object
2. Sit up straight and have feet shoulder width apart
3. Hold the band at chest height, with your elbows and wrists straight.
4. Pull the band towards you, leading with the elbows
5. Shoulders to be positioned back and down
6. At the end of the movement, squeeze your shoulder blades slightly and bring the band back to start position
7. Do not rock back and forth and flare your elbows
8. Perform rowing movement for 30 seconds



MAIN EXERCISES-Overhead Press

Target Muscles: Shoulders and back of upper arms

1. Hold dumbbells or weighted object just above shoulder level with palms facing forward and elbows bent
2. On the upward movement bring one arm past your ear and above your head while the other arm remains still
3. Ensure the dumbbell or weighted object does not go behind the head
4. Perform this movement with the other arm
5. Move only the elbow and shoulder joint
6. Perform 20 times (10 per arm)



MAIN EXERCISES- Arm Curl

Target Muscles: Front of upper Arms

1. Place one arm down at side with upper arms touching sides of upper body.
2. Hold dumbbells or weighted object with palms facing forward
3. On the upward movement bend your elbow and bring your arm towards your shoulders. Do not flare your elbows
4. On the downward movement bring your arm back beside your upper body
5. Move only the elbow joint
6. Perform 10 times and then alternate arms



MAIN EXERCISES- Standing Kick

Back

Target Muscles: Back of thighs

1. Place hands on top of chair back rest for support
2. Move the lower leg back so that your heel is moving towards your bottom
3. Focus on moving only the knee joint
4. Repeat on other side
5. Perform 10 times per leg

Note: This can be performed with or without ankle weights



MAIN EXERCISES- Seated Front Kick

Target Muscles: Front of thighs

1. Put ankle weights on and place hand under side of chair for support with leg slightly bent.
2. Bring one leg up until the knee is almost straight and then lower the leg
3. Move only knee joint
4. Repeat on other side
5. Perform 10 times per leg



MAIN EXERCISES- Chair Stands

Target Muscles: Thighs and buttocks

1. Place palms across your chest with feet hip-width apart
2. On the upward movement lean forward at your hips until your nose goes past your toes and stand up
3. Sit back down on the chair
4. Move only the hip, knee and ankle joints and perform 10 times



MAIN EXERCISES- Heel and Toe

Target Muscles: Front and back of lower leg

1. Place hands on thighs or under sides of chair for support
2. Move back on your heels then up on your toes
3. Move only the ankle joint (Avoid sticking bottom out)
4. Perform 10 times in each direction

This can be performed with or without added weight.

It can also be performed standing behind chair.



COOL DOWN

Note: If you experience any pain while completing these stretches, STOP IMMEDIATELY. You should only feel a slight pull or discomfort of the target muscles.

Calf Stretch

Target Muscle: Back of lower leg

1. Place palms on thighs or on side of chair and straighten one leg
2. Move toes towards nose
3. Feel stretch in back of the lower leg
4. Hold for 10-30 seconds and repeat with other leg



COOL DOWN- Seated Bow

Target Muscles: Back of thighs

1. Place palms on thighs or under sides of chair for extra support
2. Straighten one leg
3. Bend forward at the hips
4. Feel stretch in back of thigh
5. Hold for 10-30 seconds and repeat with the other leg



COOL DOWN- Seated Swan

Target Muscles: Chest, shoulders, front upper arms

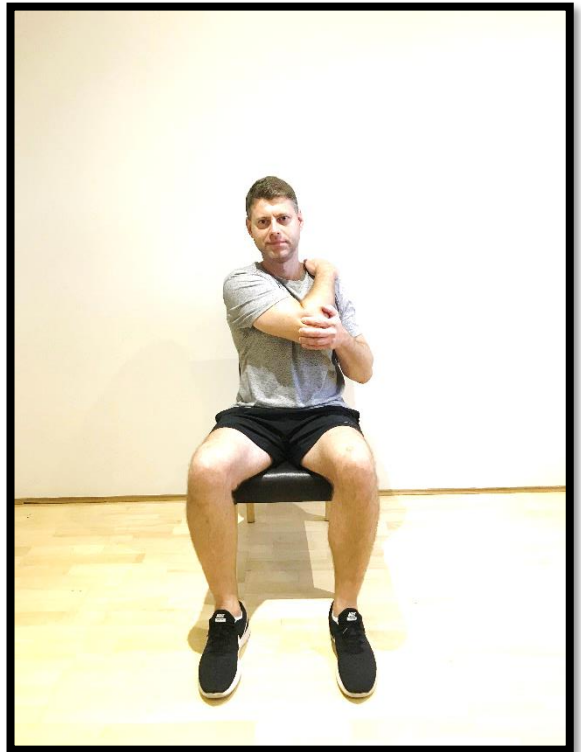
1. Have palms face forward and keep shoulders down
2. Bring your arms backward and feel stretch in chest and arms
3. Hold for 10-30 seconds



COOL DOWN- Seated Half Hug

Target Muscles: Back and shoulders

1. Place fingertips on top of the opposite shoulder
2. Place other hand above the elbow of opposite arm
3. Push arm across chest
4. Feel stretch in the back and shoulders
5. Hold for 10-30 seconds and repeat with the other arm



COOL DOWN- Chin to Chest

Target muscles: Back of neck

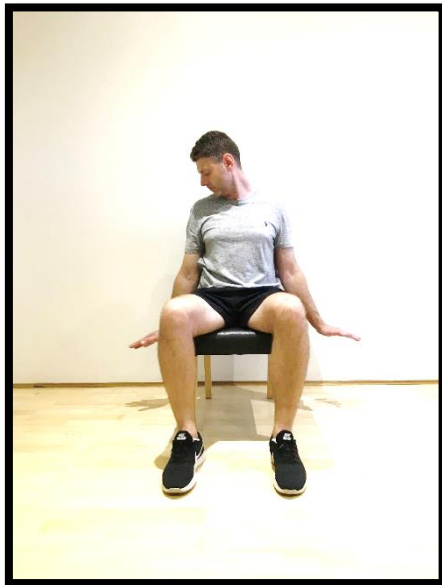
1. Lower chin towards chest
2. Feel stretch in the back of the neck
3. Hold for less than 5 seconds and then bring head back up



COOL DOWN- Chin to Shoulder

Target muscles: Side of neck

1. Place arms by sides and press palms downward
2. Turn chin toward shoulder with head slightly angled down diagonally
3. Feel stretch on the side of the neck
4. Hold for less than 5 seconds and repeat on other side



DISCLAIMER

The advisors and instructors of this exercise program accept no liability.

Medical clearance from your health professional/s should be provided prior to attempting these exercises.

All information is provided for general information only and should not be treated to replace medical advice received from your own GP or any other health care professional/s.

These are basic exercises and have not been tailored to your medical condition and physical fitness.

Due to this, advisors cannot guarantee the safety or effectiveness of this program of exercises for you. Any increases in pain or mobility warrants a GP visit for further advice.