

For more information,

please contact:

Linda Thibault, RN

Susan Sgambato, BS

Senior Services, Inc.

84 Social Street

Woonsocket, RI 02895

401-766-3734

www.seniorservicesri.org

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10 in 10

**10 EXERCISES
10 MINUTES**

Physical Activity is essential to healthy aging. Older adults need at least 30 minutes of exercise a day to achieve health benefits.

Follow this easy guide to break up your 30 minutes of exercise into three 10 minute sessions.

You can do it!

**Senior Wellness Program
Senior Services, Inc.**

Exercise guidelines

- ◆ Obtain doctors approval
- ◆ Listen to your body
- ◆ Exercise at your own pace
- ◆ Breathe normally. Do not hold your breath
- ◆ Wear supportive shoes

Warnings to stop exercise

- ◆ Pain/pressure in chest, arm or throat
 - ◆ Dizziness
- ◆ Nausea or Shortness of breath
 - ◆ Any other pain

ARM EXERCISES

FORWARD ARM REACH

Raise both arms forward and upward as high as comfortable.

After lowering arms, slowly bring both arms back behind the body as far as comfortable. Repeat 10 times or as many as able.

OUTWARD ARM REACH

With palms facing down, raise arms out to the side shoulder high or as high as comfortable. Keep your elbows as straight as possible. Slowly lower arms down to your sides. Repeat 10 times or as many as able.

BICEPS CURL

Hold arms straight down by your side with elbows locked in at your waist and palms facing forward. Bend elbows and bring hands up towards your shoulders. Slowly with control straighten elbow and bring hands back to starting position. Repeat 10 times or as many as able

TRICEPS EXTENSIONS

Bend elbows and lock them in at the waist. Keeping elbows in place, make a fist and slowly extend lower arms back with palms facing each other.

Slowly return to starting position.

Repeat 10 times or as many as able.

TRUNK EXERCISES

Use a straight back sturdy chair without arms. A dining room chair is a good choice. When sitting forward in the chair, your feet need to be flat on the floor.

ROCKING CHAIR

Sit straight on edge of chair.

Tighten abdominal muscles.

Lower chin to chest.

Lean backward until you feel abdominal muscles tighten.

Slowly return to upright position using abdominal muscles to pull you forward.

Do not hold your breath!

Repeat 10 times or as many as able.

WINDMILL

Sit straight on edge of chair.

Tighten abdominal muscles.

Bend sideways at the waist as you raise your right arm up to the ceiling with palm up.

Lower arm and raise left arm up.

Repeat 10 times or as many as able.

LOWER ABDOMINAL STRENGTHENER

Sit all the way back in the chair.

Tighten abdominal muscles.

Gently lift both feet off the floor and hold.

Count out loud to six and slowly lower feet to floor.

Do not hold your breath!

Repeat 10 times or as many as able.

LEG EXERCISES

CHAIR SQUAT

Sit straight at the edge of chair with feet flat on floor.

Rise to a half standing position.

Slowly lower back down to chair leading with your buttocks.

Rise back up again.

Repeat 10 times or as many as able.

SIDE LEG LIFT

Stand next to a chair or at your kitchen counter.

Stand on one leg and lift the other leg out to the side, leading with your heel. Keep your trunk upright.

Repeat 10 times on each leg or as many as able.

TIPTOE

Face the back of a chair or stand at kitchen counter and hold onto it for support if needed.

Rise up and stand on your toes.

Return to flat position.

Repeat 10 times or as many as able.

Quick Tip!

Use 3 small magnets as daily reminders to exercise. Place all three in a row on your refrigerator. Each time you complete a 10 minute exercise session, move one magnet over. By the end of the day—you can check your progress to see how you did. Give yourself a pat on the back!

Well done!