

# Stride Alive



Exercise Resource Manual

## Safe Exercise Guidelines

- Always start with a warm-up for 5-10 minutes before exercising. This prepares your muscles for the work they are going to do.
  - Avoid static stretching during a warm-up. There is an increased risk of injury when performing static stretches on muscles that have not been warmed up. Static stretching before a strength routine can decrease your performance.
- Breathe normally and avoid holding your breath. Breathe out during the hard part and in during the easy part.
- Lift the weights to a count of 2 and lower the weight to a count of 3.
- Take at least a 30 to 60 second rest between exercises.
- Cool down for 5 minutes after exercising. This promotes muscle recovery.
  - This can include static stretching
- Always allow at least **one day of rest in between** strength workouts. This allows for muscle recovery.
- Aerobic exercises can be done every day.

## How Much Weight/Resistance Should you use?

To find out if you are using the correct weight or exercise band, answer these questions:

1. After doing the last repetition, do you feel that you can do 5 to 10 more repetitions? *If you answer YES, the weight or exercise band is too light or easy*
2. Are you struggling to do the last repetition? *If you answer YES, the weight or exercise band is too heavy or hard*
3. After the last repetition, do you feel as if you could do 2 to 3 more repetitions? *If you answer YES, this is a good starting weight or exercise band to use*

### What is a Repetition?

A repetition is one complete movement of an exercise e.g., 1 bicep curl

### What is a Set?

A set is a group of repetitions done without stopping e.g., 1 set of 10 bicep curls

### How to Progress Your Resistance Training Program

- When you are ready, slowly increase the number of repetitions you do from 10 to 15
- Once you can do 15 repetitions with ease, increase the weight you lift by 2 to 5 pounds OR change your exercise band for one that has more resistance.

#### Note:

- ⇒ Not all exercises progress at the same rate
- ⇒ Not all muscle groups will be ready to progress at the same time
- ⇒ Not all muscle groups use the same weight

### Before you start exercising check list:

- Wearing comfortable clothing and running shoes
- Water on hand
- Resistance bands or weights (recommended but not required)
- Chair
- Space to exercise safely in
- Do not exercise if you are not feeling well

### Stride Alive Workout Routines

Here are three examples of exercise routines we have completed during Stride Alive.

Each has a slightly different focus for the routine.

- Aerobic Focused Routine page 6-7.
- Circuit Strength Focused Routine page 8-9.
- Super Set Strength Focused Routine page 10-11.

### Exercise Glossary

- Dynamic Warm Up Exercises Page: 12-15
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## Tips to move throughout the day

These are some tips on ways to increase your physical activity throughout the day.

- Do a few sit-to-stands before sitting down
- Balance as you brush teeth
- Tandem walking down hallways
- Park further away when going on errands
- Get up to walk around or stretch during commercial breaks
- Take a walk after dinner

## Additional online resources

Here is a list of other safe workouts available online

- Soup to tomatoes: Armchair-based exercise program  
[www.youtube.com/channel/UCOMO\\_bx4Y2I0jhkQtfHppQw/videos](http://www.youtube.com/channel/UCOMO_bx4Y2I0jhkQtfHppQw/videos)
- Fitness Classes with Walking Poles: Indoor exercise videos using walking poles  
[www.barbgormley.com/free-on-demand-fitness-classes-with-walking-poles](http://www.barbgormley.com/free-on-demand-fitness-classes-with-walking-poles)
- HasFit: Mixture of seated and standing exercise videos  
[www.hasfit.com/workouts/home/senior/](http://www.hasfit.com/workouts/home/senior/)
- Brockton & Area Family Health Team: Weekday light to moderate exercise videos  
[www.facebook.com/Brockton-Area-Family-Health-Team-102470321234730/videos/303686544440598](https://www.facebook.com/Brockton-Area-Family-Health-Team-102470321234730/videos/303686544440598)

# Canadian Physical Activity Guidelines

FOR OLDER ADULTS - 65 YEARS & OLDER

## Guidelines



To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



Those with poor mobility should perform physical activities to enhance balance and prevent falls.



More physical activity provides greater health benefits.

### Let's Talk Intensity!

Moderate-intensity physical activities will cause older adults to sweat a little and to breathe harder. Activities like:

- Brisk walking
- Bicycling

Vigorous-intensity physical activities will cause older adults to sweat and be 'out of breath'. Activities like:

- Cross-country skiing
- Swimming

### Being active for at least 150 minutes per week can help reduce the risk of:

- Chronic disease (such as high blood pressure and heart disease) and,
- Premature death

And also help to:

- Maintain functional independence
- Maintain mobility
- Improve fitness
- Improve or maintain body weight
- Maintain bone health and,
- Maintain mental health and feel better

### Pick a time. Pick a place. Make a plan and move more!

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> Join a community urban poling or mall walking group.    | <input checked="" type="checkbox"/> Take up a favourite sport again.                           |
| <input checked="" type="checkbox"/> Go for a brisk walk around the block after lunch.       | <input checked="" type="checkbox"/> Be active with the family! Plan to have "active reunions". |
| <input checked="" type="checkbox"/> Take a dance class in the afternoon.                    | <input checked="" type="checkbox"/> Go for a nature hike on the weekend.                       |
| <input checked="" type="checkbox"/> Train for and participate in a run or walk for charity! | <input checked="" type="checkbox"/> Take the dog for a walk after dinner.                      |

**Now is the time. Walk, run,  
or wheel, and embrace life.**



## Aerobic Focused Workout

### Dynamic Warm-up Exercises – 5 minutes

Exercise	Sets	Reps
Neck circles	1	10-15
Shoulder shrugs	1	10-15
Cross body arm swings	1	20
Arm circles	1	10-15
Trunk circles	1	10-15
Toe tapping routine	1	10-15
Hip openers	1	10-15
Tapping toe forward	1	20
Planting heel forward	1	20
Dynamic hamstring stretch	1	10-15
8,6,4,2,2,4,6,8 Routine	1	

### Water Break

### Aerobic Exercises – 20 minutes

*Circuit One:* March on the spot for 15-20 seconds between each exercise.

Exercise	Sets	Reps
Skaters	2	40-60 seconds
V-step	2	40-60 seconds
Shoot the hoop	2	40-60 seconds
Charleston	2	40-60 seconds

### Water Break

*Circuit Two:* March on the spot for 15-20 seconds between each exercise.

Modified jumping jacks	2	40-60 seconds
Grapevine	2	40-60 seconds
Rocking horse	2	40-60 seconds
Step, step, kick	2	40-60 seconds

High knee with thigh touches	2	40-60 seconds
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**Water break**

**Balance – 5 minutes**

Exercise	Sets	Reps
Clock balance	1	60 seconds
Tandem stance	1	60 seconds
Tandem walking	1	60-90 seconds

**Water Break**

**Cool Down Static Stretches – 5-10 minutes**

*Stretch to the point of tension NOT pain.*

Exercise	Sets	Hold
Neck stretch	1	30-40 seconds
Upper back stretch	1	30-40 seconds
Chest stretch	1	30-40 seconds
Shoulder stretch	1	30-40 seconds
Triceps stretch	1	30-40 seconds
Lunge hip flexor stretch	1	30-40 seconds
Hamstring stretch	1	30-40 seconds
Quad stretch	1	30-40 seconds
Wall calf stretch	1	30-40 seconds
3 deep breaths	1	3-4 seconds breath in; 5-6 seconds breath out

## Strength Focused Workout – Circuit Training

### Dynamic Warm-up Exercises – 5-10 minutes

Exercise	Sets	Reps
Neck circles	1	10-15
Shoulder shrugs	1	10-15
Cross body arm swings	1	20
Arm circles	1	10-15
Trunk circles	1	10-15
Toe tapping routine	1	10-15
Hip openers	1	10-15
Tapping toe forward	1	20
Planting heel forward	1	20
Dynamic hamstring stretch	1	10-15
8,6,4,2,2,4,6,8 Routine	1	

### Water Break

### Resistance Training – 20 minutes

Exercise	Sets	Reps
Chest press	2-3	10-15
Shoulder squeeze	2-3	10-15
Triceps extension	2-3	10-15
External shoulder rotation OR Lateral to front raise OR Overhead press	2-3	10-15
Bicep curls	2-3	10-15
Lateral band walk	2-3	10-15

### Water break

Exercise	Sets	Reps
Hip flexion	2-3	10-15
Hip abduction	2-3	10-15
Hip extension	2-3	10-15
Hamstring curls	2-3	10-15
Side plank	2-3	30-40
Wall push up	2-3	10-15
Sit-to-stand OR Squat	2-3	10-15
Calf raises	2-3	10-15

**Water Break**

**Balance Training – 5 minutes**

Exercise	Sets	Reps
Star balance	1	2-3
Staggered stance with reaching	1	10-15

**Water Break**

**Cool Down Static Stretches – 5-10 minutes**

*Stretch to the point of tension NOT pain.*

Exercise	Sets	Reps
Neck stretch	1	30-40 seconds
Upper back stretch	1	30-40 seconds
Chest stretch	1	30-40 seconds
Shoulder stretch	1	30-40 seconds
Triceps stretch	1	30-40 seconds
Lunge hip flexor stretch	1	30-40 seconds
Hamstring stretch	1	30-40 seconds
Quad stretch	1	30-40 seconds
Wall calf stretch	1	30-40 seconds
3 Deep Breaths	1	3-4 seconds breath in; 5-6 seconds breath out

## Strength Focused Workout – Super Set

### Dynamic Warm-up Exercises – 5-10 minutes

Exercise	Sets	Reps
Neck circles	1	10-15
Shoulder shrugs	1	10-15
Cross body arm swings	1	20
Arm circles	1	10-15
Trunk circles	1	10-15
Toe tapping routine	1	10-15
Hip openers	1	10-15
Tapping toe forward	1	20
Planting heel forward	1	20
Dynamic hamstring stretch	1	10-15
8,6,4,2,2,4,6,8 Routine	1	

### Water Break

### Resistance training – 20 minutes

Exercises	Sets	Reps
Wall push up	2-3	10-15
Shoulder squeeze OR Bent over row	2-3	10-15

Exercise	Sets	Reps
Sit-to-stand OR Squat	2-3	10-15
Hamstring curl	2-3	10-15

### Water Break

Exercise	Sets	Reps
Bicep curls	2-3	10-15
Triceps extension	2-3	10-15

Exercise	Sets	Reps
Lateral band walk	2-3	10-15
Calf raises (Toes in, toes out, straight feet)	2-3	10-15

**Water Break**

Exercise	Sets	Reps
Side plank	2-3	30-40 seconds
Curtsy lunge	2-3	10-15

**Water Break**

**Balance Training – 5 minutes**

Exercise	Sets	Reps
Single leg stance tossing water bottle	1-2	20-30 seconds
Tippy toe walking in figure 8 pattern	1	5
Heel walking in figure 8 pattern	1	5

**Water Break**

**Cool Down Static Stretches – 5-10 minutes**

*Stretch to the point of tension NOT pain.*

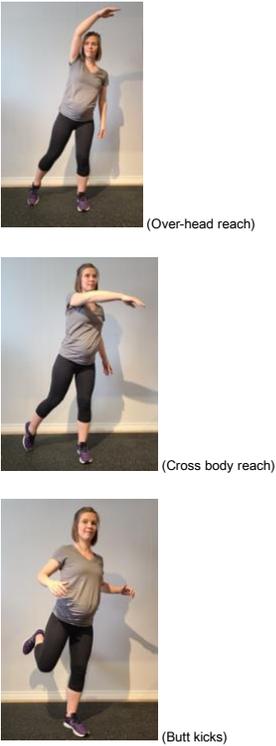
Exercise	Sets	Hold
Neck stretch	1	20-30 seconds
Upper back stretch	1	20-30 seconds
Chest stretch	1	20-30 seconds
Shoulder stretch	1	20-30 seconds
Triceps stretch	1	20-30 seconds
Lunge hip flexor stretch	1	20-30 seconds
Hamstring stretch	1	20-30 seconds
Quad stretch	1	30-40 seconds
Wall calf stretch	1	20-30 seconds
3 deep breaths	1	3-4 seconds breath in; 5-6 seconds breath out

# Exercise Glossary

## Dynamic Warm Up Exercises

<p>Neck circles</p>		<p>Standing tall and tuck your chin to the chest. Slowly rolling your head from shoulder to shoulder.</p>
<p>Shoulder shrugs</p>		<p>Keep your chin up, facing straight ahead, and your neck straight. While you inhale, bring your shoulders as high up toward your ears as you can. Slowly lower your shoulders back down and breathe out.</p>
<p>Trunk circles</p>		<p>Standing tall with your feet a little wider than shoulder width apart. Slightly bend at the knees and place your hands on your hips. Slowly rotate your hips, making big circles. Repeat movement in the opposite direction.</p>
<p>Dynamic hamstring stretch</p>		<p>Standing tall plant one leg straight in front of you with heel planted. Gently lean forward reaching towards your toes. Only reaching to the point of tension. Sweep your hands up overhead as you raise back to standing. Repeat movement on opposite side.</p>

<p>Toe tapping routine</p>	 <p>(Toe tapping)</p>  <p>(Windshield wiper)</p>  <p>(Checking for gum)</p>	<p>Standing tall and slowly tap one foot by raising toes off the ground and lower again. Repeat 10 times.</p> <p>Next rotate toes to the side and back to starting position (windshield wiper motion). Repeat 10 times.</p> <p>Next rotate toes to side and lift heel off ground (checking your shoe for gum motion). Return to starting position. Repeat 10 times.</p> <p>Complete routine on opposite side.</p>
<p>Hip openers</p>		<p>Stand with your feet hip-width apart. Lift your left knee up to waist level and slowly rotate it out to the side. Return to the starting position. Repeat movement on opposite side.</p>
<p>Tapping toe forward</p>		<p>Standing tall and reach your left toes forward to tap on the ground, while swinging right arm forward. Return to starting position. Repeat movement on opposite side.</p>
<p>Planting heel forward</p>		<p>Standing tall and plant your left heel in front of you as you bring your right arm forward. Return to starting position. Repeat movement on opposite side.</p>

<p>Cross body arm swings</p>		<p>Standing up tall with your knees slightly bent, your feet shoulder width apart and your arms stretched horizontally to the side.</p> <p>Cross your arms at the front and then quickly bring them back as far as you can.</p> <p>Repeat this movement with the opposite arm on top.</p>
<p>Arm circles</p>		<p>Stand tall with your feet shoulder-width apart.</p> <p>Slowly rotate your arms forward, making large circles. Slowly making your way to small circles.</p> <p>Switch directions starting with small circles and slowly making large circles.</p>
<p>8,6,4,2,2,4,6,8 Routine</p>	 <p>(Over-head reach)</p> <p>(Cross body reach)</p> <p>(Butt kicks)</p>	<p><i>Over-head reach</i> – reach right arm over-head. Repeat with left arm. Continue alternating for the number of repetitions.</p> <p><i>Cross body reach</i> – reach right arm across your body at chest height. Repeat with left arm. Continue alternating for the number of repetitions.</p> <p><i>Butt kicks</i> – bring your right heel towards your right buttocks. Repeat with left foot. Continue alternating for the number of repetitions.</p> <p><i>Heel touches</i> – Rotate your right foot forward bringing your right heel to your left knee. Reach your left hand to touch your right heel. Repeat with left foot. Continue alternating for the number of times.</p>

	 <p>(Heel touches)</p>	<p>*Complete each move for 8 repetitions, 6 repetitions, 4 repetitions, 2 repetitions, 2 repetitions, 4 repetitions, 6 repetitions, and 8 repetitions. Cycle through each movement before changing the number of repetitions. (e.g., 8 over-head reaches, 8 cross body reaches, 8 butt kicks, and 8 heel touches before decreasing to 6 repetitions of each movement).</p>
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## Aerobic Exercises

<p>Skaters</p>		<p>Start standing tall with feet wider than shoulder width. Step (or jump) to the right, bring your left foot behind you, and bring your left arm in front of you.</p> <p>Step (or jump) to the left, bring your right arm in front of you and your right foot behind you. Repeat movement side to side until set is complete.</p>
<p>V-step</p>		<p>Start standing with your feet together.</p> <p>Step forward with the right foot, as wide as comfortable. Then, step forward with the left foot, as wide as comfortable.</p> <p>Step backwards with the right foot then bring your left foot back returning to the start position.</p> <p>Now step backwards with the right foot, as wide as comfortable. Then step backward with the left foot, as wide as comfortable.</p>

		<p>Step forwards with the right foot then bring your left foot back to the start position. Repeat sequence until set is complete.</p> <p>Next complete a set leading with opposite foot.</p>
<p>Shoot the hoop</p>		<p>Stand with feet shoulder width apart. Reach towards the ground while bending at the hips and knees as if picking up a ball. Then reach overhead, as if shooting a basketball going up onto your tippy toes. Return to starting position. Continue movement until set is complete.</p>
<p>Charleston</p>		<p>Stand with feet hip width apart. Kick your right leg forward. Step feet together. Step left leg back into a lunge. Return to start position. Continue sequence until set is complete.</p> <p>Next complete a set leading with opposite foot.</p>
<p>Modified jumping jacks</p>		<p>Stand straight with your feet together and your hands by your sides. Tap your right foot to the side and bring both hands together above your head. Return to the starting position. Repeat with the left leg. Continue movement until set is complete.</p>

<p>Grapevine</p>		<p>Standing tall with your arms out to your sides for balance.</p> <p>Step your right foot behind your left foot.</p> <p>Then take a sidestep with your left foot.</p> <p>Next cross your right foot over the front of your left foot.</p> <p>Finishing with another sidestep with your left foot.</p> <p>Repeat this sequence for 4-5 steps to your left.</p> <p>Then reverse the sequence (stepping your right foot out and crossing over with your left foot) to move back across the room to the right.</p> <p>Continue sequence until set is complete.</p>
<p>Rocking Horse</p>		<p>Place right leg forward and left leg back in a staggered stance.</p> <p>Transfer all your weight to your right foot.</p> <p>Then transfer all your weight to your left foot.</p> <p>Continue rocking back and forth until set is complete.</p> <p>Next complete a set leading with opposite foot.</p>
<p>Step, Step, Kick</p>		<p>Take two side steps to the right and kick the left leg forward.</p> <p>Take two side steps to the left and kick the right leg forward.</p> <p>Let arms swing at hip level.</p> <p>Continue sequence until set is complete.</p>

<p>High knee with thigh touches</p>		<p>Stand straight with feet hip width apart and arms above head.</p> <p>Bring right knee to chest as you bring both arms to touch the outside of your right thigh.</p> <p>Return right foot to ground as you reach both hands overhead.</p> <p>Repeat with left leg.</p> <p>Continue sequence until set is complete.</p>
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## Strength Exercises

### Upper Body

<p>Wall push up</p>		<p>Stand facing a wall.</p> <p>Place both hands on wall, slightly wider than shoulder width apart and at shoulder height.</p> <p>Walk your feet away from the wall and keep your body straight, tightening your core and your butt.</p> <p>Bend your elbows, slowly bringing your chest towards the wall.</p> <p>Then straighten your arms bringing your chest away from the wall.</p> <p>Repeat movement until set is completed.</p>
<p>Chest Press</p>		<p>Standing tall with core engaged. Wrap the resistance band around back coming under your armpits. Hold band with palms facing each other at chest height.</p> <p>Engage your core as you slowly push the resistance band in front of you till your arms are straight without locking your elbows.</p> <p>Slowly return to the starting position. Pause.</p> <p>Repeat movement until set is completed.</p>

<p>Shoulder Squeeze</p>		<p>Standing tall with arms straight in front of you holding a resistance band with no slack. Move your hands apart to pull on the resistance band while squeezing your shoulder blades together. Pause. Yours hands do not need to pull all the way out but just enough to feel the muscles between your shoulders engage. Repeat movement until set is completed.</p>
<p>Bent over row</p>		<p>Standing in a split stance with one foot ahead of the other. Hinge at the hips so your chest is about a 45-degree angle to the floor. Start with arms straight. Slowly pull your hands towards your ribs, squeezing your shoulder blades together. Pause. Return to starting position. Repeat movement until set is completed.</p>
<p>Triceps Extension</p>		<p>Standing tall with core engaged. Bring your left hand to right shoulder to anchor the resistance band and bring right hand to right hip. Slowly extend at the elbow until arm is straight. Pause. Return to starting position. Repeat movement until set is completed. Repeat on opposite side.</p>

<p>Bicep Curls</p>		<p>Standing tall with shoulders back and core engaged.</p> <p>Place resistance band under both feet and hold handles next to your sides with palms facing forward.</p> <p>Slowly curl hands up to shoulders, squeezing biceps and keeping elbows tucked to your sides. Pause.</p> <p>Slowly return to starting position.</p> <p>Repeat movement until set is completed.</p>
<p>External shoulder rotation</p>		<p>Start by standing up straight with elbows bent to 90-degrees and palms up.</p> <p>Slowly move your hands apart while keeping elbows tucked to your side. Pause.</p> <p>Return to starting position.</p> <p>Repeat movement until set is completed.</p>
<p>Lateral to front raise</p>		<p>Standing tall with core engaged. Bring resistance band around back and anchor on left hip.</p> <p>Extend right hand out to the side with palm facing down. Slowly raise palm to shoulder height. Rotate arm to front of body.</p> <p>Slowly bring palm back down to hip height. Extend arm back up to shoulder height and rotate arm to the side.</p> <p>Slowly lower arm to starting position.</p> <p>Repeat movement until set is completed.</p> <p>Repeat on opposite side.</p>

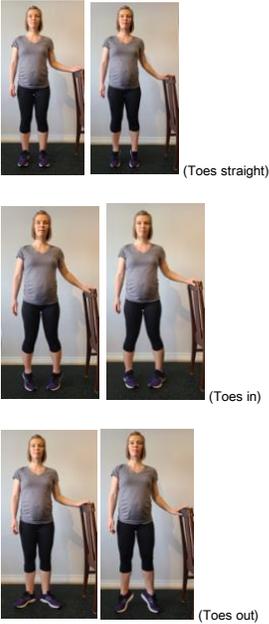
<p>Overhead press</p>		<p>Stand tall with core engaged.</p> <p>Anchor resistance band at right hip with left hand.</p> <p>Bring right hand to shoulder height with elbow bent at 90 degrees.</p> <p>Extend right arm overhead without locking elbow. Pause.</p> <p>Slowly return to starting position.</p> <p>Repeat movement until set is completed.</p> <p>Repeat on opposite side.</p>
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*Lower Body*

<p>Sit to Stand</p>		<p>Place both feet on the floor shoulder width apart, knees bent to 90 degrees.</p> <p>Slowly rise to a standing position, ensuring that your knees never go past your toes.</p> <p>Pause.</p> <p>Sit back down in a controlled movement.</p> <p>Repeat movement until set is completed.</p>
<p>Squat</p>		<p>Standing with feet slightly wider than hips, toes pointed slightly outward.</p> <p>Keep your chest up, core engaged, and spine in neutral position.</p> <p>Keep your weight in your heels and balls of your feet.</p> <p>Bend at the hips and push your butt backwards. Keep sending your hips backwards as your knees bend.</p>

		<p>Focus on keeping your knees in line with your feet.</p> <p>Lower down only as far as you feel comfortable. Pause.</p> <p>Push through your heel to return to standing.</p> <p>Squeeze your butt at the end to engage your glutes.</p> <p>Repeat movement until set is completed.</p>
<p>Curtsy Lunge</p>		<p>Standing with feet slightly wider than hips.</p> <p>Step your right leg back, crossing it behind your left.</p> <p>Bend your knees and lower your hips as far as you feel comfortable.</p> <p>Keep your torso upright, and your hips and shoulders as square as possible. Pause.</p> <p>Return to start.</p> <p>Repeat the movement on the other side.</p> <p>Repeat movement until set is completed.</p>
<p>Lateral band walk</p>		<p>Wrap band around both legs just above the knees.</p> <p>Position feet shoulder-width apart putting tension on the band.</p> <p>Slightly bend your knees and hips.</p> <p>Take slow and controlled step sideways.</p> <p>Continue stepping sideways until you have reached the desired repetitions.</p> <p>Repeat on opposite side.</p>

<p>Hip flexion</p>		<p>Standing tall with your legs shoulder width apart holding onto a chair for balance. Engage your core. Keep your knee straight, toes pointed and slowly raise your leg forward. Pause. *Ensure that you keep your upper body and back straight during the movement* Return to the starting position. Repeat movement until set is completed. Repeat on opposite side.</p>
<p>Hip abduction</p>		<p>Standing tall with your legs shoulder width apart holding onto a chair for balance. Engage your core. Keep your knee straight, toes pointed and slowly raise your leg to the side. Pause. *Ensure that you keep your upper body and back straight during the movement* Return to starting position. Repeat movement until set is completed. Repeat on opposite side.</p>
<p>Hip extension</p>		<p>Standing tall with your legs shoulder width apart holding onto a chair for balance. Engage your core. Keep your knee straight, toes pointed and slowly raise your leg behind. Pause. *Ensure that you keep your upper body and back straight during the movement* Return to starting position. Repeat movement until set is completed. Repeat on opposite side.</p>

<p>Hamstring curls</p>		<p>Standing with feet hip-width apart. Place your hands on a chair for balance</p> <p>Slowly bend your right knee, bringing your heel towards your butt. Keeping your thighs parallel. Pause.</p> <p>Slowly lower your foot to the ground.</p> <p>Repeat movement until set is complete.</p> <p>Repeat on opposite side.</p>
<p>Calf Raises</p>		<p>Stand up straight, toes pointing straight.</p> <p>Push through the balls of your feet and raise your heels until you are standing on your toes. Pause.</p> <p>Slowly lower back to the start position.</p> <p>Repeat with toes pointing in (A shape).</p> <p>Repeat with toes pointing out (V shape).</p>

*Core*

<p>Side Plank</p>		<p>Stand with your side, a couple feet away from a wall.</p> <p>Lean into the wall propping yourself up on your hand or elbow.</p> <p>Engage your core, buttocks, and thighs.</p> <p>Maintain a straight spine.</p> <p>Hold for 30 – 40 seconds.</p> <p>Repeat on opposite side.</p>
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## Balance Exercises

<p>Clock Balance</p>		<p>Visualize a clock on the ground.</p> <p>Tap your right foot out to each number on the clock.</p> <p>Repeat with your left foot.</p> <p>* Increase the challenge by having someone call out random numbers for you to tap your foot towards.</p>
<p>Tandem Stance</p>		<p>Stand near a support.</p> <p>Place right foot in front directly in front of the left foot, with the right heel touching the toes of the left foot.</p> <p>Hold this position.</p> <p>Repeat with your left foot in front of right foot</p> <p>* To increase the challenge, try one of these:</p> <ul style="list-style-type: none"> <li>- Looking over shoulder to shoulder</li> <li>- Looking up and then looking down</li> <li>- Tossing an object side to side</li> <li>- Touch your nose</li> </ul>
<p>Tandem Walking</p>		<p>Place right foot in front directly in front of the left foot, with the right heel touching the toes of the left foot.</p> <p>Take a step placing the left foot down so that the left heel is touching the right toes.</p> <p>Continue to walk forward as if on a tightrope.</p> <p>* To increase the challenge, try one of these:</p>

		<ul style="list-style-type: none"> <li>- Looking over shoulder to shoulder with each step</li> <li>- Looking up and down with each step</li> </ul>
<p>Star balance</p>		<p>Standing tall with feet wider than shoulder width.</p> <p>Slowly transfer all your weight to the right foot, lifting the left foot off the ground. Pause.</p> <p>Then slowly transfer all your weight to your left foot, lifting the right foot off the ground. Pause.</p> <p>Continue transferring weight back and forth.</p> <p>* To increase the challenge try rotating in a circle while you transfer your weight from foot to foot.</p>
<p>Staggered stance with reaching</p>		<p>Stand in a lunge position with one foot ahead of the other.</p> <p>Slowly reach in various directions (forwards, overhead, to the side, backwards, etc.)</p> <p>Repeat with the opposite foot forward.</p> <p>* To increase the challenge try placing an object at various spots on the floor around you.</p>
<p>Single leg stance with ball toss</p>		<p>Standing tall with core engaged.</p> <p>Slowly raise one foot off the ground.</p> <p>Toss an object back and forth without putting your foot on the ground.</p> <p>Repeat with opposite foot.</p>

		<p>* To increase the challenge:</p> <ul style="list-style-type: none"> <li>- Turn your head to watch the object as you toss it back and forth.</li> <li>- If you have a partner, toss the object back and forth to each other.</li> </ul>
<p>Heel walking and toe walking</p>	 <p>(Heel walking) (Toe walking)</p>	<p>Start standing tall with arms to the side for balance. Slowly walk around your room on your heels (toes lifted).</p> <p>Repeat activity walking on your toes (heels lifted).</p> <p>* To increase the challenge:</p> <ul style="list-style-type: none"> <li>- Turn your head side to side as you walk</li> <li>- Walk in a figure 8 pattern</li> </ul>

### Cool Down Static Stretches

<p>Neck stretch</p>		<p>Bring your right ear towards your right shoulder. Keeping shoulders relaxed.</p> <p>Reach left hand towards the ground.</p> <p>Pull down gently on the side of the head for a deeper stretch.</p> <p>Repeat on left side</p>
<p>Upper back stretch</p>		<p>Stand straight with feet hip width apart.</p> <p>Extend arms to the front to clasps hands together.</p> <p>Round your shoulders as you reach forward.</p> <p>Imagine you are wrapping your arms around a barrel or a large ball.</p>

<p>Chest stretch</p>		<p>Reach arms behind back, grasping hands if possible.</p> <p>Relax shoulders.</p> <p>Gently lift hands off of lower back for a deeper stretch.</p>
<p>Shoulder stretch</p>		<p>Standing tall, bring right arm across chest.</p> <p>Use your left arm to grasp your right arm just above elbow and pull toward your chest until you feel a stretch in the back of the upper arm and shoulder.</p> <p>Gently rotate your right wrist.</p> <p>Repeat with left arm.</p>
<p>Triceps stretch</p>		<p>Standing tall, extend your right arm to the ceiling, then bend at the elbow to bring the right palm toward the center of your back.</p> <p>Use your left hand to gently push your right elbow further until a light stretch is felt.</p> <p>Repeat with left arm.</p>
<p>Lunge hip flexor stretch</p>		<p>Stand in a staggered stance with your right foot forward and your left foot straight back.</p> <p>Bend your right knee so that it is at about a 90-degree angle.</p> <p>Keep your shoulders relaxed, hips even, chest open, and gaze straight ahead.</p> <p>Drive your hips forward until you feel a stretch from the front of your hip, groin, and thigh on your left side.</p> <p>To add a side stretch, reach your left arm up and over your head.</p> <p>Repeat with left leg in front.</p>

<p>Hamstring stretch</p>		<p>Place right foot forward with toes pointing towards the ceiling.</p> <p>Bend the left knee slightly, place hands on this leg or on a chair for balance.</p> <p>Keep spine long and straight, and hinge at the hips until you feel a gentle stretch along the back of the right leg.</p> <p>Repeat with the left leg.</p>
<p>Quad stretch</p>		<p>Standing tall holding onto a chair for balance.</p> <p>Bend your right knee and bring your heel towards your butt.</p> <p>Reach for your ankle with your right hand.</p> <p>Try to keep your knees next to each other.</p> <p>As you hold your leg in the bent position you will feel a slight pull along the front of your thigh and hip.</p> <p>Slowly release foot back to starting position.</p> <p>Repeat on the left leg.</p>
<p>Wall calf stretch</p>		<p>Stand facing a wall. Step your right foot forward and place the ball of that foot against the wall. Keep your right heel rooted in the floor.</p> <p>Place your hands on the wall for support.</p> <p>Move hips forwards to increase the intensity of the stretch.</p> <p>Repeat with left foot.</p>

3 Deep Breaths



Stand tall with feet hip width apart.

Take a deep slow breath in through your nose as you raise both arms out to the side and meet over-head.

Gently breath out by releasing the air through your lips as you bring your arms back to your side.

Repeat 3 times.