

EXERCISES FOR SENIORS

BALANCE STRENGTH COORDINATION

1. Always check with your physician before engaging in any physical activity
2. Stay well hydrated, always have a bottle of water to hand
3. Stop exercising immediately if you start to feel inwell, dizzy or over challenged
4. Feel free to modify each exercise to suit your physical abilities and needs.

1

- SQUAT TO BALANCE**
- A. Hold back of chair with both hands
 - B. Bend both knees, look straight ahead
 - C. Straighten both knees, then try to balance on one leg for 2-3 sec.

Repeat 4-8 times each leg

BEGINNER

2

- SQUAT TO BALANCE**
- A. Hold back of chair with one hand
 - B. Bend both knees, look straight ahead
 - C. Come up and balance on one leg for 4-5 secs

Repeat 4-8 times each side

ADVANCED

3

- REVERSED LUNGE**
- A. Hold onto back of a chair as shown
 - B. Take a wide step back with one leg, return and change legs
 - C. Advanced: Releases one hand from chair, return to A
 - D. Advanced: Release both hands from chair, return to A

Repeat chosen option 4-6 times each side

4

- SEAT TO STAND**
- A. Sit on chair, place feet parallel on floor. Hold a ball in both hands
 - B. Stand up on 1 count and push ball overhead

Repeat 5-10 times

5

- KEEP YOUR EYE ON THE BALL**
- A. Sit on a chair and hold ball with both hands, feet parallel on the floor
 - B. Stand up dynamically and push the ball with both arms towards partner

Repeat 5-10 times

6

- HEAL TO TOE**
- A. Stand right foot on a straight line, with ball overhead
 - B. Lift left foot
 - C. Place directly in front of right foot, heel to toe
 - D. With partner support

Take 6 steps, repeat 3 times

7

- SIDE TO SIDE**
- A. Use rolled up towel/newspaper. Stand to right side of roll, lift right knee
 - B. Step over and straddle the towel
 - C. Lift left knee up high and step towel
 - D. Repeat to opposite side
 - E. With partner support

Step back and forth 10 times