


























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   	BEGINNER
Repeat 4-8 times each leg		
2	SQUAT TO BALANCE   	ADVANCED
Repeat 4-8 times each side		
3	REVERSED LUNGE    	
Repeat chosen option 4-6 times each side		
4	SEAT TO STAND  	<p>Practice 10 minutes per day.</p> <p>Enjoy the Glow of Good Health and Renewed Energy</p>
Repeat 5-10 times		
5	KEEP YOUR EYE ON THE BALL    	Repeat 5-10 times
6	HEAL TO TOE    	Take 6 steps, repeat 3 times
7	SIDE TO SIDE     	Step back and forth 10 times