

Exercises You Can Do At Home

***** Read the following before attempting these exercises.**

- If you have any medical conditions that may affect your ability to do these exercises, or may worsen with exercise, consult with your doctor about whether it is safe for you to try these exercises.
- Always warm up with 5-10 minutes cardio activity (e.g. brisk walking, marching on the spot, or pumping your arms) before attempting strength exercises.
- Perform all strength exercises slowly for best results and to prevent injury.
- Use an exercise ball that is 55 cm if your height is 5'7" or less; or 65 cm if you're taller than 5'7".
- When using a chair, a sturdy chair with no arms is recommended.
- Use light 2-10 pound dumbbells for most exercises.
- Always stretch at the end of each session, hold stretches for at least 15 seconds.

These exercises are a basic guide to get you started. Please consult a fitness professional such as a kinesiologist, certified personal trainer or physiotherapist for advice on exercise.



Your dietitian is _____



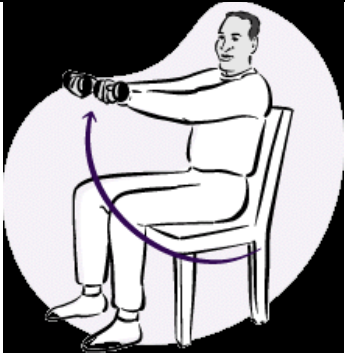

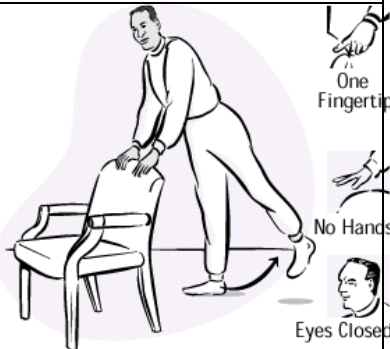
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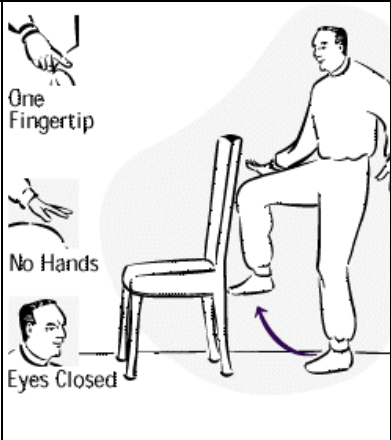


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| Exercise | Description | Tips & Modifications | Goals | Demonstration |
|---------------------------------------|--|--|--|---|
| Chair Walking (cardiovascular) | While seated in a chair or on a ball, pump your arms in a marching motion. March your legs if you are able to. | <ul style="list-style-type: none"> - to make it harder, use an exercise ball and bounce at the same time - get your arms moving vigorously | <p>Everyday or more (e.g. 3x/day for 10 minutes).</p> <p>Build your way up to a goal of 30 minutes or more each day.</p> | picture not available |
| Arm raises (works sides of shoulders) | Sit in chair with feet flat on the floor. Place arms straight down at sides, palms inward. Raise both arms to side, shoulder height. Hold position. Slowly lower arms to sides. | <ul style="list-style-type: none"> - keep a slight bend in your elbow - can use a ball instead of a chair | <p>Goal 3x/week</p> <p>Start with one set of 12-15 repetitions and build your way up each week to 3 sets</p> |  |
| Triceps extension (works triceps) | Sit in chair with feet flat on the floor. Raise one arm straight toward ceiling. Support this arm, below elbow, with other hand. Bend raised arm at elbow, bringing hand weight toward same shoulder. Slowly re-straighten arm toward ceiling. Hold position. Slowly bend arm toward shoulder again. | <ul style="list-style-type: none"> - use no weight or just a light dumbbell to start - be sure not to lock the elbow at the top of the extension | <p>Goal 3x/week</p> <p>Start with one set of 12-15 repetitions and build your way up each week to 3 sets</p> <p>* do both arms</p> |  |

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| Shoulder Flexion (works the front of the shoulders) | Sit in chair with feet flat on floor; keep feet even with shoulders. Arms straight down at sides, palms inward. Raise both arms in front of you (keep them straight and rotate so palms face upward) to shoulder height. Hold position. Slowly lower arms to sides. | <ul style="list-style-type: none"> - use lighter weights for this exercise as it is quite hard - be careful not to bang the weights together | Goal 3x/week Start with one set of 12-15 repetitions and build your way up each week to 3 sets |  |
| Curls (works biceps) | Sit or stand and hold weights with straight arms at sides. Bend at the elbows and curl your arms up, squeezing your bicep muscles. | <ul style="list-style-type: none"> - anchor your elbows into your body to make it more effective - squeeze your stomach muscles to stabilize your body - can sit on a ball instead of a chair | Goal 3x/week Start with one set of 12-15 repetitions and build your way up each week to 3 sets * do both arms |  |
| Hip extension (strengthens leg muscles) | Stand 12 to 18 inches from table. Bend at hips; hold onto table. Slowly lift one leg straight backwards. Hold position. Slowly lower leg. Repeat with other leg. | <ul style="list-style-type: none"> - try modifying with using one hand, fingertips only, no hands or eyes closed to increase difficulty | Goal 3x/week Start with one set of 12-15 repetitions and build your way up each week to 3 sets * do both legs |  |

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| <p>Hip flexion (strengthens leg muscles)</p> | <p>Stand straight; holding onto a table or chair for balance. Slowly bend one knee toward chest, without bending waist or hips. Hold position. Slowly lower leg all the way down. Repeat with other leg.</p> | <p>- try modifying with using one hand, fingertips only, no hands or eyes closed to increase difficulty</p> | <p>Goal 3x/week Start with one set of 12-15 repetitions and build your way up each week to 3 sets</p> <p>* do both legs</p> |  <p>The illustration shows a man performing a hip flexion exercise. He is standing and holding onto a chair for balance. Three variations are shown: 'One Fingertip' (holding the chair with one hand), 'No Hands' (not holding the chair), and 'Eyes Closed' (with eyes closed). A purple arrow indicates the movement of the leg towards the chest.</p> |
| <p>Seated leg extension (works front of thigh)</p> | <p>Sit on a chair with feet on the floor. Extend one leg at a time, flexing the muscle in the front of the thigh.</p> | <p>- add ankle weights to challenge yourself - flex your foot so that you draw your toe toward your shin to intensify</p> | <p>Goal 3x/week Start with one set of 12-15 repetitions and build your way up each week to 3 sets</p> <p>* do both legs</p> |  <p>The illustration shows a man sitting on a chair with his feet flat on the floor. He is extending one leg forward, flexing the front of the thigh. A purple arrow indicates the movement of the leg forward.</p> |
| <p>Standing leg curl (works the back of the thigh)</p> | <p>Stand straight; hold onto table for balance. Slowly bend knee as far as possible. Hold position. Slowly lower foot all the way back down. Repeat with other leg.</p> | <p>- add ankle weights to challenge yourself - flex your foot so that you draw your toe toward your shin to intensify</p> | <p>Goal 3x/week Start with one set of 12-15 repetitions and build your way up each week to 3 sets</p> <p>* do both legs</p> |  <p>The illustration shows a man standing and holding onto a chair for balance. He is bending his knee as far as possible, flexing the back of the thigh. A purple arrow indicates the movement of the leg back down.</p> |

Some pictures and exercise descriptions courtesy of **Exercise: A Guide from the National Institute on Aging**
<http://weboflife.nasa.gov/exerciseandaging/home.html>