Healthy Aging Association's
Young at Heart
Older Adult Group Fitness Programs

Young at Heart Strength Training

Participant Routine

Our Mission:
“To help older Americans live longer, healthier, more independent lives by promoting increased physical activity and sound health and nutrition practices”
NEW PARTICIPANT REMINDERS

PARTICIPANTS SHOULD ALWAYS BE ENCOURAGED TO SEE THEIR PHYSICIAN PRIOR TO STARTING A NEW EXERCISE PROGRAM OR AFTER AN INJURY OR ILLNESS.

♥ Water Breaks
- Use this picture 🚰 to help remind you to get a sip of water during your workout.

♥ Equipment
- Tube Progression - (easy) Orange - Green - Red - Blue (hard)
- Sturdy chair without wheels
- Comfortable supportive shoes

⚠️ Exercise Precautions
- We try to maintain good posture and keep our head above our heart. Dropping the head below the heart, could cause someone to get light headed or dizzy.
- Our classes never twist the spine, so please avoid any twisting.
- Leaning too far backwards could add dangerous stress to the lower back.
- Always keep one foot on the ground to reduce lower back stress and to maintain a good base of support.
- Avoid jerky movements because it could lead to injury.
- We never go over head with resistance in our classes.
- Always train the muscles in good posture and a neutral spine.
- Do not squeeze the tube handles too tightly, it could result in high blood pressure.
- Never hold your breath during exercise, always remember to breath normally.

ALL EXERCISES AND STRETCHES SHOULD NOT INCREASE PAIN
If something causes pain or muscle soreness or joint pain, we recommend that you eliminate that exercise.

This manual was specifically designed for our older adults who have been asked to self isolate by the government starting March 2020. If you have any questions about how to effectively execute any of the exercises or stretches please feel free to call the Healthy Aging Association at (209)525-4670.
WARM UP

The warm-up is the first part of every Young at Heart Fitness Class. The warm up prepares the body for exercise.

DEEP BREATHING
1. In good posture take a deep breath in through the nose and out the mouth.
2. Repeat for a total of 3 deep breaths.

MOVE THE SHOULDERS
1. Move shoulders up and down 6 times
2. Roll the shoulders forward 6 times
3. Roll the shoulders backward 6 times

DIAGONAL ARM PRESS
1. Across your body - Start with your left arm, press to the right and across your body. Alternate your right and left arm. Repeat for a total of 4 presses.
2. Across and Toward the Floor - Finally, press across your body and toward the floor. Alternate your right and left arm. Repeat for a total of 4 presses.
3. Across and Slightly Overhead - Next press across your body and slightly overhead. Alternate your right and left arm. Repeat for a total of 4 presses.

NECK TURNS
1. Slowly turn your head to one side, hold for 6 seconds then slowly return to center.
2. Turn your head slowly to the other side, hold for 6 seconds then slowly return to center.
3. Place chin to chest, hold for 6 seconds, then slowly return to center.
4. Slowly look up to a 45 degree angle, hold for 6 seconds, then slowly return to center.
WRIST FLEXION AND EXTENSION

Starting Position: Put both arms straight out in front with palms facing the floor.

1. **Fingers Down** - Only moving the wrist joint, point your fingers to the floor, hold for 3 seconds.
2. **Fingers Up** - Now point your fingers to the ceiling, hold for 3 seconds.
3. Repeat 3 times.

TOUCH THE PADS

Starting Position: Sitting or standing in good posture with your elbows by your sides and palms facing forward (hands about shoulder height).

1. **Half Way**—bend your fingers and touch the finger pads.
2. **All The Way**—bend your fingers and touch the thumb pads.
3. **Half Way**—bend your fingers and touch the finger pads.
4. **And Spread**—extend your fingers to starting position.
5. Repeat 3 times.

WRIST CIRCLES *Keep your elbows glued at your sides*

1. Circle both wrists clockwise 6 times.
2. Circle both wrists counter-clockwise 6 times.
3. Interlace your fingers and rotate only your wrists, 3 times each direction.

MARCH FOR 30!

♥ March in place leisurely for 30 seconds.

MARCHING TOE TAPS

Starting position: Sitting and standing in good posture with feet hip width apart.

1. Bring one leg forward and tap the floor with the **toes** only.
2. Return the leg to starting position and repeat with **opposite** leg.
3. Repeat sequence 12 times.

MARCHING HEEL TAPS

Starting position: Sitting or standing in good posture with feet hip width apart.

1. Bring one leg forward and tap the floor with the **heel** only.
2. Return the leg to starting position and repeat with **opposite** leg.
3. Repeat sequence 12 times.

GET A SIP OF WATER AND GRAB YOUR TUBE.
TRICEPS PRESS

Sitting or standing in good posture. Place the tube securely under both feet, hip width apart. Grasp the handles in each hand with arms by your sides and palms facing back.

THE MOVEMENT

1. With straight arms (elbows and wrists straight), slowly push back to the point of tension.
2. Pause briefly and slowly return to the starting position.
3. Complete 6 - 12 slow repetitions.

THE STRETCH

Sitting or standing in good posture.
1. Place the palm of your right hand on the left shoulder.
2. With your left hand, gently guide the right elbow toward the left shoulder, hold for 6 seconds.
3. Repeat on the other arm.

BICEPS CURL

Sitting or standing in good posture. Place the tube securely under both feet, hip width apart. Grasp the handles in each hand with arms by your sides and palms facing forward.

THE MOVEMENT

1. Bending at the elbows only, pull up on the handles so that your palms move toward the shoulders.
2. Pause briefly and slowly return to the starting position.
3. Complete 6 - 12 slow repetitions.

THE STRETCH

Sitting or standing in good posture.
1. Extend hands in front with wrists extended, fingers pointed up.
2. Hold for 6 seconds.
BENT LEG RAISE

Sitting in good posture with feet hip width apart.

THE MOVEMENT
1. Lift the right leg up to 90 degrees, hold briefly and return.
2. Complete 6 - 12 repetitions on the right leg.
3. Lift the left leg up to 90 degrees, hold briefly and return.
4. Complete 6 - 12 repetitions on the left leg.

THE STRETCH
Standing in good posture behind your chair.
1. Turn your body to the right, hold onto the chair with your left hand.
2. Step the right leg back, keeping the heel off the ground.
3. Slightly bend the front knee and hold for 6 seconds then return.
4. Turn your body to the left, hold onto the chair with your right hand.
5. Step the left leg back, keeping the heel off the ground.
6. Slightly bend the front knee and hold for 6 seconds then return.

SEATED ROW

Sitting in good posture. Place the tube securely under both feet, hip width apart. Grasp the handles in each hand and then exchange the tube handles to opposite hands so that a “X” forms between your legs. Palms should be facing your sides.

THE MOVEMENT
1. Leading with the elbows, gently pull the tube handles back toward your body (Do not touch your body).
2. Pause briefly by gently squeezing the shoulder blades together.
3. Slowly return to starting position.
4. Complete 6 - 12 slow repetitions.

THE STRETCH
Sitting in good posture.
1. While rounding your upper back, bring your arms out in front of your body. Do not let your head drop lower than your heart, hold briefly.
2. Next, open the chest and bringing your arms into a “W”.
3. Hold briefly and return to starting position, repeat 3 times.
Healthy Aging Association | Young at Heart

SIDE SHOULDER RAISE

Sitting or standing in good posture. Place the tube securely under both feet, hip width apart. Grasp the handles in each hand with arms by your sides and palms facing towards the body.

THE MOVEMENT
1. Slowly lift your arms out to the side, but no higher than shoulder height (keep your elbows straight but not locked).
2. Hold briefly and slowly return to the starting position.
3. Complete 6 - 12 slow repetitions.

THE STRETCH
Sitting or standing in good posture behind your chair.
1. Hug yourself at the shoulders, hold for 6 seconds.
2. Imagine you have a tight sweater on, slowly remove the sweater up and over your head.
3. Repeat with the other arm on top.

CHAIR SITS AND STANDS

Sitting in good posture with feet hip width apart. Cross your arms over your chest or leave your hands on the side of your chair for assistance.

THE MOVEMENT
1. Lean slightly forward and rise to a standing position out of the chair with your body weight in the heels of your feet.
2. Gently return to a seated position
3. Complete 6 - 12 slow repetitions.

THE STRETCH
Sitting in good posture towards the edge of the chair.
1. Extend the right leg and keep the left leg planted on the ground with the knee at a 90° angle.
2. Bend at the hips and reach your arms out for the toes of the extended right foot hold for 6 seconds.
3. Relax and repeat on the other leg.
FORWARD SHOULDER RAISE

Sitting or standing in good posture, place the tube securely under both feet, hip width apart. Grasp the handles in each hand with arms by your sides and palms facing back.

THE MOVEMENT
1. With straight arms, slowly lift the right arm forward, so the hand is no higher than shoulder height.
2. Hold briefly and slowly return to the starting position.
3. Complete 6 - 12 slow repetitions.
4. Repeat steps 1-4 on the left arm.

THE STRETCH
Sitting or standing in good posture.
1. Relax your arms to your sides, gently roll your shoulders forward 6 times.
2. Then gently roll your shoulders backwards 6 times, ending in perfect posture.

CHEST PRESS

Sitting in good posture towards the edge of the chair with feet hip width apart. Place the tube securely behind the chair. Grasp the handles in each hand at chest level. Palms facing down.

THE MOVEMENT
1. With both arms at chest level, visualize pushing against a wall that is in front of the body.
2. Fully extend your arms, but do not lock your elbows.
3. Slowly, return to starting position.
4. Complete 6 - 12 slow repetitions.

THE STRETCH
Sitting in good posture.
1. With your arms by your sides and palms facing forward, gently, open your chest and squeeze your shoulder blades together
2. Hold for 6 seconds and then relax.
THE FLAMINGO aka: one legged stance
Standing next to your chair with feet hip width apart.
   1. Shift body weight to the leg closest to the chair and lift the leg farthest from the chair, bringing your foot off the ground.
   2. Hold for 30 seconds.
   3. Move to the other side of the chair and repeat on other leg.

THE TANDEM STANCE
Standing next to your chair with feet hip width apart.
   1. Shift body weight to the leg closest to the chair.
   2. Lift the leg farthest from the chair and place the heel of that foot in front of the toes of the other foot (try to make them touch).
   3. Hold for 30 seconds.
   4. Move to the other side of the chair and repeat on other leg.

THE MUMMY
Standing behind your chair with feet together.
   1. Cross your arms over your chest, or hover your hands over the back of the chair.
   2. If comfortable, close your eyes and focus on your breathing.
   3. Hold for 30 seconds.

BRACE YOURSELF
Standing behind your chair with feet hip width apart.
   1. Step one leg back like you are bracing yourself from having a fall.
   2. Hold that position for 10 seconds.
   3. Complete 3 repetitions on that leg.
   4. Repeat on the other leg.
RAISE THE TOES *(sitting only)*
Sitting in good posture towards the edge of the chair with feet hip width apart.
1. Roll onto the heels of both of your feet so your toes are pointing up toward the ceiling.
2. Hold for 3 seconds and return to feet flat on the floor.
3. Complete 12 repetitions.

ROLL ONTO YOUR TOES
Standing behind your chair or sitting in your chair in good posture with feet hip width apart.
1. Roll onto the toes of both of your feet so your heels come off the ground.
2. Hold for 3 seconds and return to feet flat on the floor.
3. Complete 12 repetitions.

TAP & ROLL *(one leg at a time)*
Standing behind your chair or sitting in your chair in good posture with feet hip width apart.
1. Keeping your heel on the floor, take one ankle and tap the toes to the right and then tap them to the left, repeat sequence 6 times.
2. Then do 6 ankle rolls clockwise, then counterclockwise 6 times.
3. Repeat steps 1-2 on the other ankle.
DEEP BREATHING
1. In good posture take a deep breath in through the nose and out the mouth.
2. Repeat for a total of 5 deep breaths.

MOVE THE SHOULDERS
1. Move shoulders up and down 6 times
2. Roll the shoulders forward 6 times
3. Roll the shoulders backward 6 times

NECK TURNS
1. Slowly turn your head to one side, hold for 6 seconds then slowly return center.
2. Turn your head slowly to the other side, hold for 6 seconds then slowly return to center.
3. Place chin to chest, hold for 6 seconds, then slowly return to center.
4. Slowly look up to a 45 degree angle, hold for 6 seconds, then slowly return to center.

WRIST CIRCLES  *Keep your elbows glued at your sides*
1. Circle both wrists clockwise 6 times.
2. Circle both wrists counter-clockwise 6 times.
3. Interlace your fingers and rotate only your wrists, 3 times each direction.

STRETCH THE ANKLES - FLEX AND POINT
Starting Position: Sitting in good posture.
1. Flex - Lift ONE leg off of the ground and point your toes to the ceiling, hold for 6 seconds.
2. Point - Now point your toes away from you, hold for 6 seconds.
3. Repeat 3 times, then, repeat on the other leg.

EXAGGERATED VOWELS
1. Exaggerate the movement of your mouth and facial muscles by slowly saying the vowels “A, E, I, O, U, and Y” aloud.
2. Repeat three times, each time getting louder.

Congratulations, you did it!
We’re Social!

Tag all of your pictures and posts #HealthyAging209

Facebook: Facebook.com/4healthyaging
Twitter: Twitter.com/healthyagingyah
YouTube: Search for Healthy Aging Association (coming soon)

Meet the faces behind the program over the last 10 years

Samantha    Jessica    Erlinda    Jonathan    Kim