

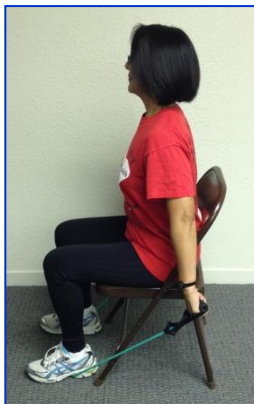
# Young at Heart Exercises – Handout 1

Always begin in good posture before you begin any exercise. These exercises below are designed to help you build strength, increase flexibility, and improve balance. Work within your pain free range of motion.

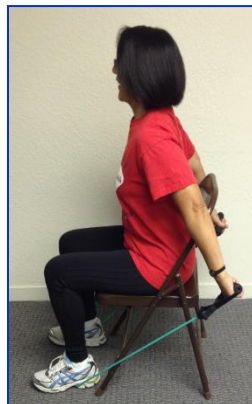
## STRENGTH – UPPER BODY – YAH TRICEPS PRESS

1. Place your tube securely under both feet with feet hip width apart. Grasp the tube handles in each hand, in good posture, with arms by your sides and palms facing back.
2. Keeping your arms straight, elbows not locked, push back to the point of tension. **HOLD** briefly, then slowly return to the starting position.
3. Repeat 6 times.

### SITTING

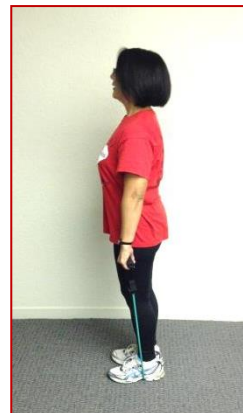


STEP 1

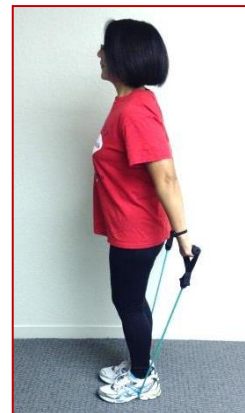


STEP 2

### STANDING



STEP 1



STEP 2

## STRETCH – YAH TRICEPS STRETCH

1. Place your right hand on your right shoulder. Bring your right elbow forward and up so it is level with your shoulder.
2. With your left hand, gently guide your right elbow up toward the ceiling, or to the point of tension while keeping your right elbow close to the right side of your face. Repeat on other side.



## **STRENGTH – LOWER BODY – YAH HEEL RAISES**

1. Sitting or standing (behind the chair for support) in good posture.
2. Roll onto the pads of both of your feet and roll up onto your toes. **HOLD** for 3-5 seconds and return to feet flat on the floor. Repeat 6 times.



## **STRETCH – YAH CALF STRETCH**

1. Standing behind a chair, hold on with both hands in good posture.
2. Slowly slide one leg back, keeping the front leg slightly bent and knee behind the toes.
3. The heel of the back leg should be flat on the floor; feeling the stretch in the back of the leg.
4. Hold for 5 to 10 seconds.
5. Switch legs and repeat.



*Can do the **SIT AND REACH STRETCH** if participant cannot stand.*

## **BALANCE – YAH CLOCK REACH**

1. Begin by holding on to a chair with your left hand.
2. Visualize a clock with 12 in front and 6 behind.
3. Slowly raise your right foot off the ground 1 to 2 inches or at your comfort level, standing on your left leg.
4. Once you have your balance, bring your right arm to 12 o'clock.
5. Then reach to 3 and 6 o'clock, move around the clock.
6. Repeat with the other side.

