

Young at Heart Exercises – Handout 4

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.

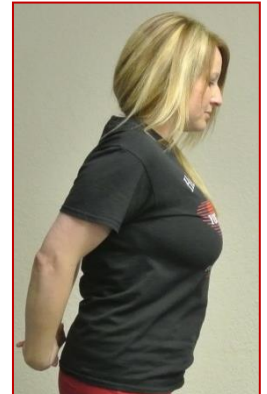
STRENGTH – UPPER BODY – YAH CHEST PRESS

1. Sit in good posture towards the edge of the chair with legs and feet planted on the floor, hip width apart. Place tube behind chair and hold the handles in front of shoulders, with palms facing down.
2. With both arms out at chest level, palms facing down, visualize pushing against a wall that is in front of body. **DO NOT** lock the elbows on the extension.
3. Return to starting position while maintaining resistance.
4. Repeat 6 times.



STRETCH – HUG A TREE

1. Lace your fingers and extend your arms in front with palms facing you. Push your knuckles forward rounding your upper back and shoulders.
2. Release your hands and clasp your hands behind your back, if you can. Gently squeeze your shoulder blades together, and release.



STRENGTH – LOWER BODY – YAH HIP PENDULUM

CAUTION: PARTICIPANTS WITH **HIP REPLACEMENTS** SHOULD NOT CROSS LEGS AT THE KNEES OR BRING HIP HIGHER THAN HIP LEVEL. CHECK WITH DOCTOR FOR PROPER RECOMMENDATIONS. IF SITTING AND LEG IS ALREADY SET AT A 90 DEGREE ANGLE AT THE HIP LINE OF THE BODY, THE EXERCISE MUST BE DONE STANDING, OR BY JUST SLIDING THE LEG OUT TO SIDE WHILE KEEPING THE FOOT ON THE FLOOR.

STEP 1



STEP 2



STEP 3



STEP 4



1. Sit or stand in good posture with both feet flat on the floor and hip width apart, hold onto the sides of the chair if needed.
2. Lift the leg farthest from the chair (if standing) up to a 90 degree angle.
3. Bring the leg away from the midline (about 45°).
4. Lightly tap the floor and then reverse, bring the leg up, in, and return to original position (**out & in = 1 rep**). Repeat 6 times on each leg.

STRETCH – LEG CROSS OVER

1. Sit in good posture with feet hip width apart.
2. Cross the right knee over the left. **DO NOT** twist the upper body, sit nice and tall. Hip Replacements, cross the ankles only and slightly bend forward from the hip.
3. **Hold** for 5-10 seconds and slowly return to starting position and repeat on other side.



BALANCE – YAH MARCH IN PLACE WITH HEAD TURNS

1. Begin marching for 8 counts with eyes directed forward.
 2. Continue marching for an additional 8 counts while turning head one quarter turn to the right and hold there for the 8 counts.
 3. Turn head back to forward position while continuing to march for 8 counts.
 4. Turn the head one quarter turn to the left while continuing to march for 8 counts.
- *As balance improves reduce counts to 4 then 2.
 *As balance improves turn body one quarter turn with each turn of head.