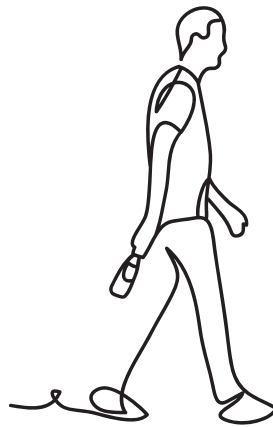


SENIORS - HOME OBJECTS WORKOUT

Get that Body Moving



wyndhamcity

1 in 5 Wyndham residents do not participate in physical activity at all. We are here with some exercises to help you get active.

Knee raises holding weight of choice.

Standing up tall. Look straight ahead maintaining nice straight posture, with weights in each hand. Raise your knee straight in front of you and opposite arm with weight will raise as well. Hold at the top. Then Lower leg and arm back towards the ground.

Do as many as possible in a minute. Rest for a minute, repeat 1 to 2 times.



Bent over row – Using weight of choice

Tilting body forward from the hips, keep back straight throughout the exercise, go to comfortable position. Holding weights in both hands, bend elbow and bring weights towards your body, squeezing shoulder blades together.

Do as many as possible in a minute. Rest for a minute, repeat 1 to 2 times.



Equipment at home:

Canned Food, Water Bottles/Milk Cartons, Shopping bags with books etc

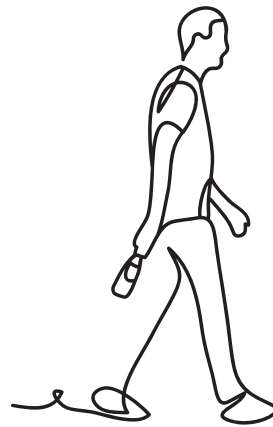
This activity card provides a general description of the exercises only. You undertake the exercises at your own risk and Council recommends that you obtain prior medical advice to determine if the exercises are suitable for you. To the extent permitted by law, Council accepts no liability for any injury, loss, costs or damage whatsoever, suffered or incurred in connection with your undertaking of the exercises and/or use of this activity card.

Powered by

WYN ACTIVE

SENIORS - HOME OBJECTS WORKOUT

Get that Body Moving

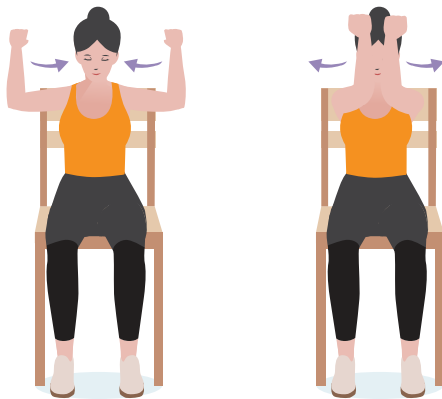


wyndhamcity

Standing/ Seated Chest Fly - Using Weight of Choice

Being Upright, holding weights in hands at face level with elbows bent. Take arms out to side in line with shoulders, then bring back in.

Do as many as possible in a minute.
Rest for a minute, repeat 1 to 2 times.



Wall Sit (extra challenge add weight to thighs)

Standing in front of a strong wall, feet shoulder width apart, slide body down the wall to comfortable position keeping hips, knees and toes in alignment.

HOLD AS LONG AS POSSIBLE.
Rest for a minute, repeat 1 to 2 times.



Have you Tried

Central Park Seniors Exercise Park

Location: Central Park Community Centre - 80 Lonsdale Circuit, Hoppers Crossing

Has been designed specifically for older people, to help improve physical and mental wellbeing. Features a range of outdoor equipment to help improve your balance, strength, functional movement, joint range of motion and mobility. There are instructional signs located within the Park on how to use equipment safely. It's free to use and fun.

This activity card provides a general description of the exercises only. You undertake the exercises at your own risk and Council recommends that you obtain prior medical advice to determine if the exercises are suitable for you. To the extent permitted by law, Council accepts no liability for any injury, loss, costs or damage whatsoever, suffered or incurred in connection with your undertaking of the exercises and/or use of this activity card.

Powered by

WYN ACTIVE