

SENIORS - WORKOUT IN PARK CLOSE TO HOME

Get that Body Moving



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

Step Up

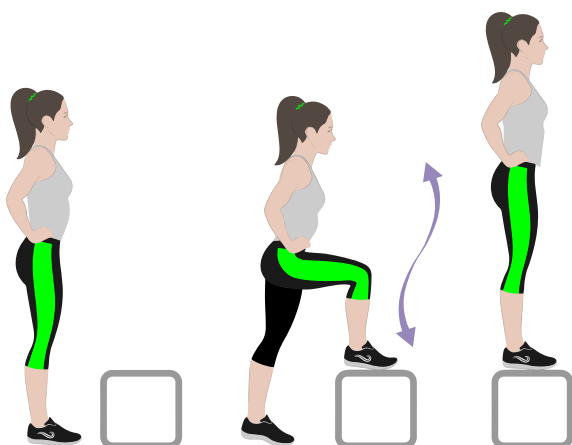
This exercise strengthens the leg muscles.

Hold onto support if required. Step up on the step, leading with the same leg up and down e.g. left leg and then alternate with the opposite leg e.g. right leg. Rest as needed between each attempt.

Once you feel more confident and able to perform the exercise with ease, you can make it harder by increasing the number of repetitions over a longer period.

Do as many as possible in a minute.

Rest for a minute, repeat 1 to 2 times



Inverted Row

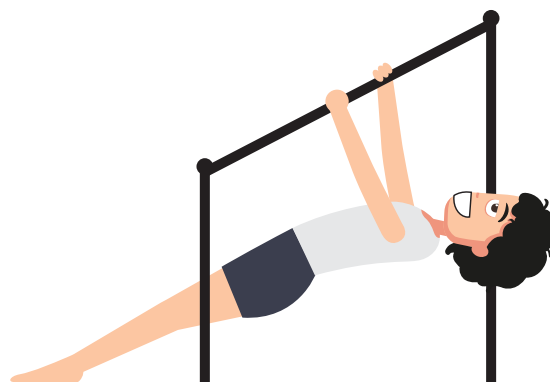
Finding a bar to hold onto.

Place body underneath, the further feet are through the harder the exercise.

Bending from elbows raise body to bar.

Do as many as possible in a minute.

If too easy, place feet further away from bar. Rest for a minute, repeat 1 to 2 times.



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.

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Bench Push Ups

Place your hands on to the top of the bench. Come up on to your toes and hold your body in a straight line. Lower your chest to the edge of the bench and rise. Try to bring your whole body forward and backward in a straight line without bending at the hips.

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



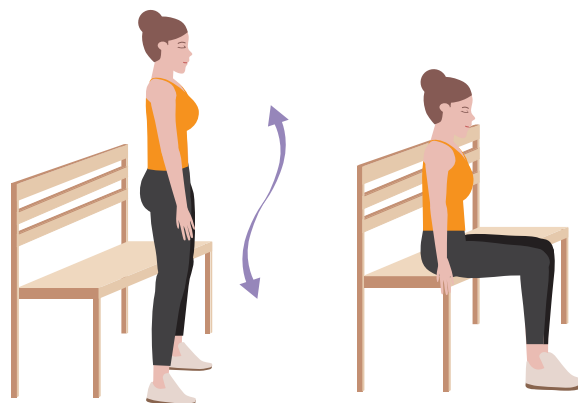
Sit to Stand

This exercise strengthens your leg and back muscles.

Sit down and stand up from the seat. Or stand to squat and touch the bench. Rest as needed between each attempt.

Once you feel more confident and able to perform the exercise with ease, you can make it harder by increasing the number of repetitions over a longer period.

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



Healthy tip

Are you drinking enough water each day. If you need flavour add some fruit into it.

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