

SENIORS CHAIR 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.

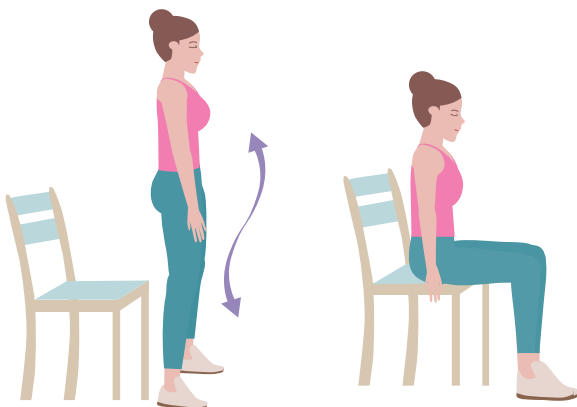
HAVE YOU HAD YOUR ANNUAL HEALTH CHECK-UP?

Sit to Stand Using Chair

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.

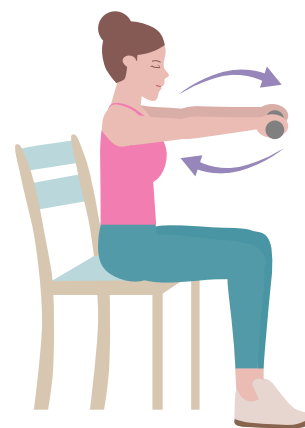


Seated Chest Press

Sitting up tall in chair (use backrest if need more support).

Holding weights in each hand (object from cupboard is fine) at chest height, straighten arms out in front of you. Return weight back to starting position. Aim to do 10 both sides.

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



Incidental Activity

Walking around home during an ad break is fantastic to get moving.

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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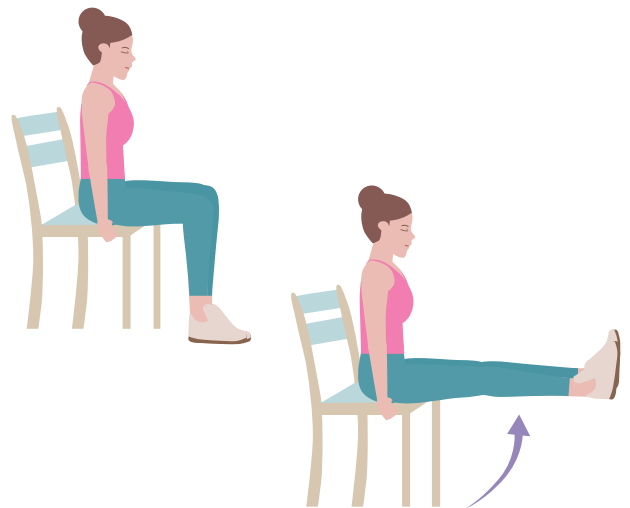
Bent over Row on Chair

Tilting body forward from the hips, keep back straight throughout the exercise, go to comfortable position. Holding weights (product around home) 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.



Leg Raises from Seat

Sitting up comfortably in chair using back support if required. Raise both legs at the same time until out straight. Squeeze thighs at the top. Bring legs back down to the floor. Do as many as possible in a minute. Rest for a minute, repeat 1 to 2 times.



Healthy tip

Listen to your body, if you feel unwell, **STOP**.

If you are just starting your activity build up slowly, and let someone know you are exercising so they can help you if needed.

Older Adults should be active every day in as many ways as possible, doing a range of physical activities that incorporate fitness, strength, balance and flexibility. Doing some physical activity, even a little bit, is better than doing none.

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