

SENIORS - HOME BODYWEIGHT 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.

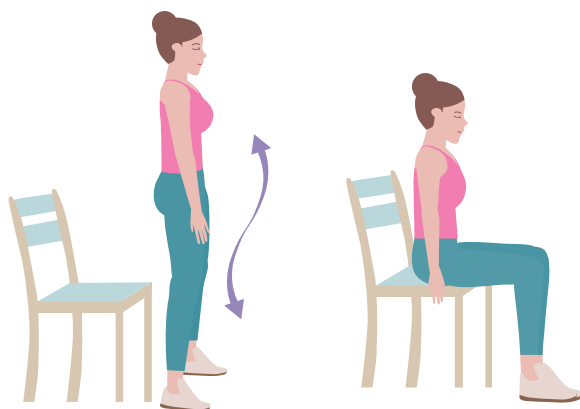
HAVE YOU HAD YOUR ANNUAL HEALTH CHECK-UP?

Sit to Stand

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.



Balance

This exercise raises your heart rate and strengthens the leg muscles.

Hold on to wall/chair. Alternate raising your right and left foot, bending at the knee. 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.



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 BODYWEIGHT WORKOUT

Get that Body Moving

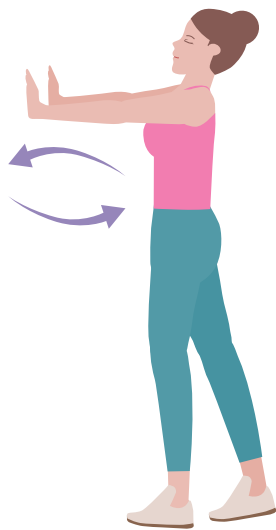


wyndhamcity

Wall Push Up

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

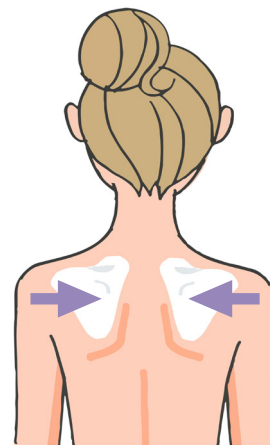
Do as many as possible in a minute.
Rest for a minute, repeat 1 to 2 times.



Shoulder Squeeze

Standing up or sitting tall in your chair. Squeeze your shoulder blades towards each other.

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



Healthy tip

Have you checked in on a loved one or friend. Do you need to talk to someone? If you're feeling like you need to connect with someone over the phone or you know someone who is vulnerable and could use a boost of support, please contact Council on 9742 0777.

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