

ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ONEONTA FAMILY YMCA

20-26 Ford Avenue Oneonta, NY 13820

May 11, 2020

www.oneontaymca.org

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Cat Cow For Low Back Pain



EXERCISE OF THE WEEK

Come to your hands and knees. Hands are directly under the shoulders, knees directly under the hips, tops of the feet flat on the floor.

Inhale, then with the exhale come to cat pose by pulling up with the navel, round the shoulders, and allow the head to drop.

With your inhale come into cow pose by rolling the tail bone up, allow the back to slightly sag, and lift the head.

Follow your breath and repeat 10 times Exhale to cat, Inhale to cow.

Low Back Pain (Watch for a daily routine next issue)

Exercise is the cornerstone of both prevention and treatment of low back pain. Many physicians feel that the major cause of low back pain is deconditioning. If you are experiencing low back pain see your physician before starting a new exercise program.

- When you are cleared for exercise make sure to warm up and cool down before and after each session.
- Do not try to work through pain.
- Do not lift objects that are too heavy, do not twist when lifting, and keep objects close to the body.

WEEKLY CHALLENGE

VISIT CHOOSE MY PLATE

Maintaining a healthy weight, along with exercise, is important to your overall health. As we age our metabolism slows down hindering our ability to burn calories like we used to. It doesn't take long to see physical changes to the waist line.

It is important to look for easy to digest nutrient dense food.

Visit: <https://www.choosemyplate.gov/> browse by audience, then click adults, then click older adults. This site can help you better understand how to eat to achieve your best health.

By clicking MyPlateKitchen you will find tons of healthy recipes. Click everything and explore the site. Then scroll to the bottom of the page and click on Start Simple with MyPlate for lots of helpful tips. Leave no tab unclicked and learn how you can take control of your health!



CONTACT US:

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