

# ACTIVE OLDER ADULTS

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ONEONTA FAMILY YMCA

20-26 Ford Avenue Oneonta NY 13820

May 25, 2020

[www.oneontaymca.org](http://www.oneontaymca.org)



## TRICEPS KICKBACK

This can be done without weights if you don't have any or you can use cans of food or even bottles of water.

- Begin with a staggered stance, knees are bent.
- Place the hand of the leg that is forward on the thigh.
- Bend the opposite elbow bringing it slightly higher than the ribs.
- Keeping the elbow close to the body straighten the arm behind you squeezing the triceps. (Muscles on the back side of the upper arm)
- Return to the starting bent elbow position and repeat 8-10 times.
- Come to a standing position, switch the forward leg and repeat on the opposite side.

### Remember The 2 Hour Pain Rule

Exercise might make your muscles sore. But it should relieve your **arthritis pain**. If the **pain** is worse **two hours** after you finish, then you may have exercised too much. Do a little less next time until you find what is right for you.

### WEEKLY CHALLENGE

#### March in Place

Marching in place can be used as part of your warmup or cooldown.

Begin by standing in place and march. Bend the elbows up and allow the arms to swing naturally for added cardio benefits. If you are up for it march around the room.

Start out with 3-5 minutes and gradually work up to 8-10 minutes.



Contact us:

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