

ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ONEONTA FAMILY YMCA

20-26 Ford Avenue Oneonta NY 13820

June 1, 2020

www.oneontaymca.org

STAY ACTIVE EVEN AT HOME! FOLLOW OUR FACEBOOK PAGE AND WEBSITE

WEEKLY CHALLENGE

Up Your Water Intake

Seniors and all adults **should drink** at least 64 ounces (7.1 cups) of fluids such as water or non-caffeinated beverages daily. Caffeinated beverages cause frequent urination and promote dehydration. Keep **water** readily available. If you are not a fan of plain water try infused water for added flavor.

ADD IN OPTIONS:

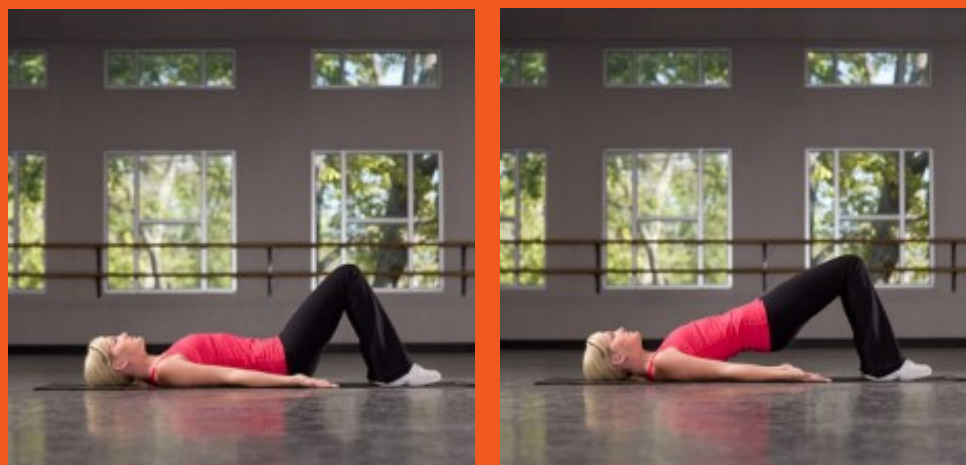
- ◆ Watermelon & Strawberries
- ◆ Orange & Lime
- ◆ Strawberry, Lemon, Mint
- ◆ Cucumber, Lemon, Celery
- ◆ Apple, Orange Cinnamon, Clove

MORE IDEAS: <https://www.tasteofhome.com/collection/infused-water-ideas/>



CONTACT US:

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EXERCISE OF THE WEEK

GLUTE BRIDGE

- **Starting Phase:** Lie on your back, bend knees, feet hip width apart and flat on a mat or the floor
- **Upward Phase:** With abs contracted, gently exhale, pressing hips up, contracting the butt muscles (glutes) at the top, keeping feet flat on floor press into the heels for more stability
- **Lowering Phase:** Inhale and gently lower to the floor returning to the starting position.

Repeat 8-12 times

***Progression:** When you can do 2 sets of 12, and feel stable, do one set with the right leg extended then switch legs for the second set.

HOW DOES IT HELP... It works the hamstrings, lower back, abs, and glutes with many similar benefits of a squat. Another plus for the glute bridge is that it does not place any pressure on the lower back. This is also a great exercise for people who are unable to squat due to back, hip, or knee pain.