

# ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ONEONTA FAMILY YMCA

20-26 Ford Avenue Oneonta NY 13820

June 15, 2020

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

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## 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:

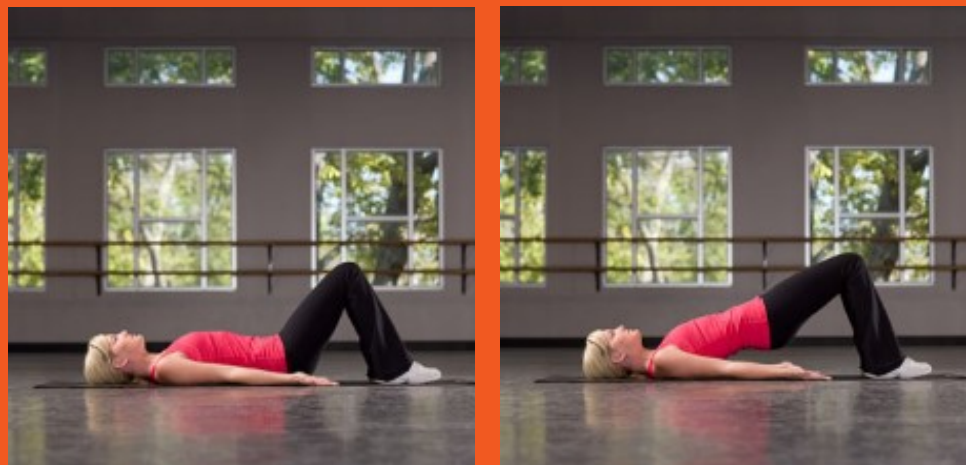
- ◆ Watermelon & Strawberries
- ◆ Orange & Lime
- ◆ Strawberry, Lemon, Mint
- ◆ Cucumber, Lemon, Celery
- ◆ Apple, Orange Cinnamon, Clove

**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.