

ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ONEONTA FAMILY YMCA

20-26 Ford Avenue Oneonta NY 13820

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oneontaymca.org

STAY ACTIVE HEALTHY WHILE AT HOME! FOLLOW OUR FACEBOOK PAGE AND WEBSITE

EXERCISE OF THE WEEK



Image credit ACE Fitness

Standing Lunge Stretch

- Starting Position:** Stand tall with your feet approximately hip width apart. Pull your shoulders down and back without arching your low back, and "brace" (engage your abdominal/core muscles) to stiffen your spine.
- In preparation to step forward:** slowly lift the right foot off the floor, stabilizing your body on the supporting leg. Hold this position momentarily before stepping forward. The raised (swing) leg should initiate contact with a heel strike first, slowly transferring your body weight into the leading (forward) foot placed firmly on the floor. As you load into this leg, avoid any sideways tilting or swaying in your upper body and try not to move the stance (supporting) foot.
- Step/Lunge forward:** As you lower yourself forward into the lunge position, maintain engaged abs and focus more on dropping your hips towards the floor rather than driving your hips forward. Lower your body to a comfortable position or until your right (front) thigh becomes parallel with the floor and your shinbone is in a slight forward lean.
- Hold:** Maintain this stretch position for 15-30 seconds at a time for a total of 2-4 repetitions; try to move into the stretch a little deeper with each repetition, but be sure to keep your body in alignment. Complete all repetitions on one side before alternating to the other leg. Firmly push off with your front leg, activating both your quads and glutes (thighs and butt muscles) to return to your upright, starting position.

REMEMBER TO DO WHAT IS ACCESSIBLE FOR YOU!!!

Start slow add time and/or reps when it becomes easier.

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TIPS FOR SUMMER SAFETY

- 1** Stay hydrated and drink plenty of water
- 2** Wear loose-fitting, light-weight, lightly colored clothing
- 3** Eat well balanced, light, and regular meals
- 4** Sunscreen!
Sunscreen!!
Sunscreen!!!
- 5** Try to stay indoors between 10 am and 2pm. That's when the sun is highest

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www.theninjazone.com

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WHAT TOPICS DO YOU WANT TO SEE IN THIS WEEKLY NEWSLETTER?

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GENERAL INQUIRIES:

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