

ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ONEONTA FAMILY YMCA

20-26 Ford Avenue Oneonta NY 13820

July 27 2020

www.oneontaymca.org

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

EXERCISE OF THE WEEK



Photo Credit: ACE Fitness

SUPINE TOE TAPS FOR YOUR CORE

Developing core strength is essential for everyday health and well-being, as a strong core protects the spine, reduces back pain, enhances movement patterns, and improves balance, stability and posture.

How to Perform: Lie on your back and place your arms by your sides. Engage the abdominals and draw the navel toward your spine. Lift the knees to 90 degrees. On a two-count, lower your right foot to touch the floor, and on a two-count, return it back to 90 degrees. Perform the same movement with your left leg and continue to alternate tapping the right and then the left foot onto the floor. Perform 10 reps on each leg. Remember to keep breathing, **DON' T HOLD YOUR BREATH.**

Regression: Keep your feet on the floor, and slide your heel on the mat, alternating legs.

By Elizabeth Kovar ACE Fitness Expert

Be #Fit4Function with Go4Life®

Exercise and be active every day so you can keep doing what's most important to you.

Practice all 4 types of exercise for the most benefits.

Endurance

So you can



climb steps



dance the night away



Strength

So you can



lift groceries



carry grandchildren

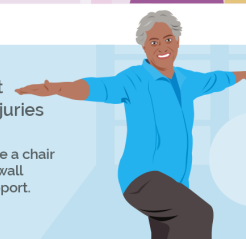


Balance

So you can prevent falls and related injuries



TIP: Use a chair or the wall for support.



Flexibility

So you can



drive



get dressed



Infographic Credit: Go4Life

CONTACT US:

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