

ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ONEONTA FAMILY YMCA

20-26 Ford Avenue Oneonta NY 13820

August 2020

www.oneontaymca.org

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



<p>Leg Exercise</p> <ul style="list-style-type: none"> Lift one foot until your knee is straight and hold for a few seconds. Return foot to the starting position. 	<p>for seniors:</p> <p>8-10 exercises</p> <p>+</p> <p>6-8 repetitions per exercise/per side</p> <p>+</p> <p>2 days/week</p> <p>=</p> <p>↓</p>	<p>Abdominal Exercises</p> <ul style="list-style-type: none"> Squeeze your abdominal muscles while raising both your feet off the ground. Hold for a second and release. 
<p>Arm Raises</p> <ul style="list-style-type: none"> Holding light weights in both hands and keeping a bend in your elbows, slowly lift both arms until they are parallel to the ground. Hold for a second and slowly go down to the starting position. 		<p>Triceps Extensions</p> <ul style="list-style-type: none"> Holding a light weight, bend your left elbow straight up so it is pointing to the ceiling. Slowly straighten your arm. Hold for a second, then lower to the starting position. 
<p>Balance Exercises</p> <ul style="list-style-type: none"> Walk by placing the heel of your right foot directly in front of your left foot. Switch feet and repeat. 		<p>Leg Stretches</p> <p>To lengthen your abductors:</p> <ul style="list-style-type: none"> Standing, bend your left leg slightly and lean your body left. Hold for a few seconds, then repeat on the other side. 
<p>Chest Stretch</p> <ul style="list-style-type: none"> Clasp hands gently behind your head. Move your elbows back to the wall behind you. Hold for a few seconds, then repeat. 		<p>To stretch your legs:</p> <ul style="list-style-type: none"> Stand and put one foot in front of the other. Gently lean forward, then repeat on the other side. 

heart, brain & body benefits

- maintain or increase muscular strength and endurance
- achieve or maintain a healthy weight
- maintain health and physical independence

For more information, visit www.heart.org/seniorhealth.



THE HARDEST PART OF THESE TIMES...

We miss seeing our members but please know you are thought of daily. We hope you are enjoying our weekly newsletters and are well.

Please keep exercising at home to maintain your health. You know it makes you feel better when you remain active.

If you have any questions or need advice about exercises feel free to reach out to Kelly as she would be glad to answer any fitness questions. If you would like to see articles on a particular subject please let Kelly know. We would love to hear from you to know how you are doing.

You can leave a message on Kelly's voicemail at 607 432 0010 extension 205 or email her at kmorrissey@oneontaymca.org

GENERAL INQUIRIES

ymcawelcome@oneontaymca.org

