

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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www.oneontaymca.org

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SUBSTITUTES FOR WEIGHTS

So, you want to keep up the strength training but you don't have weights and can't get to the gym. Here is a list of items you can use instead of weights. Think about your fitness level and what you need for resistance. It is best to start light and gradually add on to alleviate soreness and prevent injury.

- Milk or laundry soap jugs filled with water, sand, or stones.
- Canned goods that fit into your hands function admirably as straightforward hand weights.
- Plastic water bottles filled with water, sand, or stones.
- Sacks of apples or onions secured to prevent them from falling out or inside another bag so the onion skins don't shed all over.
- Flexible exercise bands or circles can substitute for dumbbells in giving you an entire upper and lower body exercise.

Safety comes first! Take care while lifting heavier weights, for example, jugs loaded with sand or stones.

Know your limits and ensure you can lift the weight and that tops are secured tightly.

Dress appropriately for your work out. Comfortable cotton clothes which promote freedom of movement and sneakers.



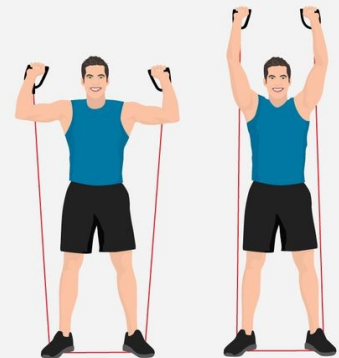
TRY A RESISTANCE BAND WORKOUT!

Resistance Band Exercises

Do 3 sets of 12 repetitions. Rest for 1 minute between each set. Complete these exercises twice a week.

Overhead Press

Press the band over your head until your arms are fully extended. Lower them to shoulder height and repeat.



Bent Over Row

Hinge at your hips and bend your knees. Pull your arms back, squeezing your shoulder blades together. Lower arms and repeat.



CONTACT US:

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