

# ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ONEONTA FAMILY YMCA

20-26 FORD AVE ONEONTA, NY 13820

ONEONTAYMCA.ORG

May 4, 2020

STAY ACTIVE EVEN AT HOME! FOLLOW OUR FACEBOOK AND WEBSITE FOR MORE INFO

## CALF RAISES

Stand using a chair to balance yourself. Inhale and raise up on your toes as high as you comfortably can. Exhale and return to the starting position. If balance is an issue keep feet apart. Repeat 10 times



## 3 Tips To Prevent Falls

- Stay physically active. Plan an exercise program that is right for you. Regular exercise improves muscles and makes you stronger.
- Find out side effects of your medications. If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.
- Stand up slowly. Getting up too quickly can cause your blood pressure to drop. That can make you feel wobbly.

## WEEKLY CHALLENGE:

### SINGLE LEG STANDS

Using a chair for stability, stand on one leg with the knee slightly bent.

Hold in this position for one minute. Repeat on the opposite leg. As you improve, take your hands off the chair for as long as you can.

#### Why it's good for you:

Falls are a major health concern for seniors. A significant number of falls are attributable to declining strength, balance, and mobility due to inactivity. The best way to improve balance is to practice balance. Single-leg stands build strength in the thighs, as well as all the stabilizer muscles that help you maintain balance.

\*\*Remember you are looking for weekly improvement— Just keep moving!



Contact us:

[ymcawelcome@oneontaymca.org](mailto:ymcawelcome@oneontaymca.org)