

ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ONEONTA FAMILY YMCA

20-26 FORD AVE ONEONTA, NY 13820

ONEONTAYMCA.ORG

April 6, 2020

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



EXERCISE OF THE WEEK:

Hamstring & Quad Slide

- Sit up tall on a sturdy chair
- Put a towel under your foot
- Press down on the towel
- Slide foot forward while pushing through your heel and then slide foot back to start
- Perform 8-12 repetitions, then repeat exercise on the other side

**Our greatest weapon against stress
is our ability to choose one thought
over another.**

William Jamers

WEEKLY CHALLENGE:

10 Chair Stands a Day

Modifications would be seated glute squeezes or count to 10 doing a wall sit. Maintaining lower body strength helps with almost all activities of daily living.

3 THINGS YOU CAN DO

1. Drink more water. You may not feel thirsty, but being hydrated helps every part of your body work better.
2. Practice fragmented sitting. Set a timer if you must, but let no hour pass finding you seated the entire 60 minutes.
3. Call someone. Who in your life is waiting for that call today? Turn off the news. You don't have to turn it off all the time, but your stress level will thank you if you turn it off some of the time, and instead turn to a friend.

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

Contact us:

ymcawelcome@oneontaymca.org