

# ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ONEONTA FAMILY YMCA

20-26 FORD AVE ONEONTA, NY 13820

ONEONTAYMCA.ORG

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

It's never too late to be whomever  
you want to be

Scott Fitzgerald



## EXERCISE OF THE WEEK:

### Wall Push-Aways

- Stand at an arm's length in front of a wall.
- Next, lean frontward gently, placing your palms on the wall.
- You'll need to keep your feet firmly on the floor as you attempt to bring your body towards the wall.
- Next, push yourself backward to that point where your arms are stretched out straight.
- Perform this exercise about 10-20 times, 1-3 sets, with 30 second break in between.

## WEEKLY CHALLENGE:

### BACK LEG RAISES

Back leg raises are one of the best and simplest strength training exercise for seniors.

Apart from improving your balance, it will help in building your strength and endurance while still supporting your lower back.

\*Start by standing behind a chair. The next step entails lifting your right leg straight backwards. When doing this, try your best not to bend the knees. Keep your chest lifted high! Remain in this position for a couple of seconds before returning your leg back down. Do the same for the other leg. The recommended frequency for this activity is 15 times for each leg.

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

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