

ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ONEONTA FAMILY YMCA

20-26 FORD AVE ONEONTA, NY 13820

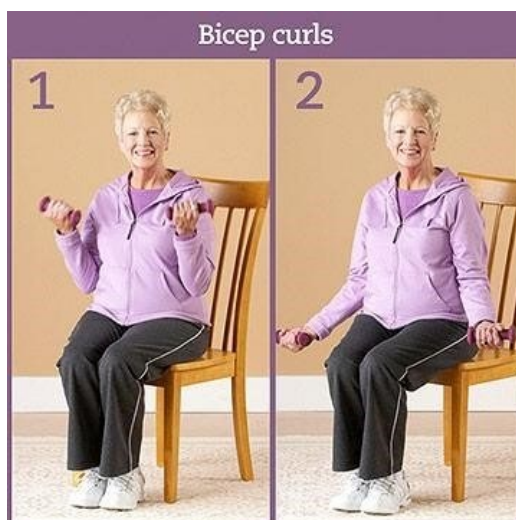
ONEONTAYMCA.ORG

April 27, 2020

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

BICEP CURLS

Sit and hold light to medium dumbbells. Curl the weight up toward your shoulder and release. Avoid swinging the weights and keep the abs engaged. Repeat for 16 reps.



Experiment with mindfulness.

When you exercise, try to focus on how your body feels as you move—the rhythm of your breathing and your muscles flexing.

Practicing mindfulness will improve your physical condition faster, better relieve stress and anxiety, and make you more likely to avoid accidents or injuries.

WEEKLY CHALLENGE:

SEATED ROTATION FOR ABS

Sit with good posture holding a medium dumbbell in front of your chest. Keeping the abs contracted, rotate the torso to the right while keeping the hips and legs facing forward. Contract abs to bring the weight back to center and then rotate to the left. Repeat for 12 reps.

Why it's good for you:

Strength training helps prevent loss of bone mass, builds muscle, and improves balance—both important for staying active and avoiding falls. Power training can improve your speed while crossing the street, for example, or prevent falls by enabling you to react quickly if you start to trip or lose balance. Building strength and power will help you stay independent and make day-to-day activities easier such as opening a jar, getting in and out of a car, and lifting objects.

Contact us:

ymcawelcome@oneontaymca.org