

# 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 1, 2020

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



## EXERCISE OF THE WEEK:

### **Calf Raise (heel lift)**

This exercise can help improve your balance and leg endurance and can be performed everyday.

- Holding onto something sturdy that does not move, slowly lift both heels off the ground
- Hold the position for a count of 10 (1 one thousand, 2 one thousand) before lowering your heels back to the floor.
- Repeat 8-12 times. And when you are ready to progress, try only holding on with one hand, then fingertips, and when you are ready, with your hands hovering above the counter.

Don't rush yourself and remember if you feel unsteady you can always go back to holding on to counter. Your calves help to stabilize your knees and ankle joints and provide power when you walk or run. Bonus benefit is that this exercise also helps to pump blood from your legs to your upper body and brain!

## WEEKLY CHALLENGE:

### 2-minute Walk Test

This short test is a great way to either make sure that you don't backslide during our time apart, and/or that you see improvement. Plus, the test is simple to do and you can even hold onto something if you like.

Make sure you have a clear space for your feet, then set some sort of timer for two minutes. You will only be counting one leg so pick a leg, any leg, and only count that leg.

### Two important guidelines:

\*You must lift your knees half way up to your hip (it doesn't have to be a military march, but it can't be a shuffle either)

\*No running (even if you can). You could do this as many times a week, as you want. It's also an excellent way to practice fragmented sitting, which we are big fans of.

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

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