

# ACTIVE OLDER ADULTS



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FOR HEALTHY LIVING  
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ONEONTA FAMILY YMCA

20-26 FORD AVE ONEONTA, NY 13820

ONEONTAYMCA.ORG

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## Exercises to help prevent Plantar Fasciitis



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### STRETCH OF THE WEEK:

To strengthen arch muscles, place a towel on the floor, grab the towel with your toes and pull it toward you. **Top:** While sitting, grasp your toes and gently pull them toward you until you feel a stretch in the arch of your foot. **Right:** Stand as shown, with your back leg straight and heel down. Move your hips forward until you feel a stretch in your calf. Switch legs and repeat. Hold each stretch for at least 30 seconds — don't bounce — and do one or two repetitions two to three times a day.

Engaging in a moderate exercise program is necessary to improve your balance and coordination.

### WEEKLY CHALLENGE:

#### Tightrope Walk

The tightrope walk is a highly-recommended exercise for boosting balance, posture, and core strength. It's also a pretty simple activity for seniors.

\*This exercise requires no equipment at all. All you need to do is hold your arms out straight from your sides, making sure they are parallel to the floor. Walk in a straight line, pausing for one to two seconds each time you lift a foot off the ground. Focus on a spot in the distance to help you keep your head straight and maintain your balance. Take 15 to 20 steps with these instructions before moving on to another exercise.

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

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