

Exercise Module

A New Leaf...



Choices for Healthy Living

Physical Activity

Exercises for Keeping Active

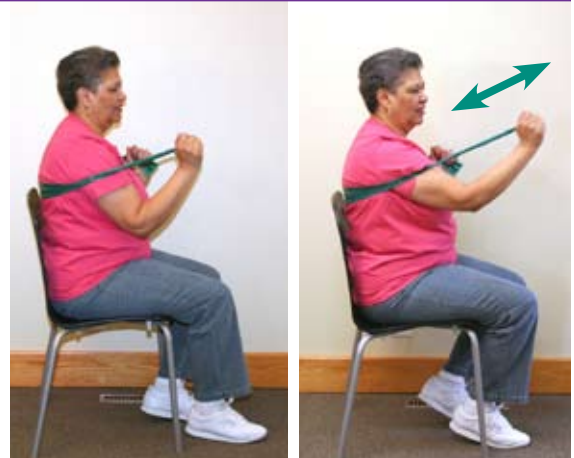
Topic	Pages
1. Strengthening exercises: stretch band.....	1
2. Strengthening exercises: weights.....	3
3. Other strengthening exercises.....	5
4. Stretching and flexibility exercises.....	6
5. Chair exercises for strength and flexibility.....	9
6. Arthritis activity program.....	13

1. Strengthening Exercises: Stretch Band

Note: If you have not been doing strengthening exercises regularly, try doing just 8 repetitions for your first few sessions. When you feel comfortable doing so, add 2 repetitions every other session, until you work your way up to 15 repetitions per set.

Upper arm strength (triceps)

1. Wrap the band behind your back like a shawl.
2. Bring one end of the band under the non-exercising arm and hold it in the non-exercising hand.
3. Put the other end of the band over the shoulder of the exercising arm.
4. Straighten the elbow to stretch the band.
5. Repeat 8-15 times to complete one set. Start with one set and build to as many as 3 sets.



Upper arm strength (biceps)

1. Sit in a chair.
2. Step on one end of the stretch band.
3. Hold the other end of the band with your arm straight down by your side. Be sure there is tension in the band.
4. Bend your elbow and pull up toward your chest.
5. Return to start position.
6. Repeat 8-15 times to complete one set. Start with one set and build to as many as 3 sets.



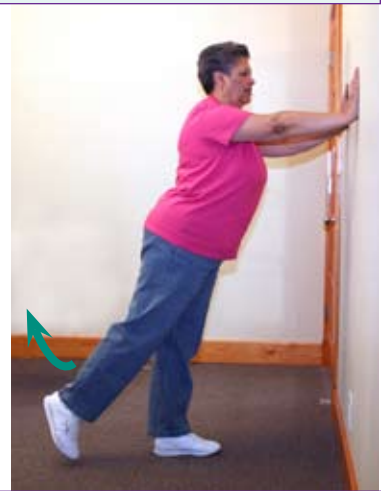
Back of shoulder and upper back

1. Sit or stand with feet the same width as your shoulders.
2. Loop the band around each palm. Lift your arms straight out in front of you.
3. Open your arms and pull outward on the band.
4. Relax your arms and then repeat the exercise 8-15 times.



Hip strength (back)

1. Stand facing wall.
2. Place hands on wall for stability.
3. Keeping knee straight, move leg backwards behind your body.
4. Return to start position.
5. Do 8-15 in each set. Try to build up to doing three sets.
6. If you have good balance, you can loop a stretch band firmly around both ankles.



Hip strength (back) or hamstring

1. Sit in a chair facing table leg.
2. Wrap one end of the stretch band around a table leg.
3. Tie and loop the other end around the ankle.
4. Slowly pull your ankle backward toward the chair.
5. Repeat the exercise 8-15 times. Build up to three sets of 15.



Leg strength (front thigh)

1. Tie the ends of the band together to make a loop.
2. Put one end of the loop around the back leg of the chair.
3. Loop the other end around one ankle.
4. Slowly, straighten your leg against the band.
5. Do 8-15 per set. Try to do up to three sets.



Hip strength (front)

1. Sit on a firm surface with your stretch band looped around your thighs.
2. Raise one knee to your chest while the other foot stays firmly on the floor.
3. Repeat the exercise by raising the other knee.
4. Do 8-15 raises in each set. Try to do up to three sets.



2. Strengthening Exercises: Weights

Note: To do these exercises lift the weight 8-15 times. Rest for a minute, then repeat. Wait a day or two to let your muscles adjust. Over several weeks, slowly increase until you are lifting the weight 15 times, and repeating 2-3 times.

Triceps

1. Sit in a chair. Keep your back straight, feet flat on floor, shoulder width apart.
2. Hold a weight in one hand and bend your arm and point the tip of the elbow toward the ceiling. Keep the elbow next to your ear.
3. Straighten your arm so that your hand points to the ceiling.
4. Hold position.
5. Bend raised arm at elbow, bringing hand weight toward same shoulder (back to starting position).
6. Repeat 8-15 times.
7. Reverse hands and repeat with other arm 8 to 15 times. You can do as many as 3 sets.



Seated row

1. Sit in a chair. Keep your back straight, and hold weights in each hand.
2. Pretend the weights are attached to the oars of a rowboat.
3. Reach slightly forward with your arms, as if you're reaching for the oars.
4. Pull both arms back in a smooth, steady motion as if you're pulling back on the oars (keeping your elbows bent). Imagine squeezing the backs of your shoulder blades together. (Hint: This exercise makes your upper back stronger as well as your arms.)
5. Slowly return to the starting position.
6. Repeat 8-15 times to complete one set. You can build up to as many as three sets.
7. When you can easily do three sets of 15 repetitions, try using heavier weights.



Biceps

1. Sit in a chair, or stand with your knees slightly bent.
2. Hold a weight in each hand, with your arms by your sides.
3. Keeping your upper arms and elbows "glued" against your ribs, slowly bend your elbows and pull the weights up toward your chest. Keep your wrists as straight as possible while you lift.
4. Slowly lower arms to start position.
5. Repeat 8-15 times to complete one set. You can build up to as many as three sets.



Chest press

1. Lie on your back on the floor, with your knees bent and your feet flat.
2. Hold a weight in each hand. Place your arms by your sides, with your upper arms resting on the floor and your elbows bent at a 90-degree angle. Your forearms will be in the air, parallel to each other (as if you're raising a box above your chest).
3. Slowly straighten your arms as if you're pushing the imaginary box off your chest. (To avoid "locking" your joints, don't straighten your arms all the way.)
4. Slowly lower your arms to the starting position.
5. Repeat 8-15 times to complete one set. You can build up to as many as three sets.
6. If you want, you can alternate arms, lifting and lowering first one arm, then the other



3. Other strengthening exercises

Legs

1. Pretend you are going to sit back in a chair—bend your knees and squat as far as is comfortable for you. Keep your weight over your ankles and your heels on the floor. Keep your knees above your toes, your shoulders back, and your head looking straight forward.
2. Straighten up again.
3. Repeat 10-15 times.



Calves

1. Hold on to the back of a chair and rise up on your toes, pause, then let your heels come back down to the floor.
2. Repeat 10-15 times to strengthen your calves.



Thighs and Hips

1. Lie on your side. Lift the top leg as high as you comfortably can, pause, and then lower back down.
2. Repeat 10-15 times on each side.



Stomach muscles

1. Lie on your back with your knees bent. Imagine pulling your belly button toward your spine—this works your lower stomach muscles, not just the top ones.
2. Place your hands behind your neck to support your head like a pillow, but don't pull your neck up.
3. As you pull your belly muscles in, try to lift your shoulders off the floor just a bit and hold the position for 5 full breaths (you don't have to lift your shoulders very high)!
4. For this exercise, a small movement can make you stronger than a bigger one!



4. Stretching and Flexibility Exercises

Back arm stretch

1. **Raise your left arm over your head with your elbow bent and pointed at the ceiling.**
2. **Push the left arm back with the right arm until you feel a stretch.**
3. **Hold for 20 to 30 seconds and repeat with the other arm.**



Chest and shoulder stretch

1. **Hold the ends of a stretch band and raise your arms over your head.**
2. **Keeping the band tight, move your hands gently behind your head until you feel your chest and shoulder muscles stretch.**
3. **Hold for 20 or 30 seconds.**



Lower leg (calf) stretch

1. **Stand about a shoulder's length away from a wall. Step forward with one foot, lean forward and place your hands on the wall. Keep the weight of your body on your stepping leg.**
2. **Bend one knee. Straighten the other leg behind you so that your foot is flat on the floor and pointed straight ahead.**
3. **Gently move your hips forward, keeping your back leg straight and your heel flat on the floor.**
4. **Hold for 20 to 30 seconds.**
5. **Repeat with the other leg.**



Back thigh (hamstring) stretch

1. Lie on the floor with both knees bent. Lie on your bed if you can't lie on the floor.
2. Pull your right knee up to your chest with your hands behind your knee.
3. Slowly straighten the leg and push your heel up toward the ceiling until you feel a gentle stretch on the back of the leg.
4. Hold stretch for 20 to 30 seconds.
5. Repeat with the other leg.



Lower back stretch

1. Lie on the floor with both knees bent. Lie on your bed if you can't lie on the floor.
2. Pull one knee up to your chest with your hands behind your knee. Hold for 20 seconds.
3. Switch legs and pull the other knee up to your chest. Hold for 20 seconds.
4. Pull both knees up to your chest. Hold your legs from behind your knees when hugging them to your chest. Hug for 20 seconds.
5. Return legs to starting position. Repeat all 3 stretches.



Full back stretch

1. On a carpeted floor or soft surface, kneel on all fours, with your knees directly below your hips, and your wrists directly below your shoulders.
2. Breathe in and arch your back like a cat, pulling your belly-button up toward your spine.
3. Breathe out and flatten your back, allowing your eyes to look forward.
4. Continue arching and flattening your back, moving through the stretch as slowly as you want to, 3-5 times in each direction.



Whole body stretch

1. Lie on the floor flat on your back.
2. Reach your arms over your head. Relax.
3. Feel the stretch in your arms, upper body, and sides. Breathe deeply.
4. Relax in this position for at least 30 seconds.



Relaxation stretch

1. Sit in a chair or on the floor with a straight spine. Extend your legs in front of you in a narrow "V" position (you can slightly bend your knees if it's more comfortable).
2. Imagine that you have a giant beach ball resting on your lap.
3. Breathe in deeply and sit up as tall as you can.
4. Now imagine that you are diving over the beach ball, draping your upper body over the imaginary beach ball on your lap.
5. Tuck your chin down, reach your arms forward towards the floor, and round your spine so that it looks like the letter "C".
6. Pause, then breathe out and slowly curl back up to a straight-spine position.
7. Repeat the exercise 1-2 more times.



5. Chair Exercises for Strength and Flexibility

Note: To do these exercises, do the following:

Sit in a chair. Keep your head up and facing forward. Keep your back straight and sit all the way back in your chair without leaning on it. Put your feet flat on the floor and let your arms relax in your lap. Warm up before you do your chair exercises, and remember to cool down and stretch again afterwards. Always remember to breathe as you exercise; it's easy to forget and hold your breath!

Warm-up exercises

If you need to start really slow, you can do the warm-up exercises by themselves for two to three weeks, and then add the muscle workout and cool-down exercises.

A. Upper body warm-up

Chest and shoulders warm-up

1. **Sit in the chair. Lift your arms straight out in front of you.**
2. **Keeping your arms up, slowly open your arms until they are out at your sides.**
3. **Bring your arms back in front of you until your palms touch. Then lay them down in your lap.**
4. **Repeat this exercise 8 times.**



Triceps (back of upper arms)

1. **Sitting in the chair, put both of your arms above your head. You should be reaching for the ceiling.**
2. **Slowly, bring one hand down as if you are trying to pat yourself on the back.**
3. **Your elbow should stay near your head.**
4. **Lift your arm back up. Switch arms and do the same thing.**
5. **Repeat this 8 times.**



Shoulders warm-up

1. While sitting, lift both arms out to your sides. Your fingers should be pointing outward.
2. Slowly make 12 small circles with your arms.
3. Lower your arms back to your side.



B. Lower body warm-up

Calf (lower leg) warm-up

1. Sit in the chair. Place your hands on your knees. Put your feet close together.
2. Lift your toes off the floor. Keep your heels on the ground.
3. Next, lift your heels off the ground. Keep your toes on the floor.
4. Do these moves 15 times slowly. Rest 30 seconds. Do three sets of 15 exercises.



Leg warm-up

1. In the sitting position, place your hands on your thighs.
2. Using one leg at a time, lift your leg straight out in front of you.
3. While your leg is in the air, make a big circle with your toe by moving your ankle. Bring your leg down.
4. Circle ten times. Switch legs and do the same thing again.
5. Do three sets of ten circles with each leg.



Sitting March Warm-up

1. In the sitting position, place your hands on your thighs.
2. March your legs up and down.
3. Keep up the "march" for one minute.



Workout exercises

As you do your workout, focus on the muscles that you are working on. For the upper body chair exercises, first do the exercises with your arms only. As you get stronger, add light hand weights. You can buy hand weights in a sporting goods store.

C. Upper body workout

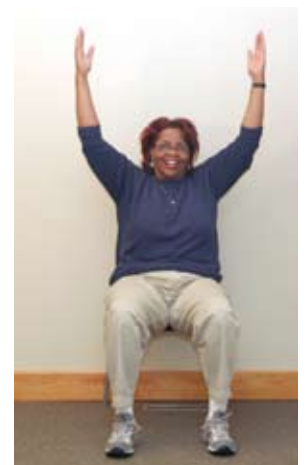
Biceps (front of upper arm)

1. **Sitting in the chair, start with your fingers touching your shoulders. Your elbows should be pointing out to the side.**
2. **Extend your arms out to your side and then bring your fingers back to your shoulders. Do both arms at the same time.**
3. **Do this 15 times. Build up to three sets of 15 lifts.**



Up-press (shoulders)

1. **Sit in the chair. Touch your shoulder with your finger tips.**
2. **Reach both arms up to the ceiling.**
3. **Touch your shoulder with your finger tips again.**
4. **Do this 15 times. Build up to doing three sets of 15 lifts.**



Triceps (back of arm)

Hold a light weight or can in your hand while you do this one.

1. **Sitting in a chair, bend your arm and point the tip of the elbow toward the ceiling. Keep the elbow next to your ear.**
2. **Straighten your arm so that your hand points to the ceiling.**
3. **Return your arm to the starting position.**
4. **Do these 15 times. Build up to doing three sets of 15 lifts.**



D. Lower body workout

Leg extension (upper leg)

1. While seated, slowly lift one leg straight out in front of you. Hold it up for one second and then lower it.
2. Do ten lifts and then switch to the other leg.
3. Build up to doing 3 sets of the 10 lifts on each leg.



Calf (lower leg)

1. Place your hands on your knees. Put your feet close together.
2. Place a large flat object like a book on your thighs. Pick an object that covers your lap.
3. Lift your heels off the ground. Keep your toes on the floor.
4. Return your heels to the floor.
5. Do the moves 15 times slowly. Rest 30 seconds. Work up to 3 sets of 15 raises.



Hamstring (upper back leg)

1. Place your hands on your knees. Put one leg on a coffee table or chair.
2. Press the heel of your foot down on the chair or table. Feel the muscles behind your leg tighten.
3. Hold the press for 5–10 seconds.
4. Repeat ten times on each leg. Build up to doing 3 sets of 10 presses with each leg.



Inner thigh

1. Sit in a chair with a pillow between your knees.
2. Squeeze your knees together. Start with a light press on the pillow.
3. Slowly increase the push on the pillow. Then return to lighter press.
4. Hold the hard press for 5–10 seconds.
5. Start with a few presses. As you get stronger, work up to doing 20 presses at one time.



Cool-down

Gently cool your muscles down by repeating the exercises that you did to warm up. Follow the cool-down with stretches.

6. Arthritis Activity Program

Standing straight leg lift

1. **Straight leg lifts can help strengthen your muscles without causing knee pain.**
2. **Stand beside a wall or chair.**
3. **Place one hand on the wall or chair for stability. Do not lean.**
4. **Stand on the foot closest to the wall. Lift the other leg, keeping knee straight and tightening the top muscle of the thigh.**
5. **Lift the leg as high as you can without arching your lower back or leaning. Make sure your hips stay level.**
6. **Slowly lower your leg back down to the starting position.**
7. **Do up to 15 lifts in each set. Try to build up to three sets as you get stronger.**
8. **Switch legs and repeat.**



Front thigh

1. **Lie down on your back. Keep your right leg straight and your left leg bent.**
2. **Tighten the top muscle of right thigh. Lift right leg from the floor until the right knee is even with the left knee. Lower back to the starting position.**
3. **Repeat lift ten to fifteen times.**
4. **Switch legs and repeat.**



Side hip

1. **Stand and rest your hands on a table or chair for balance.**
2. **Slowly slide your right leg outward away from the left leg. Do not bend your knee.**
3. **Return to the starting position.**
4. **Repeat the lift ten to fifteen times.**
5. **Switch legs and repeat.**



Back hip

1. **Stand facing a wall.**
2. **Place hands on wall for stability. Do not lean.**
3. **Keeping knee straight, move right leg backwards behind body.**
4. **Return to start position.**
5. **Do up to 10–15 lifts in each set. Try to build up to three sets as you get stronger.**
5. **Switch legs and repeat.**

