

Fall Free Friday

Exercise is the Best Medicine

Are you looking to add more exercise into your everyday routine? Not sure where to start? Below are various pieces of equipment and exercises you can utilize almost anywhere! Make sure to talk to a doctor before starting a new exercise plan.

Exercise Equipment:



Foam Pad: Can be used for vestibular, visual, or proprioceptive balance as an unsteady surface



TheraBands: Can be used for strength training and range of motion exercises. Different colors are different resistances



Dumbbells: Can be used for strength training and has a variety of weights. Targets larger muscle groups



Dyna Disc: Can be used for vestibular, visual, or proprioceptive balance as an unsteady surface

Exercises for Older Adults:

** All exercises can be completed seated or standing.*

Weight Shifting:

Standing with your feet at hip-width, shift your weight to one side, lifting your opposite foot off the floor.

Hold the position as long as you can, then shift to the other side.

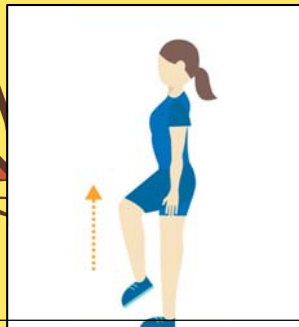


Leg Raises:

*Start by sitting in a chair with feet flat on the floor. Extend one leg in front of you, with toes pointing up towards the ceiling. **DO NOT** lock the knee. Hold for one second and alternate to the other foot.*

Tandem/Heel-Toe Walking

Stand with arms straight out and feet next to each other. Focusing on a spot in front of you, step forward with one foot, and place the heel of the back foot directly in front of you.



Marches:

Sit or stand tall with feet hip width apart. Lift one knee until the thigh is parallel with the floor (or as high as you can lift it). Make sure to keep torso/back straight and do not lean. Pause then lower foot to the floor.

Photo Credit: Evelvo. (2020). Exercises for seniors. Retrieved from <https://www.evelo.com/exercises-forseniors/>

Saebo. (2018). Reclaim your stability. Retrieved from <https://www.saebo.com/>