

# Fall Free Friday

## *Exercise is the Best Medicine*

Below are some simple exercises that can be done at home to help keep your body moving. It is best to talk to your doctor or before starting any exercise program. A personal trainer may be a good resources if you want to invest in more intensive exercises for strength, balance, and/or flexibility.



### ← Side Bends

**Motion:** Bending to the side to reach hand towards the floor, then bending to the other side  
**Importance:** Being able to reach beside you

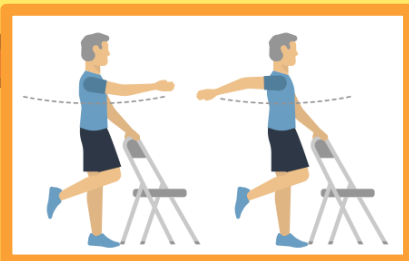
### Sit and Reach →

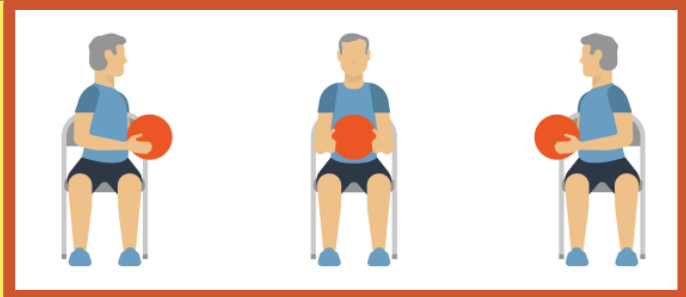
**Motion:** Reaching towards your toes  
**Importance:** Being able to put shoes and socks on



### ← Pendulum Swing

**Motion:** Swinging one arm at a time forward and back  
**Importance:** Being able to reach in front and behind yourself





### Torso (Tummy) Twist ↑

**Motion:** Turning your upper body from left to right

**Importance:** Turning toward a friend while sitting or turning to reach an object



### ← Seated Knee Lift

**Motion:** Bringing one knee up at a time from the floor to as high as you can

**Importance:** Works muscles necessary for climbing stairs

### Seated Shin Lifts →

**Motion:** Raising your feet up and down

**Importance:** Ankle mobility is needed for walking



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