

### Leg Exercise

- Lift one foot until your knee is straight and hold for a few seconds. Return foot to the starting position.



for seniors:

**8-10**  
exercises

### Abdominal Exercises

- Squeeze your abdominal muscles while raising both your feet off the ground. Hold for a second and release.



### Arm Raises

- Holding light weights in both hands and keeping a bend in your elbows, slowly lift both arms until they are parallel to the ground. Hold for a second and slowly go down to the starting position.



+

**6-8**  
repetitions  
per exercise/per side

### Triceps Extensions

- Holding a light weight, bend your left elbow straight up so it is pointing to the ceiling. Slowly straighten your arm. Hold for a second, then lower to the starting position.



### Balance Exercises

- Walk by placing the heel of your right foot directly in front of your left foot. Switch feet and repeat.



+

**2**  
days/week

### Leg Stretches

To lengthen your abductors:

- Standing, bend your left leg slightly and lean your body left. Hold for a few seconds, then repeat on the other side.



To stretch your legs:

- Stand and put one foot in front of the other. Gently lean forward, then repeat on the other side.



### Chest Stretch

- Clasp hands gently behind your head. Move your elbows back to the wall behind you. Hold for a few seconds, then repeat.



=



## heart, brain & body benefits

- maintain or increase muscular strength and endurance
- achieve or maintain a healthy weight
- maintain health and physical independence

For more information, visit [www.heart.org/seniorhealth](http://www.heart.org/seniorhealth).