

SENIOR EXERCISES & FITNESS TIPS:

STAY HEALTHY AND ACTIVE AS YOU GET OLDER

Benefits

from incorporating exercise into your routine:

PREVENTS BONE LOSS



STRENGTHENS IMMUNE SYSTEM & HELPS PREVENT CHRONIC DISEASES



INCREASED MOBILITY



RELIEVES PAIN



IMPROVES MOOD & REDUCES STRESS



DECREASED RISK OF COGNITIVE PROBLEMS



How to Get Started

MONDAY

ENDURANCE, STRENGTH, BALANCE:

- Sit to Stand
- Bridges
- Resistance band T rows
- Squat to balance with chair
- Bicep Curls

FLEXIBILITY:

- Hip flexor stretch
- Knee extension stretch
- Standing hip circles
- Seated side leans

WEDNESDAY

ENDURANCE, STRENGTH, BALANCE:

- Reverse lunge with chair
- Side-to-side step
- Tricep kickback
- Seated rows
- Bird Dog

FLEXIBILITY:

- Sit & reach stretch
- Seated side twist
- Seated cat pose
- Tricep stretch

FRIDAY

ENDURANCE, STRENGTH, BALANCE:

- Seated overhead press
- Single leg stand
- Resistance band leg raise
- Plank
- Wall push-ups

FLEXIBILITY:

- Shoulder Stretch
- Hamstring Stretch
- Neck Stretch
- Hip Abduction

Senior Stick Fit Senior Exercise Program

Camilla Rothe



Senior Stick Fit Senior Exercise Program:

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