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LET'S GET MOVING!



**A GUIDE TO
EXERCISE THAT
YOU CAN DO
ANYWHERE!**



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WORKING WITH WEIGHTS

No weights? No problem! You can make your own weights from unbreakable household items.

- Fill a plastic milk jug with sand or water and tape the opening securely closed.
- Fill a sock with dried beans, and tie up the open end.
- Use common grocery items, such as bags of rice, vegetable or soup cans, or bottled water.





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SIDE ARM RAISE

You can do this exercise while standing or sitting in a sturdy, armless chair.

- Keep your feet flat on the floor, shoulder-width apart.
- Hold hand weights (**cans work great!**) straight down at your sides with palms facing inward. Breathe in slowly.
- Slowly breathe out as you raise both arms to the side, shoulder height.
- Hold the position for 1 second.
- Breathe in as you slowly lower your arms.
- Repeat 10-15 times.
- Rest; then repeat 10-15 more times.



 exercises recommended by
U.S. Department of Health & Human Services