

Healthy Moves for Aging Well

Remember that SAFETY is always your first priority!

Stop if you feel unsteady, dizzy, or uncomfortable.

Read the “Red Flags” on the back for more information.

1. ARM CURLS

Sit in a comfortable position. Place a 1-pound weight (soup can, water bottle) in your right hand. Resting your elbow at your hip, bend at the elbow and touch the soup can to your shoulder. Slowly lower the weight, returning the hand to its starting position. Repeat with your left arm. **Work up to 15 to 20 arm curls two times a day.**



2. ANKLE POINT & FLEX

Sit in a comfortable position. Lift and extend right leg. Point your toes to the ground, then flex your toes to the roof. Repeat on left leg.

For variety, try doing Toe Taps. Put your feet on the floor and tap your feet, lifting the toes as high as possible while keeping your heel on the floor.

Work up to 30 seconds on each foot three times a day.



3. SEATED STEP-IN-PLACE

Sit in a stable chair and move your legs by slowly marching them in place. You only have to lift them an inch off the ground.

Work up to 1 minute once a day.



HOW DO THE MOVEMENTS APPLY TO MY LIFE?

Movement	Examples of Benefits	
Arm Curl	<ul style="list-style-type: none"> • Lifting/carrying laundry & groceries • Pouring a drink from a carton 	<ul style="list-style-type: none"> • Upper body endurance & strength • Holding grandchildren
Ankle Point & Flex	<ul style="list-style-type: none"> • Increases ability to lift toes to avoid tripping on rugs, steps & curbs • Reduces fall risk 	<ul style="list-style-type: none"> • Increases blood circulation to manage/ prevent ankle swelling • Increases ankle flexibility
Seated Step-In-Place	<ul style="list-style-type: none"> • Getting to toilet • Walking in the home 	<ul style="list-style-type: none"> • Shopping for groceries • Getting the mail

“THE RED FLAGS”

When to discontinue movements:

- 1. Radiating pain** Example: Pain that begins in the lower back and runs down the leg.
- 2. Numbness or Tingling** Example: Upon straightening one or both legs while seated, you feel any numbness or tingling in the legs or feet.
- 3. Loss of Range of Motion** Example: When attempting to stretch the shoulder, you experience pain and cannot move your shoulder as far as you use to.
- 4. Loss of Function** Example: You no longer can use a finger, hand, foot, or leg.
- 5. Swelling** Example: You begin to experience new or additional swelling in the ankles or feet.
- 6. Night Pain** Example: You begin to experience unexplainable pain during the night that you did not have before.
- 7. Chest Pain or unusual Shortness of Breath**

If you experience any of the above “RED FLAGS” or any unusual pain or discomfort, you need to do the following:

- Stop exercising immediately
- Call your doctor _____ or 911.

Doctor’s Phone #

