

Healthy Moves for Aging Well

Advanced Movements

Remember that SAFETY is always your FIRST PRIORITY!

These movements are more challenging.

Stop if you feel unsteady, dizzy, or uncomfortable.

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

1. CHAIR STAND

Sit tall on a stable chair with arm rests. Slowly stand up from the chair to a full stand using your hands to help you push off the chair if needed. Make sure this is performed with a stationary countertop in front of you or something that won't move if you need to use it for support. Return to a seated position.

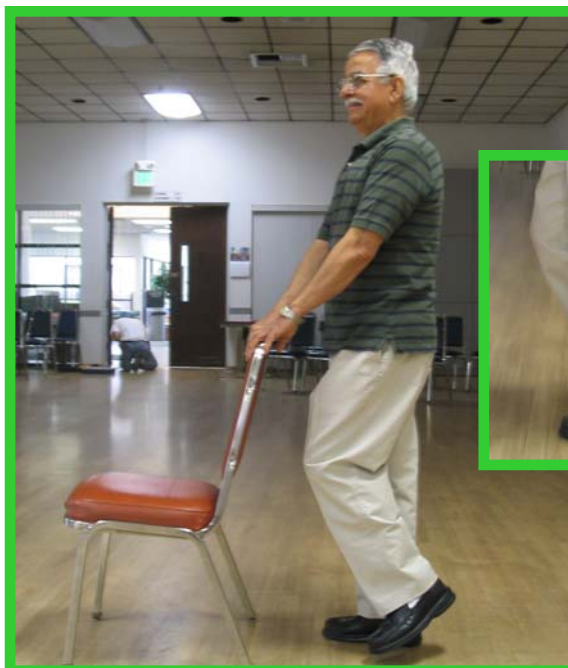
Work up to 10 chair stands a day.



2. STANDING STEP-IN-PLACE

Start by holding onto the back of a stable chair, wall or countertop to maintain your balance. Begin stepping in place lifting your feet only a few inches off the floor.

Try stepping-in-place 15 to 30 seconds two times a day.



HOW DO THE ADVANCED MOVEMENTS APPLY TO MY LIFE?

Movement	Examples of Benefits	
Chair Stand	<ul style="list-style-type: none"> • Rising from a chair or toilet 	<ul style="list-style-type: none"> • Getting in & out of the car
	<ul style="list-style-type: none"> • Getting on & off public transportation 	<ul style="list-style-type: none"> • Strengthen lower legs
Standing Step-In-Place	<ul style="list-style-type: none"> • Getting to toilet 	<ul style="list-style-type: none"> • Shopping for groceries
	<ul style="list-style-type: none"> • Walking outside to the curb to get ride 	<ul style="list-style-type: none"> • 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 #