

*This exercise prepares the mind and body for exercise.*

## **WARM-UP EXERCISES**

### **Deep Breathing**

Place your hands on stomach and take a deep breath in, filling your diaphragm. Feel your hands move out as you fully breath. Exhale and feel hands your hands return.



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Start with 3 to 5 repetitions for each of the warm-up exercises. Increase to 8 to 12 repetitions, as appropriate.

### **Good Morning Stretch**

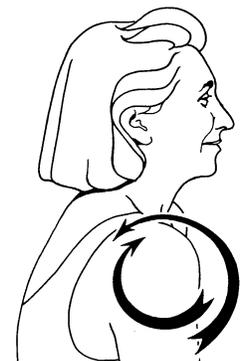
Stretch your arms wide. Take a deep breath and exhale, stretch some more, add a gentle turn to the left and then to the right. Move slowly and breathe deeply.

*The Good Morning Stretch and Shoulder Rolls improve the range of motion of the shoulders and upper back and they are an excellent way to relieve muscle tension.*

### **Shoulder Rolls**

Roll your shoulders forward, making small circles for a count of 5. Then roll your shoulders to the back for a count of 5.

One set is 10 counts



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**Diagonal Arm Press Across the Body**

Starting with your left arm, press to the right, away from and across your body. Alternate your right and left arm. Repeat 5 to 10 times.

**Pause, take 2 or 3 deep breaths.**

**Foot Circles**

Sit with both feet on floor. Raise one foot and gently circle (rotate) your foot in a clockwise direction 5 times. Change direction and repeat.

Switch to the other foot and repeat.

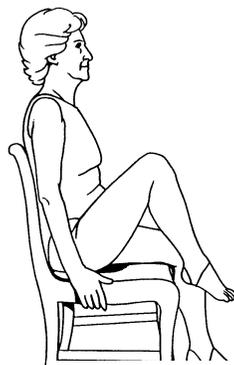


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**Seated Knee Raises (Seated Marching)**

Lift your left knee and then lower it. Lift your right knee and lower it, as if you were marching.

Repeat 5 to 10 times.



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*This exercise warms the body and can improve your upper body range of motion, overall balance and physical endurance.*

*The ankle is one of the most important "balance" joints. The ankle joint "responds" to changes in terrain and "reports" to the brain and other muscles information necessary for adjustment and safety. Ankle rolls may improve range of motion and balance.*

*Seated Knee Raises improves hip stability and range of motion. May help physical endurance.*

**Pause, take 2 or 3 deep breaths.**

## **STRENGTH AND BALANCE EXERCISES**

### **Diagonal Arm Press Across the Body and Toward the Floor**

*This exercise improves the range of motion in the shoulders and back. It may also improve physical endurance.*

Starting with your left arm, press to the right, toward the floor and across your body. Alternate your right and left arm.

Repeat 5 to 10 times. Add a set as participants get stronger.

### **Diagonal Arm Press Across the Body and Slightly Overhead**

*This exercise improves the range of motion in the shoulders and back. It may also improve physical endurance.*

Starting with your left arm, press to the right, toward the ceiling and across your body. Alternate your right and left arm.

Repeat 5 to 10 times. Add a set as participants get stronger.

## **Rowing Exercise**

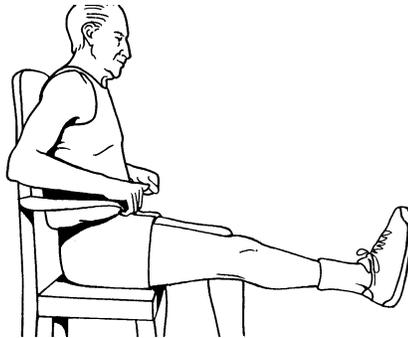
With both arms straight out in front of your body, pull arms in, as if you are rowing a boat. Try to pinch your shoulder blades together as you row.

Repeat cycle 5 to 10 times. Add a set as appropriate.

## **Seated Leg Extensions**

Slowly straighten your left leg and then return your left leg to the floor.

Slowly straighten your right leg and then return your right leg to the floor.



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Alternate and repeat 5 to 10 times. Add a set as participants get stronger.

## **Seated Knee Raises (Not Alternating)**

First, lift your left knee and then lower it.

Repeat 5 to 10 times.

Second, lift your right knee and then lower it.

Repeat 5-10 times.



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*This exercise improves torso, hip and upper leg strength.*

*Heel cord flexibility is a strong indicator of overall balance ability and range of motion.*

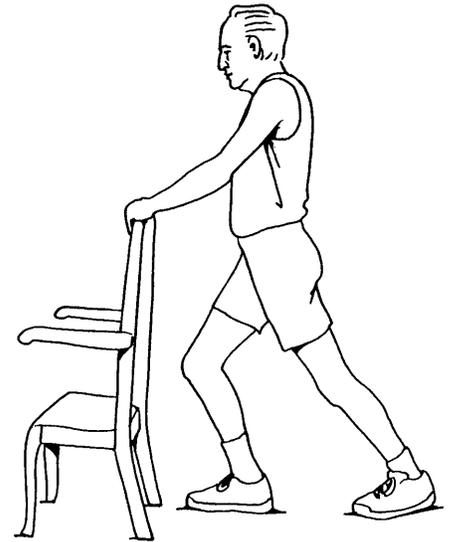
## **Heel Cord Stretch**

Stand about an arm's length away from the chair. With right foot in front of left, lean forward keeping left heel flat on the floor.

Hold 10 to 15 seconds.  
Counting out loud.

Repeat with opposite foot in front.

Repeat cycle 2 times.



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**Before returning to your seat,  
take two or three deep breaths.**

## **COOL-DOWN**

### **Ear to Shoulder**

Bring left ear to left shoulder and hold for 10 seconds.

Repeat to the right.

Repeat cycle 3 times.

*This is an exercise that can be done anywhere, at anytime. It is a good exercise for the range of motion in the neck and releasing tension.*

### **Look Left, Look Right**

Look to the left, look to the right.  
Move slowly.

Repeat 5 times.



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*This exercise can also be done anywhere, and anytime. It improves neck range of motion. It is helpful in maintaining your ability to look left and right when driving.*

### **Good Morning Stretch**

Stretch arms open wide and yawn, if you like.

Take a deep breath, stretch some more, add a gentle turn to the left and then to the right.

Move slowly and breathe deeply.

Repeat cycle 2 to 3 times.



*A relaxing stretch for the entire body.*

### **Giant Bear Hug Stretch**

Wrap your arms around your body.  
Try to reach your hand behind your back (like a big bear hug)  
Squeeze and stretch and relax.

**You did it- Congratulations!**



**Take two or three deep breaths.**  
**Relax! Good job!**