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 breathe. Exhale and feel hands your hands return.

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.

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

This exercise prepares the mind and body for exercise.

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.
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.

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.

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

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.

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.

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**

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**

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.

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

This exercise improves the range of motion in the shoulders and back. It may also improve physical endurance.
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. Then, slowly straighten your right leg and then return your right leg to the floor.

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.

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.

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.
**Look Left, Look Right**

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

Repeat 5 times.

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**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.

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**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!