

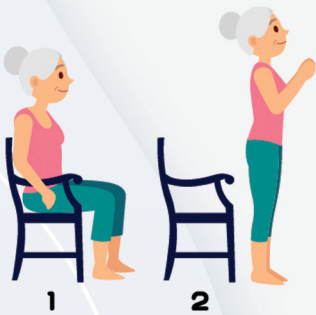


## WEIGHT BEARING EXERCISE FOR SENIORS



### Walking

1. Put your left foot in front of your right foot.
2. Next, put your right foot in front of your left foot.
3. Repeat many times.



### Sit to Stand

1. Sit toward the front edge of a chair.
2. Rest your feet flat on the floor with your heels close to the edge
3. Use your legs and glute muscles to stand up. If you need to, use one or both hands.
4. Do 2 sets or 5-10 reps.



1



2

### Step Up

1. Stand at the bottom of a stairway.
2. Lift your right foot onto the first step.
3. Optionally, raise your left foot and straighten the right leg.
4. Step back down.
5. Repeat with your left foot.

#### There are many variations.

1. Step on the first step with one foot first and then the other, so both feet are on the step before you step down.
2. Hold a dumbbell in each hand.
3. Bring your arms overhead as you step up.
4. Walk up two steps then come back down

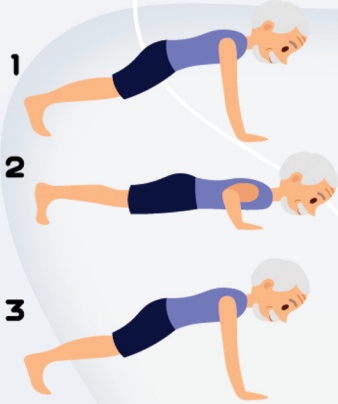


### Heel Raise

1. Stand on your tiptoes.
2. Hold for a second or two. For a stronger workout, hold 5-10 seconds.
3. Do 2 sets of 10-20 reps.



## WEIGHT BEARING EXERCISE FOR SENIORS



### Push-ups or Knee Push-ups

1. Lie with your stomach on the floor and your hands palms down under your shoulders.
2. Straighten your elbows and push yourself up. Keep your body straight. Straight from your head to your toes or from your head to your knees, depending on which type you're doing.
3. Lower your chest to the floor, but don't let it rest on the floor.
4. Push up again.
5. Do 1-2 sets of 10-20 reps. Rest a minute or so between sets.



### Wall Push-ups

1. Stand up straight, facing a wall, about two feet away.
2. Place your palms on the wall at shoulder level.
3. Keep your shoulders relaxed.
4. Keeping your body straight, let your elbows bend until your head barely touches the wall.
5. Push back to the upright position.
6. Do 1-2 sets of 10-20 reps.



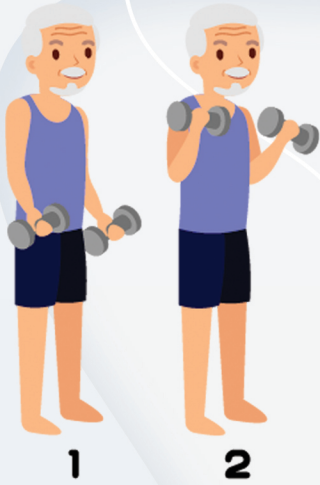
### Squats

1. Stand straight with your feet slightly wider than hip width. Rest your hands on chair backs or hold them straight out in front for balance, palms down.
2. Bend your hips and lower your butt as if you're sitting in an imaginary chair.
3. Keep your shoulders relaxed.
4. Bend as far as is comfortable. If you can, bring your thighs parallel to the floor.
5. Bend as far as is comfortable. If you can, bring your thighs parallel to the floor.
6. Rise to the original position. If your hands are on chairs, use them only for balance. Use your legs to raise yourself.
7. Do 1-2 sets of about 10 reps.



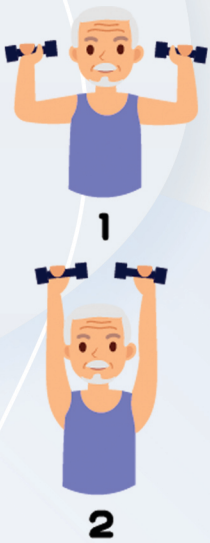


## WEIGHT BEARING EXERCISE FOR SENIORS



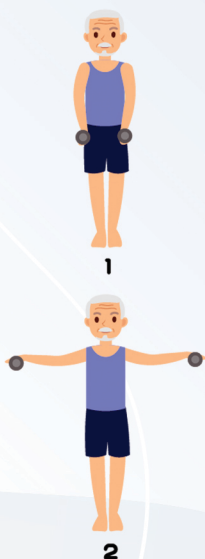
### Curls

1. Stand straight, arms at your side.
2. Hold a dumbbell in each hand with your wrists facing forward.
3. Keep your core engaged so your body doesn't sway during the exercise.
4. Inhale.
5. On the exhale, curl the weights up against your shoulders. It's a movement of the arms. If you have to use your back, you're using too much weight.
6. Inhale as you lower your arms to the starting position. For the best muscle workout, do this "negative" part of the rep slowly.
7. Do 1-2 sets of 10-20 reps.



### Presses

1. Stand up straight with your arms by your sides and a dumbbell in each hand, wrists facing inward.
2. Bend your elbows to bring the weights up next to your shoulder.
3. As with the curls, use your abs to keep your body straight.
4. Inhale.
5. Inhale as you lower the dumbbells to your shoulder.
6. Do 1-2 sets of 10-20 reps.



### Lateral Raise

1. Stand straight with your arms at your sides, a dumbbell in each hand and the wrists facing inward.
2. Use your abdominals to keep your body straight.
3. Inhale.
4. As you exhale, raise your arms out from your sides until they're parallel to the floor.
5. Lower the weights to the starting position.
6. Do 1-2 sets or 10-20 reps.



## WEIGHT BEARING EXERCISE FOR SENIORS

### Dumbbell Crunch



1. Lie on your back on the floor with your knees bent, feet flat on the floor.
2. Hold a dumbbell against your chest in each hand with your elbows in tight to your side.
3. Initiate the motion from your upper back, and raise your head, neck and shoulders from the floor.
4. Come only as high as you can without using your lower back. Once you start bending your lower back you're doing old-fashioned sit-ups, which do at least as much harm as good.
5. Lower yourself to the starting position.
6. Do 1-2 sets of 15-20 reps.

**There are many variations.**

1. As you come off the floor, straighten your elbows and extend your arms.
2. Start with your arms extended out to the side on the floor and bring the hands together as you come up.
3. Do the entire motion with your arms and the weights extended.

### Dumbbell Squats



1. Stand straight with your feet slightly wider than hip width.
2. Let your arms hang at your side, a dumbbell in each hand, wrists facing in.
3. Keep your body straight. Don't lean forward.
4. Bend your hips and knees and lower yourself as if sitting in a chair.
5. Bend as far as is comfortable while maintaining a straight upper body. If you can, bring your thighs parallel to the floor
6. Return to the starting position.
7. Do about 10 repetitions.