

# STAY WELL

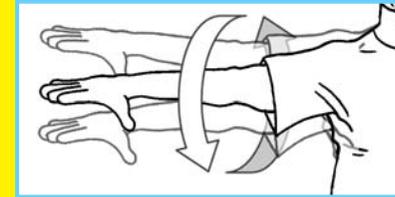
## Fitness For Seniors



**Posture**



**Warm up**



**Range of Motion**



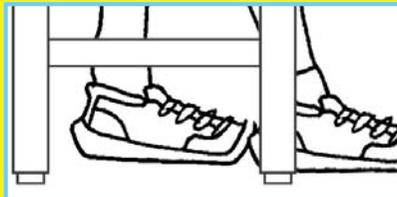
**Flexibility**



**Strength**



**Walking**



**Balance**



**Cooldown**



**Purpose:**

- Focus mind
- Increase

**Purpose**



New York City  
 Department for the Aging  
 Health Promotion Services



Michael R. Bloomberg  
 Mayor  
 City of New York



Edwin Méndez-Santiago, LCSW  
 Commissioner  
 Department for the Aging



## WORKOUT GUIDE

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### DO NOT EXERCISE BEFORE READING PROCEDURES

- Duration: **Minimum of 10-15 minutes – Recommended 30 minutes**
- Frequency: Minimum of twice weekly, 3x per week if possible
- Space: Large enough space for out stretched arms and room to walk around a chair; flat even stable floor; well ventilated and cool; no obstacles or items to trip over or impede movement.
- Equipment: • Armless chair • Theraband/Stretch band (included) • Water Bottle

## WHAT IS WELLNESS

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### Wellness is...

- **a choice** – a decision one makes to move toward optimal health.
- **a way of life** – a lifestyle one designs to achieve his/her highest potential for well-being
- **a process** – a developing awareness that there is no end point  
but that health and happiness are possible in each movement, here and now.
- **the integration of body, mind and spirit** – the appreciation that everything one does, think, feel and believe has an impact on one's state of health.
- **the loving acceptance of oneself**
- **an extension of the definition of health to encompass a process of awareness, education and growth**

Wellness is the right and privilege of everyone. There is no prerequisite for it other than your free choice. The “well” person is not necessarily the strong, the brave, the successful, the young, the whole, or even the illness-free being. A person can be living a process of wellness and be physically handicapped, aged, scared in the face of a challenge, in pain and imperfect. No matter what your current state of health, you can begin to appreciate yourself as a growing, changing person and allow yourself to move toward a happier life and positive health.

**Your STAY WELL work out session should include 3 to 5 exercises from each section: warm up, range of motion, strength, balance, and cool down.**

Be advised that this book is designed so that you will flip each page as you progress through the chapters and then, when you get to page 42, you can turn the book around and flip back through to view the rest of the exercises.

Your exercise session should follow the book's format, in order of chapters 1-5. A good guideline is to choose 3 or more exercises from each section to create your workout. Vary your choices from time to time to keep the workout interesting and exercise all parts of your body. You can always include favorites in each workout.

Almost all of the exercises offer three levels of difficulty. Each level builds on the preceding one. Start at Level 1. Proceed to the next level when you feel comfortable.

Please refer to page 3 for information on contraindicated exercises and guidelines. The  (hand symbol) always indicates that an exercise is not recommended for people with certain physical limitations.

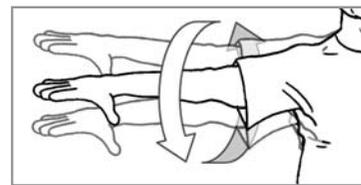
Additionally, the use of music is optional, but highly recommended.



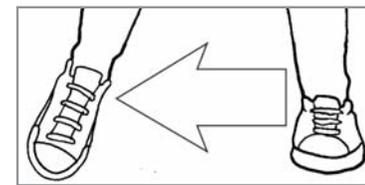
Posture



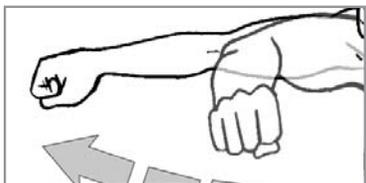
Warm up



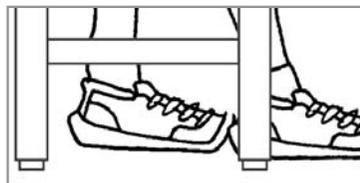
Range of Motion



Walking



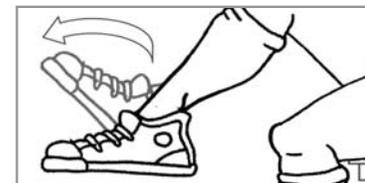
Strength



Balance



Cooldown



Flexibility

**Purpose:**

- Increase blood flow to arms, legs, and throughout body
- Increase core body temperature in preparation for the exercises
  - Warm up and lubricate joints
    - Increase joint range of motion/flexibility
    - Establish effective breathing patterns
    - Increase body awareness

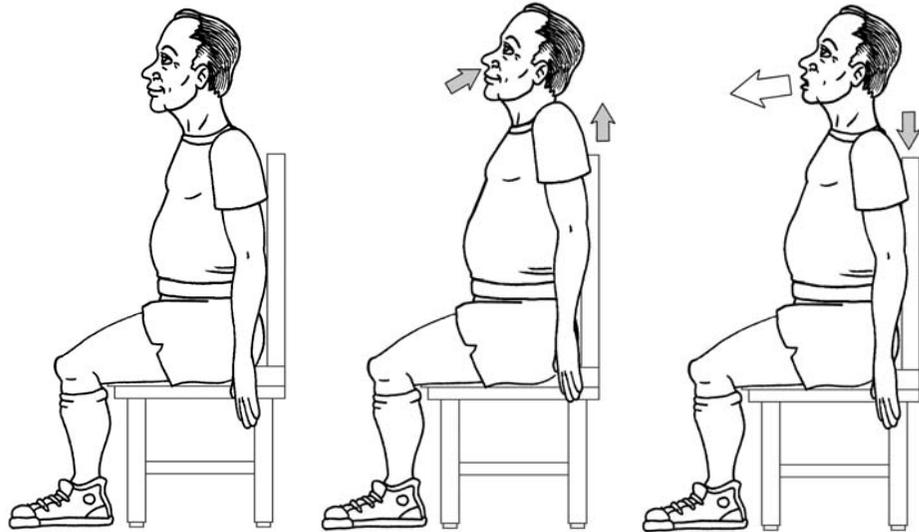
Perform **5-10** minutes

# Shoulder Shrugs

## Level I



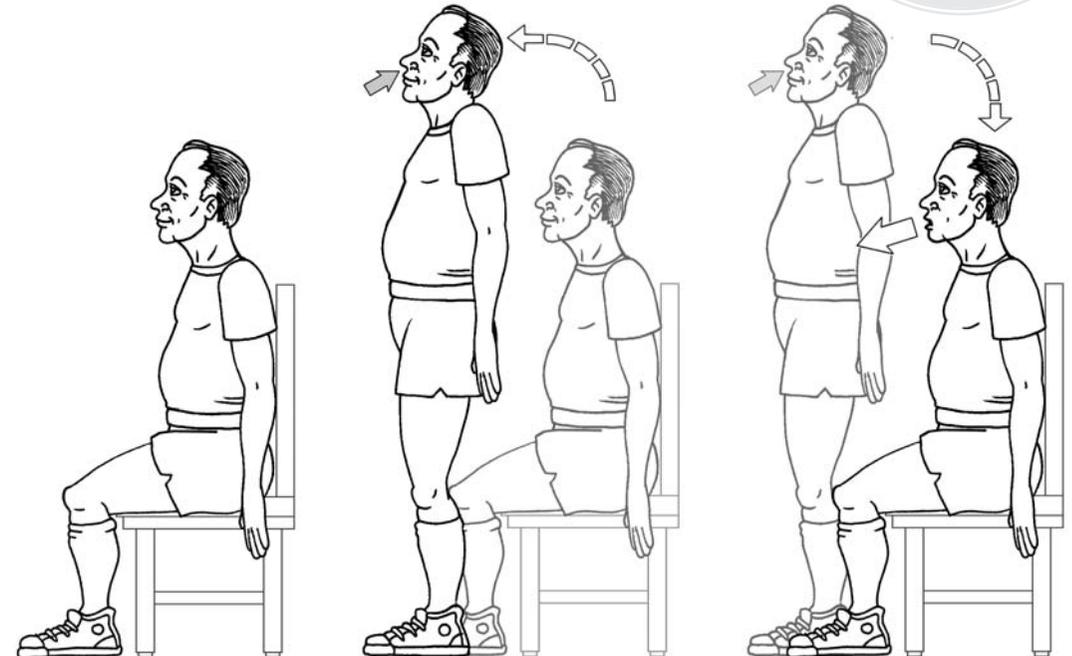
### Sitting Posture | Alignment Scan



Lift shoulders  
to ears  
as you inhale

Lower shoulders  
as you exhale  
As you lower  
shoulders think  
"long neck"

## Level II



Repeat Level I

Stand as you lift  
shoulders to ears

Sit as you lower shoulders

**Purpose:**

- Increase shoulder range of motion
- Strengthen diaphragm



It is important to understand that when strengthening the muscles that attach to the bones, one also increases the strength of the bones (bone mineral density).

Increasing muscular strength increases functional strength and reduces risk of bone fractures.

### Purpose:

- Increase bone strength
- Increase muscular power
  - Increase ability to perform activities of daily living

### **Theraband/Stretch band:**

For some of these exercises, you will be using a theraband. Please read the following caution:

Before using stretch band:

- inspect for tears
- disregard if torn
- wrap theraband 1X around hand for greater control

Perform **15-20** minutes



# Wrist Curls

PAGES 33-34

Level II • **Equipment:** Theraband or Water Bottle



## Sitting Posture | Alignment Scan



Place one end of theraband under feet, place other end in hand

Wrap theraband 1x around hand



Take up slack, theraband is taut  
Palm faces down  
Brace forearm along length of thigh, lean forward

Bend wrist, hand moves upward (extension)



Turn palm up  
Bend wrist, hand moves upward (flexion)

**Option:**  
Water Bottle instead of theraband

Level III



Repeat Level II  
At the completion of each set, hold the wrist up 30 seconds



Increase tension on theraband

**Purpose:**

- Strengthen the muscles that cross the wrist joint
- Strengthen bones of the wrist
- Increase grip strength

**Theraband/Stretch band:** For some of these exercises, you will be using a theraband. Please read the following caution before using stretch band:

- inspect for tears
- disregard if torn
- wrap theraband 1X around hand for greater control

Perform **3** sets **8-10** reps



The N.Y.C. Department for the Aging Health Promotions Unit staff contracted with Asphalt Green to create this at-home exercise book that is varied, fun, and complete.

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## The exercises in this book will help you

- Feel better
- Improve your ability to move
- Increase ability to perform activities of daily living
- Increase bone strength
- Increase muscular endurance
- Increase body awareness
- Increase joint range of motion/flexibility
- Improve your body's 3 balance systems
- Lower blood pressure
- Focus mind
- Lower stress level
- Improve your posture
- Decrease risk of falls
- Increase stamina and energy
- Increase cardio fitness
- Have fun!

The book is a special spiral-bound easel which stands on any flat surface, such as a countertop, table, or chair. The stand-up format holds the pages upright so it is easy to follow the step-by-step sequences; it also helps you keep your place. In addition, you can leave a favorite page open, and ready to refer to, whenever you have time to spare.



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For more information, please call **212-442-0954**  
or visit our website **[www.nyc.gov/aging](http://www.nyc.gov/aging)**