



## EXERCISES FOR SENIORS

### 1. Bowl (To keep your legs and glutes strong)

- Perform your bowls delivery 10 times, taking a step in between.
- Do the same on the opposite to test both sides.

### 2. Single Limb Stance (To assist with balance)

- This can be done holding on the back of a solid chair if required.
- Lift up your right foot and balance on your left foot. Hold that position for as long as you can, then switch feet.
- The goal should be to stand on one foot without holding on the chair and hold that pose for up to a minute. You can work up to this.

### 3. Clock Reach (To assist with balance and flexibility)

- You will need a solid chair for this exercise.
- Imagine that you are standing in the centre of a clock while holding onto your chair.
- Lift your right leg and extend your right arm so it's pointing to the number 12. Next point your arm towards the number 3, and finally point it behind you at the number 6. Bring your arm back to the number 3 and the number 12. Looking straight ahead the whole time.
- Repeat this exercise twice per side.

### 4. Side Leg Raise (To assist with balance and strength)

- You will need a solid chair for this exercise.
- Stand behind the chair with your feet slight apart.
- Slowly lift your right leg to the side, keep your back straight, your toe facing forward and stare straight ahead. Lower your right leg slowly.
- Repeat this exercise ten times per leg.

### 5. Wall Pushups (To assist with strength)

- You will need a wall for this exercise.
- Stand an arm's length in front of a wall.
- Lean forward slightly and put your palms flat on the wall at the height and width of your shoulders.
- Keep your feet planted as you slowly bring your body towards the wall.
- Gently push yourself back so that your arms are straight.
- The closer you are to the wall the easier the exercise, the further away the harder the exercise.
- Do 10 of these.

### 6. Marching in Place (To assist with balance and strength)

- You can hold onto something if you need to, for example a counter.
- Standing straight, lift your right knee as high as you can.
- Lower it, then lift the left leg.
- Lift and lower your legs 20 times.

### **7. Should Rolls (To assist with flexibility)**

- This is a simple exercise that can be done seated or standing.
- Rotate your shoulders gently up to the ceiling, then back and down. Next do the same thing but roll them forwards and then down.

### **8. Hand & Finger Exercises (To assist with flexibility)**

- This is a simple exercise that can be done seated or standing.
- Pretend there's a wall in front of you.
- Your fingers will climb the wall until they're above your head.
- While holding your arms above your head, wiggle your fingers for ten seconds.
- Then walk them back down.