

Move to Keep Moving

simple exercises for strength and balance



... it's never too late to start.

Community Care
Access Centre **CCAC**
CASC Centre d'accès aux
soins communautaires
Central East - Peterborough

 **Osteoporosis Canada**
Ostéoporose Canada
Peterborough Chapter

 **ST. JOSEPH'S**
AT FLEMING

 **The GARDENS**
of Peterborough
Caring together

 **PETERBOROUGH**
HEALTH CENTRE
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 ... because health matters

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We're here to help.

 **The Arthritis**
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Produced with financial support from St. Joseph's Care Foundation

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1

Walking

Start walking for 2 minutes, progress to 5 minutes. Increase time as able. REMEMBER GOOD POSTURE (stand tall, shoulders back, feet hip width apart. Pull your navel towards your spine tucking your ears over your shoulders). WEAR SUPPORTIVE SHOES.



2

Arms

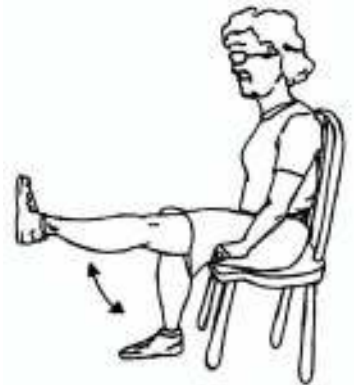
Slowly lift arms up to shoulder height as illustrated, pause, and slowly return arms to side. Raise arms in front of you to shoulder height and down. Repeat 3-5 times and increase to 10 each way. (can be done sitting)



3

Leg Extension

Slowly straighten knee as illustrated, pause, return foot to floor. Repeat with other leg. Then straighten knee, take leg sideways, return to start position. Repeat with other leg. Repeat 3-5 times and increase to 10 each leg.



4

Thigh Squeeze

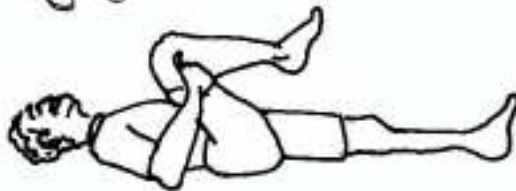
Squeeze a ball/towel between knees. Hold 10 seconds, relax, repeat 3-5 times, increasing to 10 repetitions. Do NOT hold breath.



5

Knee Bend

Bend knee to chest, help with hands if needed as illustrated. Hold leg behind knee and pull to chest as illustrated. Hold 10 seconds. Return to start position, repeat with other leg. Repeat 3-5 times and increase to 10 each leg.



6

Seat Walk

Without twisting, rock side-to-side lifting and moving (walking) hips forward on chair, then back. Try not to use hands. Repeat 3-5 times and increase to 10 repetitions.



Side Leg Raise

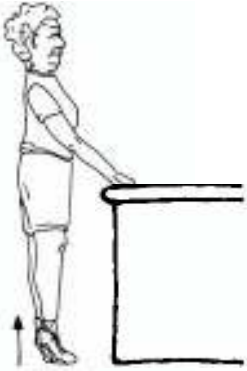
Stand by the counter with feet flat on the floor. Slowly lift your leg to the side; pause; then lower it under control. Do not lean your body. Do not swing your leg. Repeat with other leg. Start with 3-5 repetitions. Increase to 10 repetitions with each leg.



7

Heel Raise

Stand by a counter, feet flat on the floor. **Slowly** lift heels as illustrated, pause, return to start position. Repeat 10-15 times.



8

Stair Climb

Using the railing(s), **slowly** step up one-step at a time; alternating legs, if able. Increase the number of steps as tolerated.



9

Chair Stand

Sit in a chair against the wall, feet flat. **Slowly** rise to standing, no hands if able. **Slowly** return to sitting, under control, pushing hips back as you go down. **Do NOT drop the last 2"**. Repeat 3-5 times and increase to 10.



10

Toe Tapping

Sit on chair, tap toes, as illustrated. Repeat 10-15 times each foot.



11

Deep Breathing

Relax, take a deep breath in through your nose and out through your mouth. Repeat often through the day.

12

Remember, check with your health care provider before trying this or any exercise program.

For more information: call the Peterborough County-City Health Unit at 743-1000 or visit www.pcchu.ca.

Illustrations are by Daniel Finlan.

Home Safety Check List

Outside

- Walkways & doorways have motion detector lights
- Outdoor stairs, & decks have railings
- Front steps and walkways around your house are in good repair and free of clutter, snow or leaves

Inside

- Rooms and hallways are well lit
- Rugs and scatter mats are removed or secured in place
- Rooms & hallways are clear of clutter
- Emergency numbers are listed near all phones

Stairs

- Stairways are well lit even during the day
- 2 way light switches are in place at the top and bottom of stairs
- Handrails are secure and on both sides of the stairway, extending beyond the top or bottom step
- Stairs are in good repair and free of clutter

Bathroom

- Bottom of tub/ shower has a non-slip mat or adhesive safety strips or decals
- Nonskid mat is placed on every bathroom floor
- Grab bars that are properly placed and well anchored to the wall in the bathtub or shower
- If you have difficulty getting on & off the toilet, use a raised toilet seat with a secure grab bar within reach

Bedroom

- A well lit path from bedroom to bathroom
- Light sensor night lights in your bedroom, bathroom & hallways
- Telephone & touch lamps near your bed

Kitchen

- Heavy items are kept lower, light items are higher
- Floors are clean, dry and not slippery
- Cupboard doors and drawers are closed