

FIT TIP OF THE MONTH

2 GREAT Lower Body Exercises for the Older Adult

These are two of my favorite lower body exercises; like the upper body exercises, if you perform one or both of them each day, I guarantee your lower body will be stronger, and become more flexible. These activities will help your brain cells become healthier, and delay the progression of stiffness, arthritis, and other mobility issues of aging. ~ David Zid, ACE, APG, certified functional fitness.

General Guidelines: Perform all exercises while either standing or seated in a chair. Repeat exercise on opposite side if applicable. Train to tolerance, or, no pain.

1. Hamstrings Stretch: Sit with one leg straight in front of you, the other knee flexed with foot flat on the floor. Place both hands just above the knee on the straight leg. Move your belly button toward your toe, pulling your toes up and flexing your foot. You should feel a nice stretch up the back of your leg - hold for a 10-count. Repeat stretch 3-5 times each leg.



2. Balance: Stand on one leg and attempt to balance, using one hand on a chair for stability if needed. Try to hold for as long as possible, up to one minute. When this is easy, try this balance move with your arms folded across your chest. Perform this move with your arms swinging back and forth. Finally, try this balance move while looking up, down, right and left. Have a chair nearby to hold on to for safety, or exercises in a corner.

