

Message to our Senior Exercise Participants!

During this limited hiatus from classes at the Worcester JCC, please use the suggested exercises below for keeping your strength and endurance up until we can meet again!

Our goal in our SeniorFit and Chair Exercise classes has been to choose exercises, which when combined, will help to maintain or improve your ability to move. This includes maintaining/improving your cardiovascular health, improving your mobility with range of motion (ROM) exercises to enhance your walking and decreasing your fall risk, and improving/maintaining your strength, stability and balance.

These exercises will be familiar to you as they are included in our classes.



Equipment: None required; optional chair for balance. You can do this in your own home or outside. Brace your core!!!!

Note: The JCC would like to extend our assistance to our senior community with social service assistance. This may include but not limited to grocery and pharmacy deliveries and is available to our members and nonmembers. If you or someone you know is in need of assistance, please contact Nancy Greenberg by either email (ngreenberg@worcesterjcc.org) or by phone: 508-756-7109, x232

Cardio Training: Aim to be physically active EVERY DAY - any activity, the more you do the better, even if it is light activity. Reduce the time spent sitting or lying down by moving even if it is 5 or 10 minutes at a time. Aim for 20, 30, 60 minutes per day. In our classes, we often cycle between a cardio, strength and balance activity and the 45 - 60 minutes goes by very quickly. If a 20 minute walk seems excessive to you, break it up with some strength and balance options. If you do not have a pedometer, consider buying one. Get an idea of your average daily steps and then try to increase that number by 5% each day.

Drills that you may be familiar with to improve your gait while walking: speed walking - pick up the pace for 7 or 8 steps, catch your breath and do it again 5 or 6 times; Accelerate/Decelerate - for 10 steps accelerate your pace for 6 - 7 steps but decelerate steps 8, 9 and 10, catch your breath and do it again 5 times. Longer steps to improve your stride for a few steps; marching to reduce shuffling for a few steps.

Strength Exercises: Sit-to Stand - slowly 5 - 10 times, aim to use your legs, not arms! Heel raises-hold on to chair for stability if needed and lift both heels off floor 5 -10 times; Abduction - sideways leg lift and return to stand - avoid tilting to the side; Side to Side Lunge - legs wide, toes comfortably pointed out, shift weight side to side bending one leg at a time; Rear Leg lifts - hold on to chair if needed, one straight leg points back-toe on floor, lift leg and tap toe 8 - 10 times, change leg.

Strength Drills you may be familiar with: Heel Raise drill -- step forward Rt/Lt. heel raise, step back Rt/Lt heel raise - 8 times; Side leg raise drill - 2 steps Rt lift Lt. leg side, 2 steps Lt lift Rt leg, step Rt. touch Lt step Lt and lift Rt. leg 8 times to the side; alternate Rt./Lt. leg lifts to the side 8 times, Switch sides; Plie/Releve - Step wide, squat, lift heels, rise up on toes, heels down 8 times; Rise up on toes, bend knees, heels down stand 8 times,

Balance/ROM:

Sideways walking slowly - step out step in - avoid turning shoulders/hips; grape vine - crossing front; heel to toe walk; one leg stand; neutral spine walking drill - balance something on your head, eyes front; cat/cow supported with hands on thighs and abs braced.

Drills you may be familiar with: Legs wider than hips, hands on thighs, bend knees sternum up, tuck tailbone under, round up to stand; TaiChi arm circles.

For any additional information or if you have questions please contact me at edrawbridge@worcesterjcc.org.



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