

8 Week

Seniors' Fitness Program



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Covenant Health
Network of Excellence in
Seniors' Health and Wellness



8 Week Seniors' Fitness Program

Canadian Physical Activity Guidelines for Older Adults* (65 Years & Older)

1. To achieve health benefits, and improve functional abilities, adults ages 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.
2. It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.
3. Those with poor mobility should perform physical activities to enhance balance and prevent falls.
4. More physical activity provides greater health benefits.

Access the complete Older Adult Physical Activity Guidelines [here](#).

Being active for at least 150 minutes per week can help reduce the risk of:

- Chronic disease (such as high blood pressure and heart disease)
- Premature death

And also help to:

- Maintain functional independence
- Maintain mobility
- Improve fitness
- Improve or maintain body weight
- Maintain bone health
- Maintain mental health and feel better



* http://csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_older-adults_en.pdf



EXERCISE INSTRUCTIONS



Chair Lean Backs

3 sets of 10 reps

INSTRUCTIONS:

- Sit near front of chair with arms across chest
- Tighten your abdominal muscles
- Slowly lean back to a comfortable angle, where you feel your muscles working, but are not in any pain or discomfort
- Slowly come back to the start position



Seated Leg Straighten

3 sets of 6 reps, each leg

INSTRUCTIONS:

- Sit in chair with feet rested lightly on floor
- Slowly extend one leg in front of you, but DO NOT lock your knee
- Feet toes pointed towards ceiling
- Hold for 2-3 seconds
- Slowly lower leg back down



Standing Knee Bends

2 sets of 10 reps, each leg

INSTRUCTIONS:

- Stand using a chair to balance
- Bend your knee backward as high as you can
- Hold 2-3 seconds
- Slowly lower leg back down





EXERCISE INSTRUCTIONS



Standing Side Leg Raise

2 sets of 10 reps, each leg

INSTRUCTIONS:

- Stand using a chair to balance
- Slowly lift one leg out to the side
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down

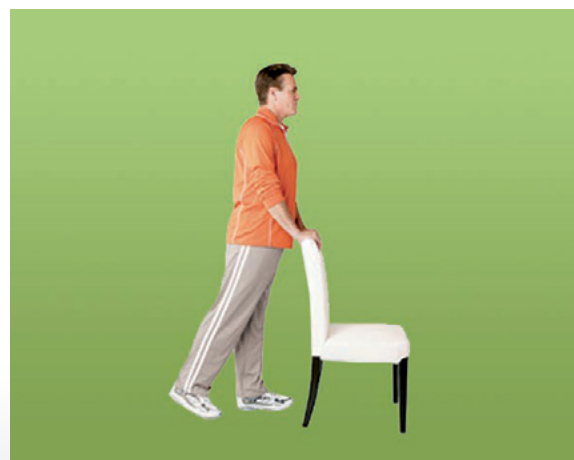


Standing Hip Extension

2 sets of 10 reps, each leg

INSTRUCTIONS:

- Stand using a chair to balance
- Slowly extend your leg backward, keeping your knee straight
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down



Seated Hip March

3 sets of 10 reps, each leg

INSTRUCTIONS:

- Sit in chair with feet flat on floor
- Lift your knee as high as comfortable
- Slowly lower
- Alternate lifting each knee for a total of 10 lifts on each leg





EXERCISE INSTRUCTIONS



Calf Raises

3 sets of 10 reps

INSTRUCTIONS:

- Stand with feet shoulder width apart using a chair to balance
- Slowly raise onto your toes
- Hold for 2 seconds
- Slowly lower heels to floor

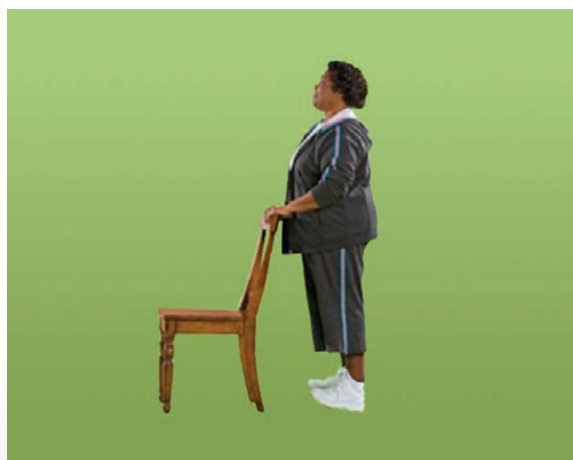


Heel Stands

3 sets of 10 reps

INSTRUCTIONS:

- Stand using a chair to balance
- Raise up on heels by lifting toes towards ceiling
- Hold for 2 seconds
- Lower toes slowly back to floor



Overhead Press

2 sets of 10 reps

INSTRUCTIONS:

- Sit in chair with feet flat on floor, shoulder width apart
- Hold weights at your sides at shoulder height with palms facing forward
- Raise both arms up over your head, keeping a slight bend in elbows
- DO NOT lock your elbows at the top
- Hold for 2 seconds
- Slowly lower arms





EXERCISE INSTRUCTIONS



Seated Rows With Band

2 sets of 10 reps

INSTRUCTIONS:

- Sit in chair with feet flat on floor
- Place middle of band under your feet and hold each end of the band in each hand, palms facing upward
- Relax your shoulders
- Pull back both elbows until your hands are at your hips
- Hold for 1-2 seconds
- Slowly lower back to start position



Leg Balance

Note: Try to only use chair as a support, if needed

INSTRUCTIONS:

- Stand on one foot and use a chair for balance
- Hold position for 10 seconds 3 times, each leg

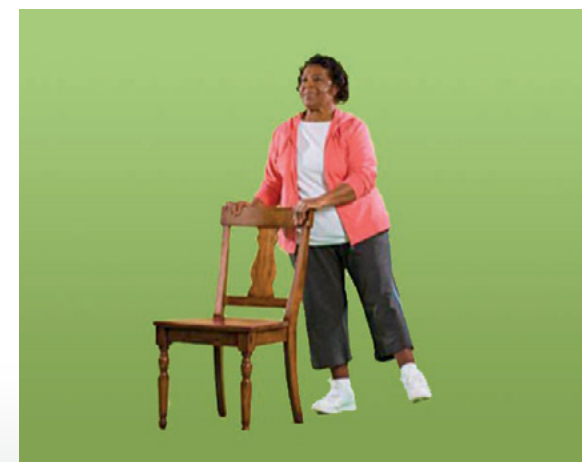


Standing Side Leg Raise

3 sets of 10 reps, each leg

INSTRUCTIONS:

- Stand using a chair to balance
- Slowly lift one leg out to the side
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down





EXERCISE INSTRUCTIONS



Step Ups

3 sets of 10 reps, each leg

INSTRUCTIONS:

- Step up onto stair leading with right leg, then following with the left
- Step back down leading with the left leg
- Repeat 10 times, then switch legs so that the left leg is leading on the step up



Lying Leg Raise

3 sets of 10 reps, each leg

INSTRUCTIONS:

- Lie on your back with one knee bent and one knee straight, toes pointed to ceiling
- Raise your straightened leg to the level of the other bent knee
- Hold for 1-2 seconds
- Slowly lower leg down to floor



Seated Towel Squeeze

3 sets of 10 reps

INSTRUCTIONS:

- Sit in chair with feet flat on ground (or lie down like the left picture)
- Place rolled up towel or pillow between knees
- Squeeze towel/pillow with knees
- Hold for 5 seconds



EXERCISE INSTRUCTIONS



Side Shoulder Raises 3 sets of 10 reps

INSTRUCTIONS:

- Sit in chair with feet flat on floor, shoulder width apart
- Don't use weights – we will progress to weight later
- Slowly raise both arms out to your side until you reach shoulder height
- Hold for 1-2 seconds
- Slowly bring arms back down to sides



Bicep Curls With Band 3 sets of 10 reps

INSTRUCTIONS:

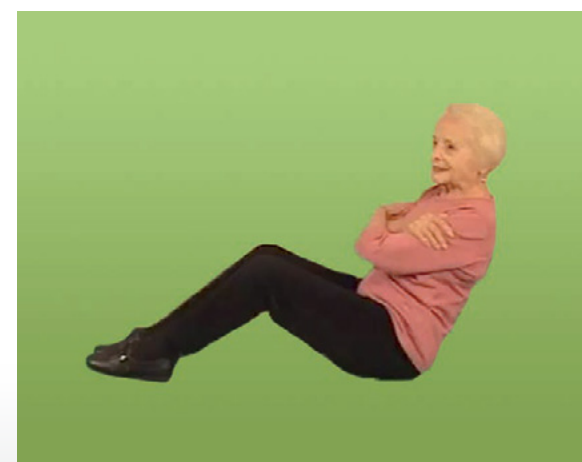
- Sit in chair with feet flat on floor
- Place middle of band under your feet and hold each end of the band in each hand
- Bend your elbow while rotating your palm upward
- Hold for 1-2 seconds
- Slowly lower back to start position



Sit Backs 3 sets of 10 reps

INSTRUCTIONS:

- Sit with knees bent and arms crossed over chest
- Slowly sit back as far as comfortable
- Hold for 1-2 seconds
- Return to start position





EXERCISE INSTRUCTIONS



Leg Extension With Band 3 sets of 10 reps, each leg

INSTRUCTIONS:

- Attach one end of band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly lift one leg back behind you
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down



Hip Flexion With Band 3 sets of 10 reps, each leg

INSTRUCTIONS:

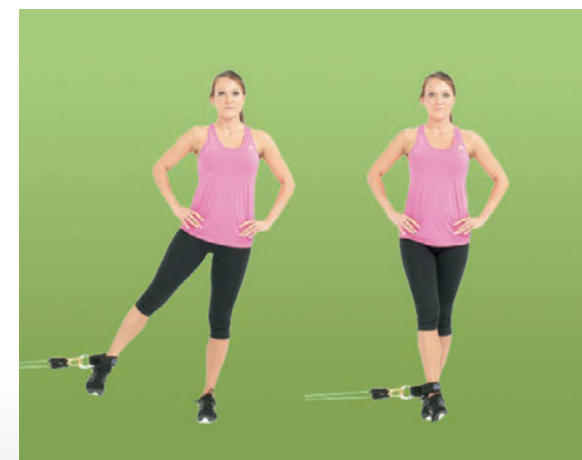
- Attach one end of band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly lift one leg out in front of you
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down



Hip Adduction (Squeeze) With Band 3 sets of 10 reps, each leg

INSTRUCTIONS:

- Attach one end of band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly bring your leg across your body
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly bring leg back across



EXERCISE INSTRUCTIONS



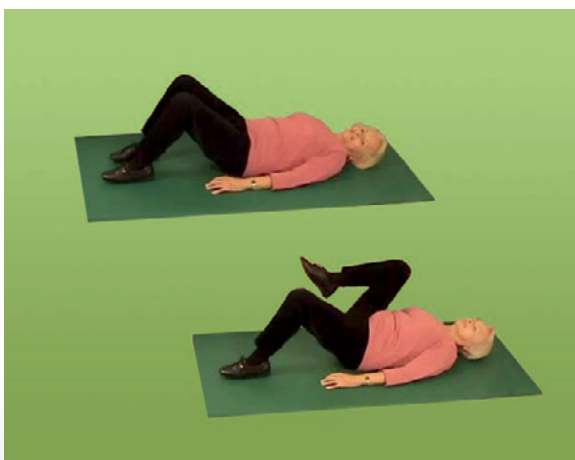
Bent Knee Raise 3 sets of 10 Reps

INSTRUCTIONS:

- Lie on back with knees bent
- Tighten abdominal muscles, think of your belly button pressing into your spine
- Lift your knees ONE AT A TIME toward your chest
- Hold for 5 seconds
- Return both legs to the floor

Tips:

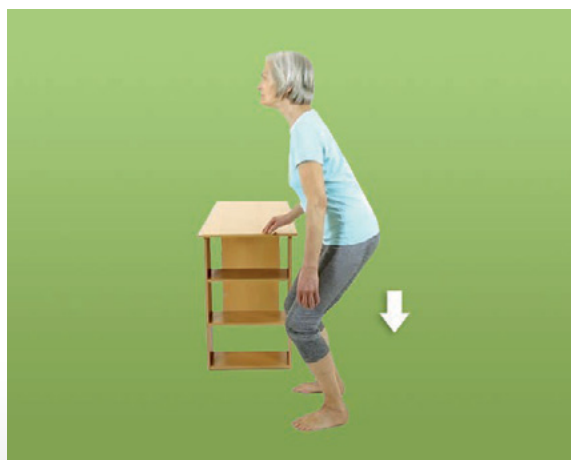
1. Don't over-bend your knee joint
2. Place palms on the floor/bed for support



Partial Squats With Support 3 sets of 10 reps

INSTRUCTIONS:

- Stand using chair to help balance
- Bend your knees as far as comfortable without pain
- Hold for 1-2 seconds
- Return to standing position



Tricep Kick Backs 3 sets of 10 reps, each arm

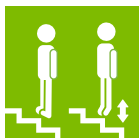
INSTRUCTIONS:

- Lean over your knee if sitting or over a chair if standing
- Hold weight in hand as shown
- Straighten your elbow behind you as far as comfortable
- Hold 1-2 seconds
- Return to the start position





EXERCISE INSTRUCTIONS



Stair Calf Raises

3 sets of 10 reps

INSTRUCTIONS:

- Stand with feet shoulder width apart on the bottom step
- Hold onto railing for support
- Slowly raise onto your toes
- Hold for 2 seconds
- Slowly lower heels to floor



Knee Bends With Resistance

3 sets of 10 reps, each leg

INSTRUCTIONS:

- Attach resistance band to chair leg or under one foot and the other end around your other ankle
- Stand using a chair to balance
- Bend your knee backward as high as you can
- Hold for 2-3 seconds
- Slowly lower leg back down



Wall Push-ups

3 sets of 10 reps

INSTRUCTIONS:

- Face wall, standing a little more than arms' length away and with feet shoulder-width apart
- Lean your body forward with your palms on the wall about shoulder width apart
- Slowly bend your elbows and lower your upper body toward the wall
- Hold for 1-2 seconds
- Slowly return to start position

Note: Try to keep your abdominal muscles tight to keep your hips from sagging forward. You can adjust the difficulty by moving your feet closer to or further from the wall.





EXERCISE INSTRUCTIONS



Curl Ups 3 sets of 10 reps

INSTRUCTIONS:

- Start on back with knees bent and arms on chest
- Tighten abdominal muscles
- Breathe in and then exhale as you lift your shoulders off the ground/bed
- Hold for 2-3 seconds, keeping abdominal muscles tight
- Slowly relax back down



Ball Squats 3 sets of 10 reps

INSTRUCTIONS:

- Stand with feet shoulder width apart and exercise ball between your back and the wall
- Slowly bend your knees to lower your body down
- Keep your torso as upright as possible
- Only go as far as is comfortable and pain-free
- Hold for 1-2 seconds
- Return to start position – try coming up fairly quickly in order to develop power

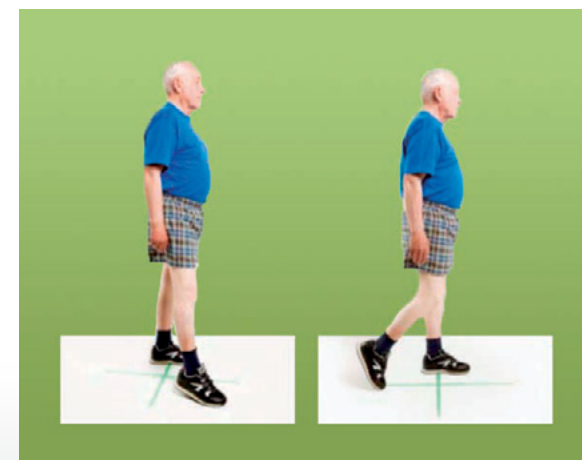


Clock Game With Chair

Note: Always bring your feet back to the starting position before trying another time

INSTRUCTIONS:

- Stand on taped 'X' with feet shoulder width apart
- Hold onto chair for support
- Have a partner call out different times while you bring a foot to that time
- You should use your right foot for 1, 2, 3, 4, 5
- You should use your left foot for 11, 10, 9, 8, 7
- You can use either foot for 12 and 6



EXERCISE INSTRUCTIONS



Side Shoulder Raise with Weight

3 sets of 10 reps

INSTRUCTIONS:

- Sit in chair with feet flat on floor, shoulder width apart
- Hold weights at your sides with palms facing inwards
- Raise both arms out to your side until you reach shoulder height
- Try to raise your arms with a bit of speed to train power production. Be sure to keep the movement controlled
- Hold for 1 second
- Slowly bring arms back down to sides

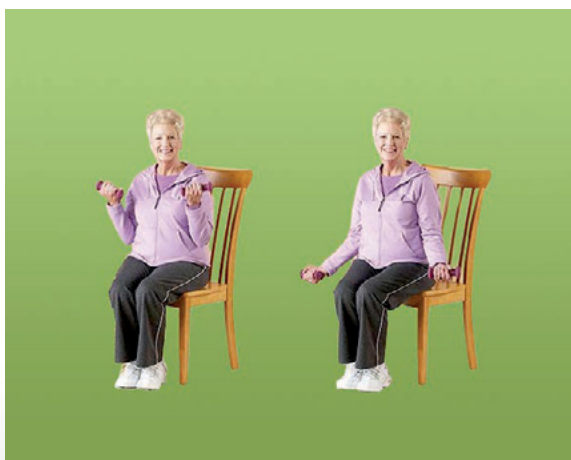


Bicep Curls with Weight

3 sets of 10 reps

INSTRUCTIONS:

- Hold weight in hand at your side, with palm facing inward
- Bend your elbow while rotating
- Hold your palm upward
- Hold for 1-2 seconds
- Slowly lower back to start position

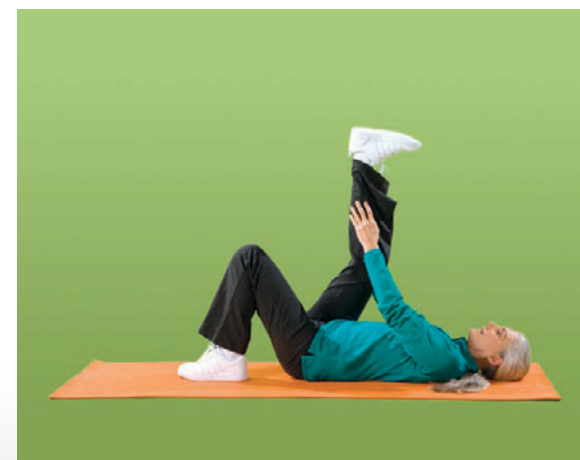


Reverse Straight Leg Raise

3 sets of 10 reps, each leg

INSTRUCTIONS:

- Lie on back and tighten your abdominal muscles
- Bring one knee toward your chest
- Keep other leg straight on the floor
- Straighten the bent leg and slowly lower it to the floor





EXERCISE INSTRUCTIONS



Chair Dip 3 sets of 10 reps

INSTRUCTIONS:

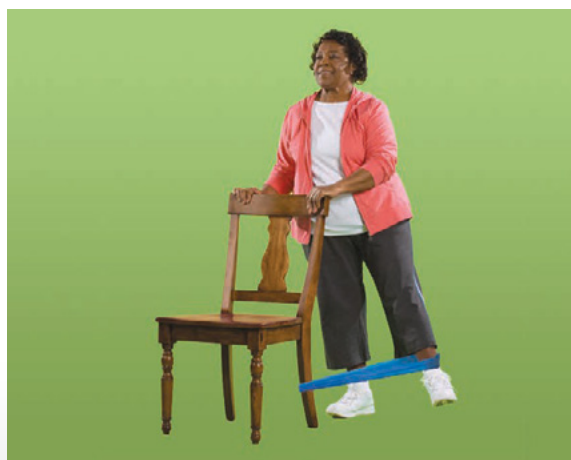
- Sit in a sturdy chair with armrests
- Keep feet flat on floor, shoulder-width apart
- Lean slightly forward, keeping your back and shoulders straight
- Grasp arms of chair and breathe in
- Breathe out and use your arms to push your body slowly off the chair
- Hold for 1-2 seconds
- Slowly lower back down into chair



Side Leg Raise With Band 3 sets of 10 reps, each leg

INSTRUCTIONS:

- Attach one end of band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly lift one leg out to the side
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down



Heel-To-Toe Walk 3 sets of 20 steps

INSTRUCTIONS:

- Position the heel of one foot just in front of the toes of the other foot. Your heels and toes should touch or almost touch
- Choose a spot ahead of you to focus on to keep you steady as you walk
- Take a step. Put your heel just in front of the toe of your other foot



EXERCISE INSTRUCTIONS



Partial Sit to Stand 3 sets of 10 reps

INSTRUCTIONS:

- Begin by standing with a chair behind you, your knees just in front of the seat
- Lean forwards as you bend your knees and lower yourself towards the chair as if attempting to sit
- Before you touch the chair, pause for 1-2 seconds and then stand up again



Step Downs Complete 3 sets

INSTRUCTIONS:

- Step up onto the bottom step of a flight of stairs
- Turn around and step down onto the landing
- Repeat this 10 times on each leg



Single Leg Step Ups: 3 sets of 10 reps, each leg

INSTRUCTIONS:

- Stand on landing at bottom of stairs
- Hold railing for support if needed
- Step up with one leg
- Hold for 1-2 seconds
- Slowly lower back down





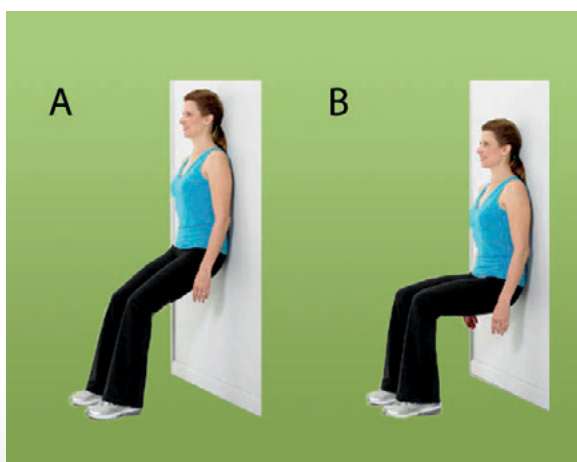
EXERCISE INSTRUCTIONS



Wall Squats 3 sets of 10 reps

INSTRUCTIONS:

- Stand with feet shoulder width apart and lean backward so back is against wall
- Slowly bend your knees to lower your back down the wall
- Only go as far as is comfortable and pain-free
- Hold for 2-3 seconds
- Return to start position



High Chair Stands 3 sets of 10 reps

INSTRUCTIONS:

- Start sitting on chair with feet flat on ground, shoulder-width apart
- Place pillows and/or books on chair to bring seat higher
- Stand up from seated position with arms cross over chest

Note: If this is too difficult, try extending your arms in front of you. If this is still too difficult, try using your hands on your thighs to help push you up



Chair Lean Backs With Leg Raise 3 sets of 10 reps

INSTRUCTIONS:

- Sit near front of chair with arms across chest
- Straighten one leg out in front of you
- Tighten your abdominal muscles
- Slowly lean back to a comfortable angle, where you feel your muscles working, but are not in any pain or discomfort
- Slowly come back to the start position





EXERCISE INSTRUCTIONS



Single Leg Calf Raise

3 sets of 10 reps, each leg

INSTRUCTIONS:

- Stand with feet shoulder width apart using a chair to balance
- Lift one foot slightly off the floor
- Using your supporting leg, slowly raise onto your toes
- Hold for 2 seconds
- Slowly lower heel to floor



Step Down Taps

3 sets of 10 reps, each leg

INSTRUCTIONS:

- Stand on the last step facing down the stairs
- Lower one leg as if you are going down the stairs
- Touch your heel to the landing and then come back up

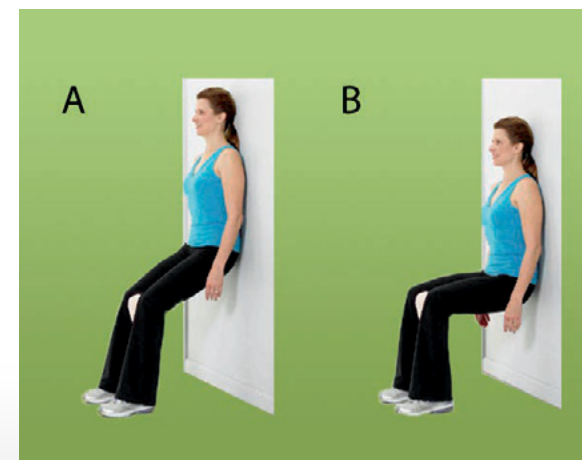


Wall Squats With Towel Squeeze

3 sets of 10 reps

INSTRUCTIONS:

- Stand with feet shoulder width apart and lean backward so back is against wall
- Squeeze towel with knees
- Slowly bend your knees to lower your back down the wall
- Only go as far as is comfortable and pain-free
- Hold for 2-3 seconds
- Return to start position





EXERCISE INSTRUCTIONS



Balance Walk

Note: If this is too difficult, use railing in hallway to support yourself and just lift legs alternately to still get a similar effect.

INSTRUCTIONS:

- Raise arms to sides at shoulder height
- Choose a spot ahead of you to focus on to help keep you steady
- Walk in a straight line with one foot in front of the other
- As you walk, lift your back leg
- Pause for 1 second before stepping forward

