



## Exercises to get you started

PLEASE NOTE: If you are not currently exercising on a regular basis, please check with your physician before starting a new exercise program. This is especially important if you have had a recent injury, have a physical impairment, recent surgery, heart or lung disease, poor circulation, or other medical disease.

1. Chair exercises: sitting in a chair lift your feet off the floor one-at-a-time, alternating up and down. Alternate raising your arms over your head.
2. Stationary bike: start with light resistance for 5 minutes. As your endurance improves continue to increase your time on the bike.
3. Walk around your house, yard or neighborhood. Start with 5 minutes several times a day and increase as your endurance improves.
4. Walk in a swimming pool to take the load off your lower body.
5. Do Tai Chi at home, in a park or at a studio.
6. Do beginners yoga at home, in a park or at a studio.
7. Join a water aerobics class.
8. Spend more time with gardening or light landscaping around your house.
9. Walk up/down stairs and steps around your home. Start with a few steps a couple of times a day and increase the steps as you get stronger.
10. Join a Seniors or Arthritis exercise class at the YMCA or fitness center.