



**Good For You!**  
Simple exercises for  
you to do at home



## Programs & Services

Powered by volunteers and staff, Community Care Peterborough supports the health and well-being of individuals, caregivers, and communities. As a trusted health care partner, our high-quality programs allow people across our rural and urban regions to maintain their independence and dignity.

Through a network of community offices throughout the City and County of Peterborough, our staff and volunteers provide a variety of essential services to seniors (60+) and adults with physical challenges (18+) empowering them to live at home.

These services include: Meals on Wheels, Transportation, Friendly Visiting, Telephone Reassurance Checks, Personal Distress Alarms, Brokered Home Help, Brokered Home Maintenance, Exercise & Falls Prevention and Wellness, Health and Wellness Clinics, Home at Last / Home First, Medical Equipment Program, Information & Referral, Diners' Club, and Drop-In & Outreach support.

For more information about Community Care Peterborough call **(705)742-7067** or visit **[www.commcareptbo.org](http://www.commcareptbo.org)**

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## Exercise, Falls Prevention & Wellness Program

Simple exercises for you to do at home

### What's in it for you?

Research shows that being active is powerful medicine. We encourage you to give these exercises a try, if you'd like to:

- ☒ Be stronger and more flexible
- ☒ Have more energy to do the things you enjoy
- ☒ Stay independent
- ☒ Reduce your chance of falling
- ☒ Keep your mind sharp
- ☒ Improve your balance and coordination
- ☒ Feel less stress



### Guidelines for Success

We specially selected 2 sets of exercises – standing and seated – with older adults in mind. Please read these guidelines first.



### Check with your health care provider

- If you haven't exercised recently, have had surgery in the past 3 months or have a serious health condition – please check with your doctor or nurse practitioner that these exercises are safe for you. Take this brochure with you to your appointment.



### Get started on the right foot

- Wear sturdy shoes
- Select supportive shoes such as walking or running shoes. Make sure the laces are securely tied. **(Not recommended: Flip flops, slippers or slip on shoes)**
- Wear comfortable clothing that allows you to move easily and keep a comfortable body temperature.





## Drink water

- Have a glass of water or water bottle at your fingertips. Take sips of water after each exercise.



## Check your space

- Clear clutter off the floor. Move cords, pet toys, magazines and books, and small rugs out of the way.
- For standing exercises: You will need a sturdy chair or countertop.
- For seated exercises: You need a sturdy chair. (Not recommended: rocking chairs, office chairs with wheels or folding chairs.)



## How much exercise should you do?

- Start by doing 5 times, and then gradually add one more repetition until you can do 15 repetitions.
- Take rest breaks when you feel tired. At first you may find the exercises challenging. Over time, you'll get stronger and will be able to do more repetitions with fewer breaks.
- These exercises are safe for most people to do every day. We recommend that you do them at least 3 times a week.
- Please follow the guidelines carefully. If you feel dizzy, have shortness of breath or pain - stop exercising. Sit down, breathe deeply and drink sips of water. Consult with your doctor or nurse practitioner.



## When's the best time to exercise?

- Consistency is most important.
- Find the time that works best for you. Set aside about 20 – 30 minutes.
- Many people find it helpful to do the exercises in the morning before they get busy doing other things. Some people find that they sleep better if they exercise in the evening. Others prefer to divide their exercises, so they do some in the morning and some in the afternoon. Whatever is easiest for you – is the best time.
- Take your time. It is better to do fewer repetitions and do them properly rather than rushing.

## Other ways to be more active

Manage your screen time. Turn on the television only when there's a specific show you're interested in watching. When we leave the television on all the time or spend hours on-line, we tend to sit more.

Physical activity is better for your physical and mental health than sitting. At least once an hour, get up and move around. Stretch while watching television or during the commercials. **(See the Sitting Exercises.)**

If possible, go outside each day. If it isn't safe for you to go outdoors, walk the hallways or find routes within your home. Be creative and find ways to do short exercise bursts throughout the day. For example, while waiting for the kettle to boil.

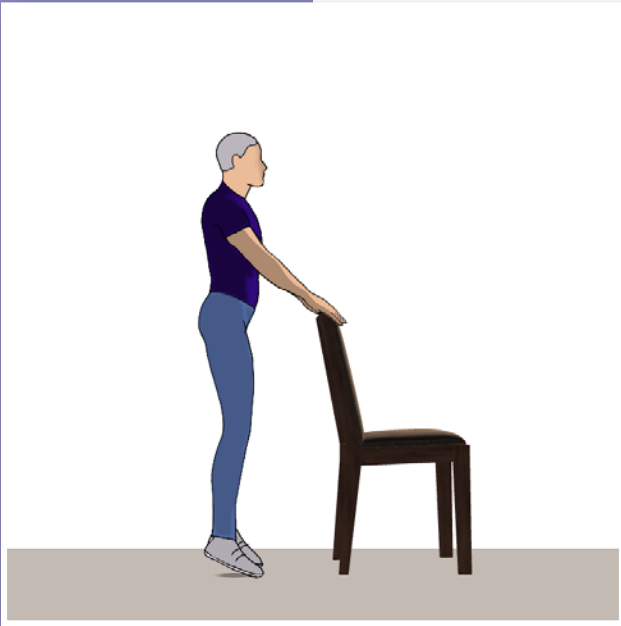
Go to [www.youtube.com](http://www.youtube.com) and search for Community Care Peterborough Exercise

## Classes – Exercise, Falls Prevention and Wellness Program

Community Care Peterborough offers a variety of free classes for older adults who are interested in being healthy. Exercise class options range include body and brain fitness, energy boosters dance sessions, yoga and advanced cardio and strength. We also have wellness classes on topics such as pole walking, meditation, mindfulness, stress reduction and healthy eating. Classes may be offered in community centres, at retirement homes, on-line and at walking trails. Contact your local Community Care office for details.

## Standing Exercises

This series of exercises will help your ankles, legs and hips be stronger and more flexible. They will also help your balance. The instructions describe how to use the support of a chair or countertop. You may notice that your balance improves, and you can do the exercises with less support or no support. We recommend that you always have a chair, counter or wall close by in case you unexpectedly need support.

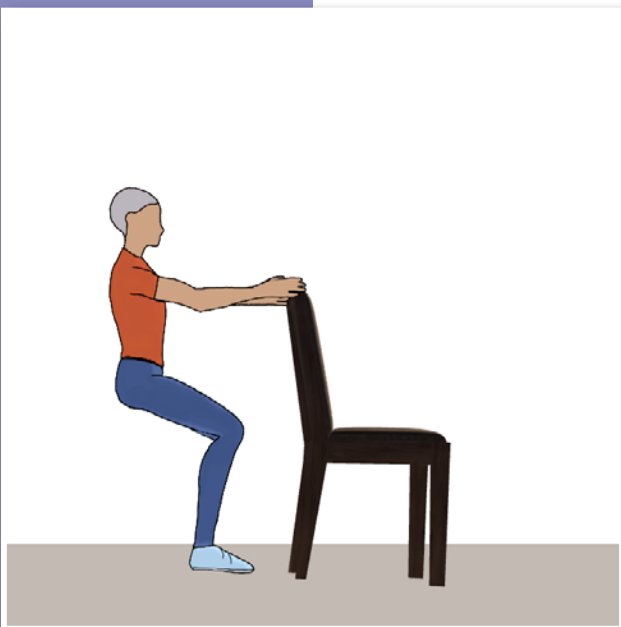


### Calf Raises

- Hold onto the back of a chair or counter with both hands.
- Stand tall with your feet hip distance apart.
- Make sure your feet are parallel (not pointed out or in).
- Slowly press your weight into the balls of your feet. Raise your heels off the floor.
- Slowly lower your heels back down.

🕒 5-10 repetitions

**TIP:** As you get stronger, you can raise your heels higher and pause with your heels off the floor before lowering them.

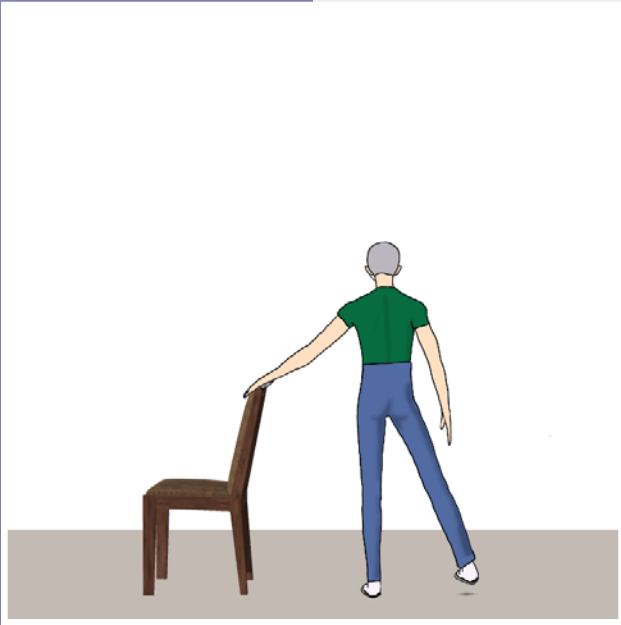


### Squats

- Hold onto the back of a chair or counter with both hands.
- Stand tall with your feet hip distance apart. Make sure your feet are **parallel** (not pointed out or in).
- Slowly bend your knees and sink your hips down and back.
- Press your weight into your heels as you straighten your legs and return to the starting position.

🕒 5 - 10 repetitions

**TIP:** Think of reaching your hips back as if you are starting to sit on a high stool.



### Leg Raises to Side

- Stand sideways so that you're holding the chair or counter with one hand.
- Press your weight firmly into the leg closest to the chair or counter.
- Slowly lift your other leg straight out to the side. Gently press through your heel.
- Keep your upper body tall and centered.
- Slowly lower your leg to the starting position.
- Turn so that your other hand is on the chair or counter.
- Repeat with your other leg.

🕒 5 - 10 repetitions

**TIP:** Try to keep your toes facing straight forward.



### Leg Raises Behind

- Hold onto the back of a chair or counter with both hands.
- Stand tall.
- Press your weight firmly into one leg.
- Slowly bring one leg behind you.
- Slowly return your leg to the starting position.

🕒 5 - 15 repetitions

- Repeat on the other side.

**TIP:** Keep your abdominal (stomach/core) muscles tight to support your back and to prevent arching in your low back area.



### Gentle Kicks in Front

- Stand sideways so that you're holding the chair or counter with one hand.
- Press your weight firmly into the leg closest to the chair or counter.
- Lift the other knee in front of you.
- Slowly move your foot out in front while keeping your knee at the same height.
- Slowly bend your knee and return your foot to the starting place.

🕒 5 – 15 repetitions

- Repeat on the other side.

**TIP:** Keep your abdominal (stomach/core) muscles tight to keep you standing tall. This will help you from leaning backwards. Move carefully and do not snap your foot and knee forward.



### Gentle Kicks Behind

- Hold onto the back of a chair or counter with both hands.
- Stand tall.
- Press your weight firmly into one leg.
- Slowly curl the foot of your other foot up. Gently press through your heel.
- Keep your thighs and knees parallel to each other.

🕒 5 – 15 repetitions

- Repeat on the other side.

**TIP:** Keep your abdominal (stomach/core) muscles tight to keep you standing tall.



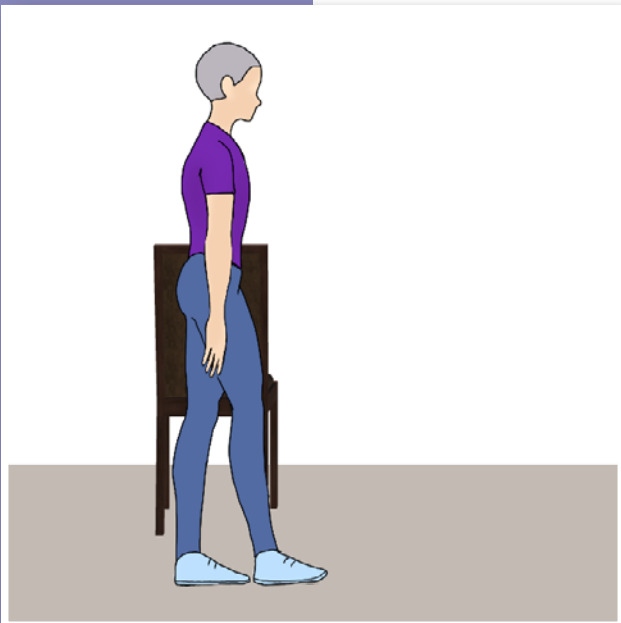


### Single Leg Balance

- Stand sideways so that you're holding the chair or counter with one hand.
- Look straight ahead.
- Firmly press down into one foot. Lift the other foot off the ground.
- Count to 10.
- Switch sides and count to 10.

**TIP:** As your balance improves, make this balancing exercise more challenging:

- Use only 1 or 2 fingers for support.
- Stand without holding on.
- Hold for a count of 15 to 30.
- Hold your foot in different positions (front, side, back).
- Close your eyes.



### Tightrope Balance

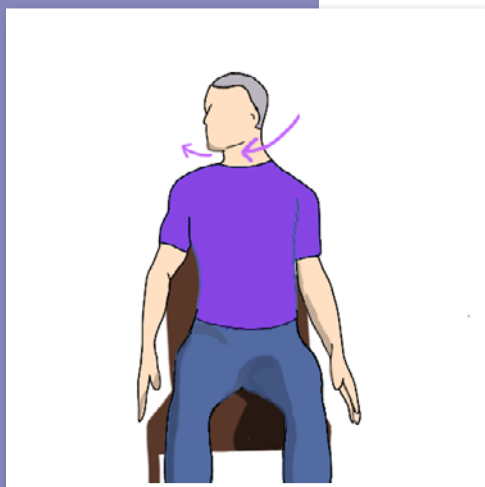
- Stand sideways so that you're holding the chair or counter with one hand.
- Look straight ahead.
- Place your right heel in front of your left toes, as if you're about to walk on a tight rope.
- Count to 10.
- Place your left heel front of your right toes. Count to 10.

**TIP:** To challenge your balance, gradually make this balance exercise more difficult:

- Instead of using your whole hand for support, use only 1 or 2 fingers.
- Stand without holding on.
- Hold the balance for longer.
- Turn your head to the side.
- Close your eyes.

## Sitting Exercises

This series of exercises will help your ankles, wrists, shoulders and neck be more flexible. Sit in a stable chair.

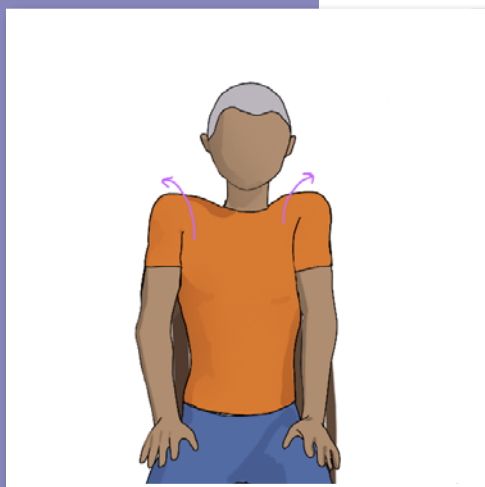


### Neck Stretches

- Sit tall.
- Slowly turn your head to look toward your right shoulder.
- Slowly turn your head to look toward your left shoulder.

🕒 5 - 10 repetitions

**TIP:** Start with small movements and then gradually increase how far you move your head. Try to keep your chin parallel to the floor. You may wish to close your eyes.



### Shoulder Rolls

- Sit tall.
- Bring your shoulders up toward your ears.
- Circle your shoulders toward the back and then to the front.

🕒 5 – 15 repetitions

- Switch directions so you begin your circles to the front and then move to the back.

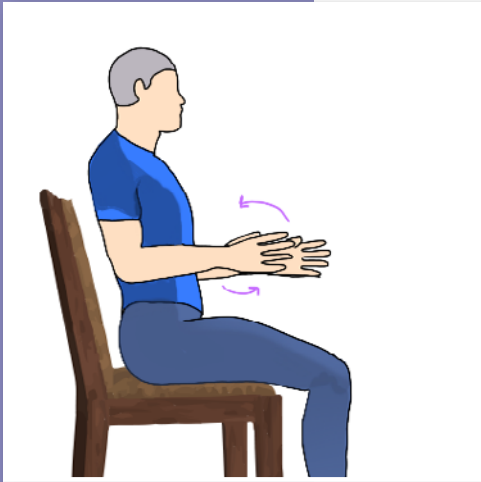
🕒 5 – 15 repetitions



### Sit to Stand

- Sit in a chair with both feet on the floor and hip distance apart. Look straight ahead.
- Press your hands into your thighs (easier) or hold your hands out in front (more difficult), and slowly stand up.
- Slowly sit down with your hips pushing to the back.
- 3 – 15 times

**TIP:** Move with control and do not drop while sitting down. Rest in between each repetition.



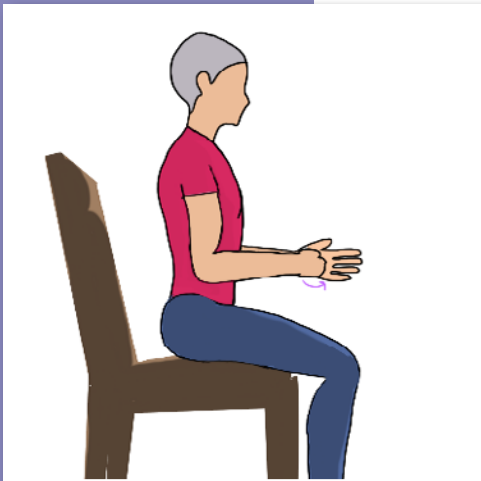
### Wrist circles

- Bend your elbows and hold your hands in front. Draw circles with your fingertips.

🕒 5 – 15 repetitions

- Switch directions.

🕒 5 – 15 repetitions



### Finger Stretches

- Bend your elbows and hold your hands in front with thumbs pointing up.
- Make fists with your thumbs outside your fingers.
- Slowly open your fingers wide.

🕒 5 – 15 repetitions

- Make fists with your thumbs inside your fingers. Slowly open your fingers wide.



### Ankle Circles

- Stretch one foot in front.
- With your heel on the floor or slightly raised, circle your toes in one direction
- Switch directions.

🕒 5 – 15 repetitions

- Repeat with the other ankle.

