



FALL
— SeniorFit Online —
PREVENTION 1

Hip Dance

* Repeat each exercise a few times. Total time about 3 minutes

1. Side to Side

- Hands on your hips
- Push your hips over to one side
- Try not to move your upper body. Repeat



2. Forward Backward

- Push your hips forwards
- Then push yours hips back (butt out)
- Your upper body will move on this one



3. Circle

- A combination of side, forward & backwards
- Imagine drawing a big circle with your hips
- The upper body should move only a little



4. Tuck

- Tuck your hips underneath you. Stomach in
- Relax & let your back reset
- Repeat. Feel free to squeeze your glutes as well



5. Hip dance

- Move your hips in all directions
- Looks like your hips are dancing
- Focus on lifting the hips up & around



Standing Lower Warm Up

*Start with side to side step & return to it between each exercise

1. Side to Side Step

- Take one small step to the side
- Repeat to the other side
- Keep your knees relaxed & stomach in



2. Heel Tap Forward

- Stop the side to side step
- Kick one leg forward. Tap your heel
- Repeat on the other side (arms are optional)



3. Pivot In

- Turn one leg in & tap with your toe
- Repeat on the other leg
- Keep your shoulders & head facing forward



4. Turn & tap

- Turn your hip out
- Tap with your heel
- Repeat on the other leg. Arms are optional



5. Bend Knee w/ Row

- Bend one knee bringing the foot back
- Pull both arms back at the same time
- Repeat with the other leg



Lower Chair Stretch 1

*Hold each stretch for about 15 seconds. Breathe between each stretch

1. Lunge

- Hold onto the chair & turn
- Kick one leg back. Keep your knee bent
- Sit up straight & reach up



2. High Lunge

- From lunge, straighten out your back leg
- Straighten the back leg as much as possible
- Reach up & slightly to the side



3. Sumo

- Open your legs. Toes out
- Sit up straight & push your knees out
- Breathe in & lean forward. Keep your back straight



4. Single Leg

- One leg out straight. Pull toes back toward you
- Breathe in. Reach down slowly & touch the toes
- Hold then come up slowly



5. Toe Touch

- Both legs out. Knees bent
- Breathe in. Reach up with both arms
- Reach down & touch toes. Look down



Upper Chair Stretch 1

*Hold each stretch for about 15 seconds. Breathe between each stretch

1. Chest Opener

- Hands behind your head
- Open your shoulders by pulling your elbows back
- Imagine someone behind you pulling you back



2. Elbows Up

- Elbows come to the center
- Elbows up. Look up. Arch your back
- Hold, then breathe in



3. Pencil

- Exhale, both hands come up
- Shoulders to your ears
- Reach up as high as possible



4. Pencil Left/Right

- Lean over to the left. Hold
- Lean over to the right. Hold
- Back to the center. Breathe. Reach up



5. Fingers Up/Down

- Start with palms up, fingers up
- Then fingers down. Switch your palms after
- Palms down, repeat fingers up & down



Fall Prevention Forward Step

* Repeat each exercise a few times. Total time about 3 minutes

1. Forward Step

- Stand beside your chair (chair not shown)
- Take a regular size step forward
- Heel touches first, toe next, then bend your knee
- Only your front knee bends



2. Toe Lunge

- Take a larger step forward
- Stop yourself with the ball of your foot
- This is how you stop yourself from falling forward
- Make sure you don't lean forward



3. Forward Trip

- Now you're going to simulate a fake trip
- Start with two little steps forward
- End with a big toe lunge to stop
- Repeat this exercise multiple times with each leg



Fall Prevention Backward Step

* Repeat each exercise a few times. Total time about 3 minutes

1. Backward Step

- Stand behind your chair
- Take one step backwards
- Toe, heel, bend your back knee
- Focus on bending the back knee

Make sure they don't lock the back leg out



2. Step with Leg Lift

- Step backwards just like before
- This time shift your weight back more
- Lift the front leg for one second
- Quickly put the front foot down



3. Backwards Trip

- This is how you stop yourself from falling
- Take two steps backwards
- The third step is a little bigger
- Stop on the third step, lifting the front leg



Neck Stretches

*Hold each stretch for about 15 seconds on each side

1. Left/Right

- Turn your head all the way to the left
- Try to look behind you
- Hold, then turn your head to the right



2. Up

- Back to the center
- Look up
- Hold



3. Down

- Back to the center
- Look down
- Hold



4. Ear to shoulder

- Back to the center
- Shoulder to your ear. Relax
- Repeat on the other side



5. Neck Circles

- Make circles with your neck
- Go twice around slowly
- Switch directions. **Part 1 complete**





STOP!

Water Break

2 minutes

Straight Leg Series in a Chair

*Do each exercise for about 30 seconds, alternating legs

1. Out & Center

- Legs out straight & apart
- Move one leg to the center
- Bring the leg back. Legs apart



2. Back

- Start with legs straight & together
- Bend your knee
- Tap your toe underneath the chair



3. Center & Out

- Start with legs straight & together
- Move one leg out away from the center
- Bring the leg back to the center



4. Cross

- Start with legs straight & together
- Put your heel on top of the other toe
- This crosses your legs



5. Double Leg Lift

- Grab the side of the chair
- Lift both legs up
- Keep your legs straight



Fall Prevention Cross Over Step

* Repeat each exercise a few times. Total time about 3 minutes

1. Cross in Front

- Stand behind your chair (chair not shown)
- Cross one foot in front & pause
- Make sure your weight is in both feet
- Uncross & alternate. Don't side step



2. Cross Over Step

- Cross one foot in front & pause
- Look down. You see the back leg. Move that
- Move your back leg around
- Feet come together. Alternate legs



3. Cross Over & Stop

- This is how you stop yourself
- Cross one foot over front & pause
- Move the back leg around with a big side step
- When your foot lands, bend that knee & pause



Balance Basics

* Stand beside the chair. Do 8-10 repetitions of each exercise

1. Heels Up

- Hands on your hips or the chair
- Heels up. Pause. Then back down
- Hold your heels up & take little steps



2. Toes Up

- Now the opposite. Toes up
- Don't rock your hips back
- Hold your toes up & take little steps



3. Pendulum

- Start with your feet wide apart
- Rock your weight to one side. Lift opposite leg
- Pause. Then repeat on the other side



4. Front/Back Foot Lift

- Stop with one foot forward
- Lift your back foot
- Rock back & lift your front foot. Repeat



5. In-line Step

- Heel touches your toe for an in-line step
- Start with only one step
- End by walking around the chair



Fall Prevention On The Angle

* Repeat each exercise a few times. Total time about 3 minutes

1. Angle

- Stand beside the chair
- Take a forward step at an angle
- Heel, toe, bend the knee
- Alternate sides. Chair is optional



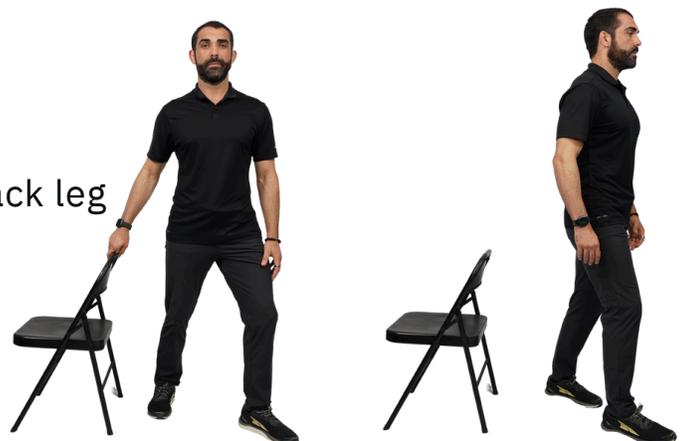
2. Cross Over Step

- Take a forward step at an angle
- Pause then pivot on the toe of back leg
- You're now facing a new direction
- Make sure to turn your head & shoulders



3. Cross Over & Stop

- Take a forward step at an angle
- Don't pause & step at the angle with the back leg
- Pivot while you step, turning your body
- You end away from the chair



Lower Chair Stretch 2

*Do all stretches on one leg first. Hold each stretch for about 15 seconds

1. Pretzel

- Cross one leg over the other
- Sit up tall
- Pull your crossed knee into your chest



2. Figure 4

- From pretzel, push your knee down
- Sit up tall
- You can push on your knee or slightly above



3. Bend & Kick

- Uncross your leg & grab your knee
- Bend & straighten your leg
- Move at a steady pace. Repeat 10 times



4. Ankle Circles

- Continue to hold your knee
- Rotate your foot & ankle
- Stop. Other direction



5. Point & Flex

- Point your toe & then pull it back
- Move at a steady pace
- Done. Now do all the stretches on the other leg



Upper Chair Stretch 2

*Hold each stretch for about 15 seconds on both sides

1. Twist

- Twist your upper body
- Use your hands to twist more
- Try to look behind you



2. Across Body

- Put one arm across your body
- Grab your arm & pull
- Make sure your shoulders stay relaxed



3. Arm Grab

- Raise your hand
- Touch your back
- Grab your elbow, pull & look up



4. Hot Hands

- Bend your elbows. Palms Up
- Switch your palms
- Go back & forth. Start slow & end fast



5. Wrist Circles

- After hot hands make circles with your wrist
- After about 15 seconds, switch direction
- Make sure you don't move your elbows



Closing Routine

* Do balance for about 2 minutes. The rest takes about 3 minutes

1. Single Leg Balance

- Start with the stretch shown on both sides
- Now balance on one leg. Start with the chair
- When ready, let go of the chair



2. Sit to Stand (10)

- Stand in front of the chair
- Push your hips back. Sit to the chair
- Stand up & count out loud. Repeat 10 times



3. Deep Breaths

- Relax in your chair & put your hands on your stomach
- Breathe in through the nose, out through the mouth
- Five big, slow, deep breaths



4. Closing Breaths

- Open your legs & cross your arms
- Three big breaths & then touch the floor
- Lift your arms & breathe in. Out when down



5. Spider

- On the last breath, put your hands on the floor
- Breathe, relaxing everything & look down
- Come up nice & slow
- **Good job! Workout complete**

