

GET YOUR MOJO BACK AT ANY AGE

DAILY EXERCISES FOR OLDER ADULTS

Daily text messages I sent my mother, this is what suited her. If you have any doubts, ask a doctor for approval before commencing any exercise programme.

Equipment needed

Chair and two small bottles of water or two dumbbells

CHAIR SQUATS

1. Use your kitchen chair. Slowly stand up, using hands as little as possible while holding 2 bottles of water by your side. Then slowly sit down. Do this for 20 repetitions

DUMBBELL PUNCHES

2. While seated and holding the bottles of water punch alternatively in front of you for 20 repetitions

SHOULDER PRESS

3. Remain seated and bring the 2 bottles of water to your shoulders. Keeping your back against the chair push the bottles over your head for 10 repetitions

ARM RAISES

4. Sit in a chair with your back straight. Keep feet flat on the floor. Hold hand weights straight down at your sides with palms facing inward. Raise both arms to side, shoulder height. Slowly lower arms to the sides. Pause. Repeat 12 times.

Repeat all exercise 3-4 times

CARDIO

My mother lives in a bungalow which means her leg muscles get very little activity around the house. She has an aerobic bench and she is going to use that.

Aerobic Bench

Alternatively a 20-30 minute walk instead of using aerobic at home

3-5 minutes, step up and down using alternative legs in a steady pace.

Next hold dumbbells or bottled water for resistance and step up and down for a further 3 minutes.

Jumping jacks 30 seconds

Repeat all exercise 3-4 times

Don't forget before you begin any exercise programme, it's important to consult with your doctor.

