



Live Your Life™

Bringing **Physical Therapy & Wellness** to You!

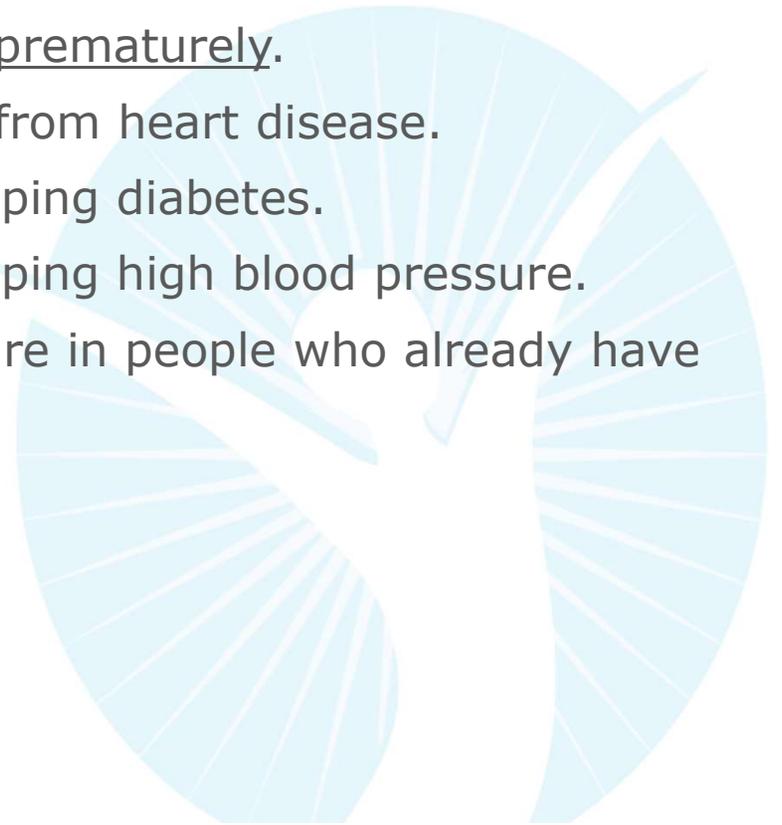
How to Start an Exercise Program at Any Age

Dr. Eva Norman

Doctor of Physical Therapy

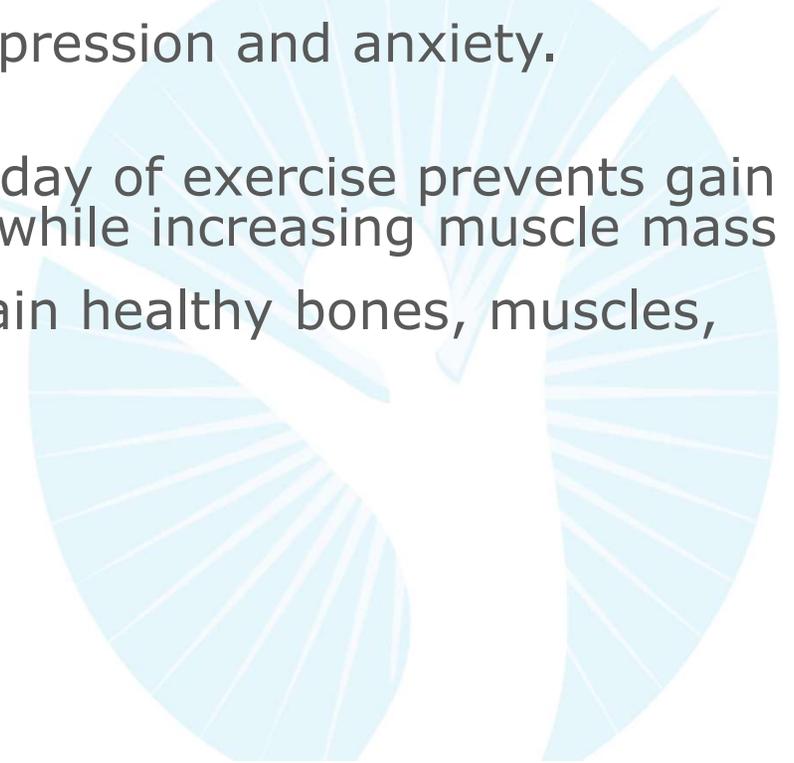
Benefits of Exercise

- ▶ Reduces the risk of dying prematurely.
- ▶ Reduces the risk of dying from heart disease.
- ▶ Reduces the risk of developing diabetes.
- ▶ Reduces the risk of developing high blood pressure.
- ▶ Helps reduce blood pressure in people who already have high blood pressure.



Benefits of Exercise

- ▶ Reduces the risk of developing colon cancer.
- ▶ Reduces feelings of depression and anxiety.
- ▶ Helps control weight.
 - ▶ Just 30 minutes of day of exercise prevents gain and promotes loss while increasing muscle mass
- ▶ Helps build and maintain healthy bones, muscles, and joints.



Benefits of Exercise

- ▶ Promotes psychological well-being.
- ▶ Reduces the risk of having a second heart attack in people who have already had one heart attack
- ▶ Lowers both total blood cholesterol and triglycerides and increases high-density lipoproteins (HDL or the "good" cholesterol)
- ▶ Helps improve balance and reduce falls

ACSM and CDC Recommendations



150 minutes
of moderate-intensity aerobic activity every week

2X per week
Muscle-strengthening activities on 2 or more days a week that work all major muscle groups



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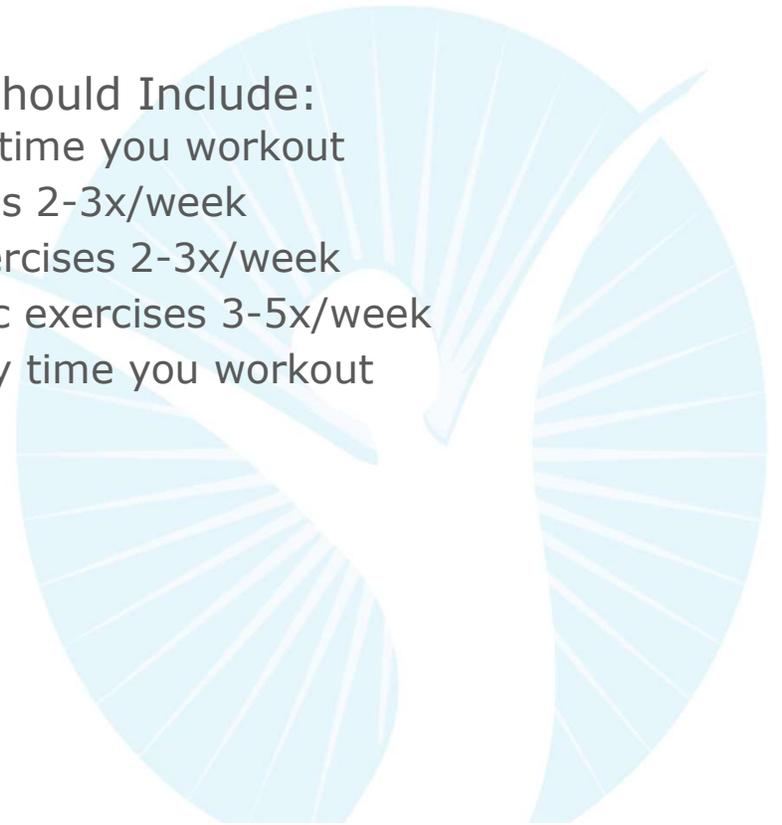
A Healthy Start



- ▶ Set goals
- ▶ Choose an exercise you enjoy
- ▶ Start with 10 minutes *every* day and slowly increase time until you are exercising 30 minutes 3-5x/week
- ▶ Keep Moving!
 - ▶ Take the stairs instead of the elevator
 - ▶ Park in the back of the parking lot or ride your bike or walk to work
 - ▶ Exercise during your lunch break
 - ▶ Stand up and sit down 10 times in row with your arms crossed in between classes
 - ▶ Decrease sitting time! Consider a standing desk!

Exercise Guidelines

- ▶ Exercise Programs Should Include:
 - ▶ Warm Up – every time you workout
 - ▶ Flexibility exercises 2-3x/week
 - ▶ Strengthening exercises 2-3x/week
 - ▶ Endurance/Aerobic exercises 3-5x/week
 - ▶ Cool Down – every time you workout





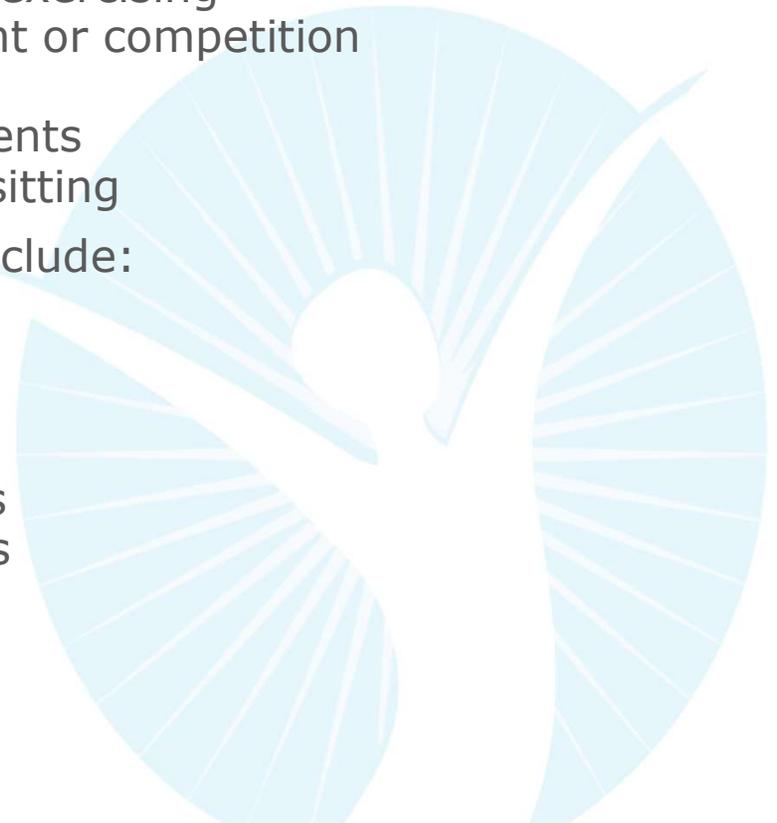
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Warm Up

Warm-up Exercises

- ▶ Warm-up (5-10 minutes)
 - ▶ Reduces susceptibility to injury
 - ▶ Before you begin fully exercising
 - ▶ Before an athletic event or competition
 - ▶ Before a performance
 - ▶ Between classes or events
 - ▶ After a long period of sitting
- ▶ Warm-up exercises may include:
 - ▶ Jumping jacks
 - ▶ Jogging in place
 - ▶ Walking
 - ▶ Cycling
 - ▶ Squats with arm raises
 - ▶ Squats with heel raises
 - ▶ Jumping rope
 - ▶ Elliptical





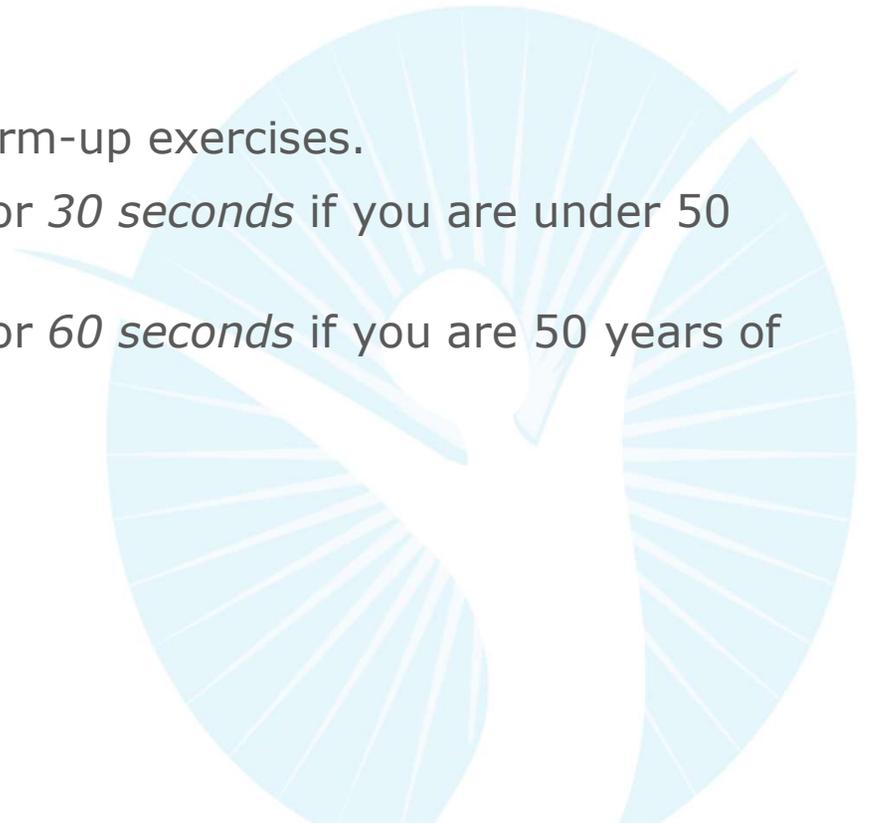
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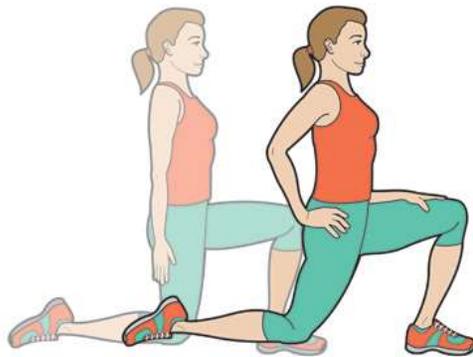
Flexibility Exercises

Safe Stretching

- ▶ Do 2-3x/week
- ▶ Stretch after warm-up exercises.
- ▶ Hold stretches for *30 seconds* if you are under 50 years of age
- ▶ Hold stretches for *60 seconds* if you are 50 years of age or older.



Hip Flexors (Iliopsoas)



- ▶ Get into half-kneel position with front knee and foot lined up with hip joint, and knee over ankle.
- ▶ Back knee should be under your hip.
- ▶ Keep trunk up tall with tailbone tucked under.
- ▶ Lunge forward while *keeping trunk up tall and tailbone tucked under*.
- ▶ Hold for 30-60 seconds, repeat both sides.

Quadriceps



- ▶ Stand holding onto a chair or other surface, if needed.
- ▶ Grab one ankle/foot behind you, while *standing up tall and keeping tailbone tucked under*.
- ▶ Pull foot farther back as you are able while maintaining upright posture and tucked tailbone.
- ▶ Hold 30-60 seconds, repeat both sides.

Hamstrings



- ▶ Stand facing a chair, stool, or step.
- ▶ Place one foot on the chair with foot flexed (toes pulled up towards you) and knee straight.
- ▶ Hinge forward at the hips, leaning chest forward but *do not reach to toes or round your back*.
- ▶ Hold 30-60 seconds, repeat both sides.

Adductors



Amazon's Choice
Trideer Stretching Strap Yoga Strap for Physical Therapy, 10 Loops Yoga Straps for Stretching, Non-Elastic Stretch Strap for Pilates, Exercise,...

★★★★☆ ~ 5,455

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- ▶ Lying on your back, bend one knee.
- ▶ Place strap or towel around foot of other leg.
- ▶ Keep stretching leg straight and slowly bring the leg out to the side until you feel a stretch in the inner thigh.
- ▶ Hold for 30-60 seconds and repeat both sides.

Piriformis



- ▶ Lying on your back, cross one leg over the other at the ankle.
- ▶ Use both hands to grab behind the thigh of your bottom leg.
- ▶ Pull legs up towards your chest.
- ▶ Hold 30-60 seconds, repeat both sides.

Piriformis



- ▶ Lie on your back with one leg straight.
- ▶ Bring other leg **up and over towards the opposite shoulder**, but *do not twist your back*.
- ▶ Hold for 30-60 seconds.
- ▶ Repeat both sides.

Calves



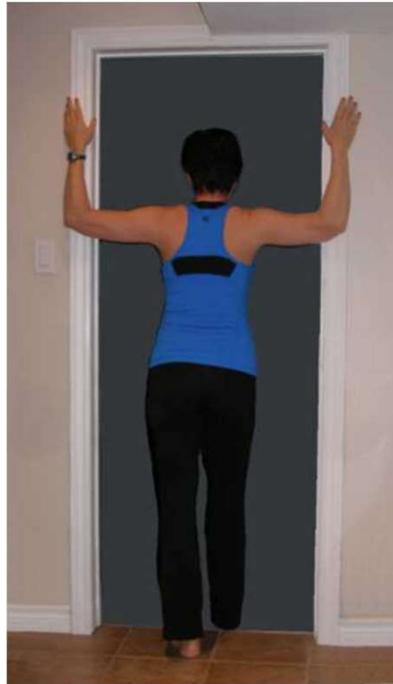
- ▶ Stand facing a wall or other surface.
- ▶ Place one foot in front of the other in a split stance.
- ▶ Point *toes* of both feet *straight forward*.
- ▶ Keep the *back heel down*.
- ▶ Lunge forward, keeping *front knee in line with foot and not going forward of toes*.
- ▶ Hold for 30-60 seconds, repeat both sides.

Shoulders



- ▶ Stand holding a towel behind your back as pictured.
- ▶ Use the bottom hand to pull the towel down and the top hand down behind your neck. (This is one stretch)
- ▶ Use the top hand to pull the towel up and the bottom hand up between your shoulder blades. (This is another stretch)
- ▶ Hold each stretch for 30-60 seconds, repeat on both sides.

Pectorals



- ▶ Stand in a doorway, placing one or both forearms on the doorframe.
- ▶ Step forward through the doorway until you feel a stretch in the front of the chest and shoulders.
- ▶ *Do not arch your back.*
- ▶ Hold for 30-60 seconds



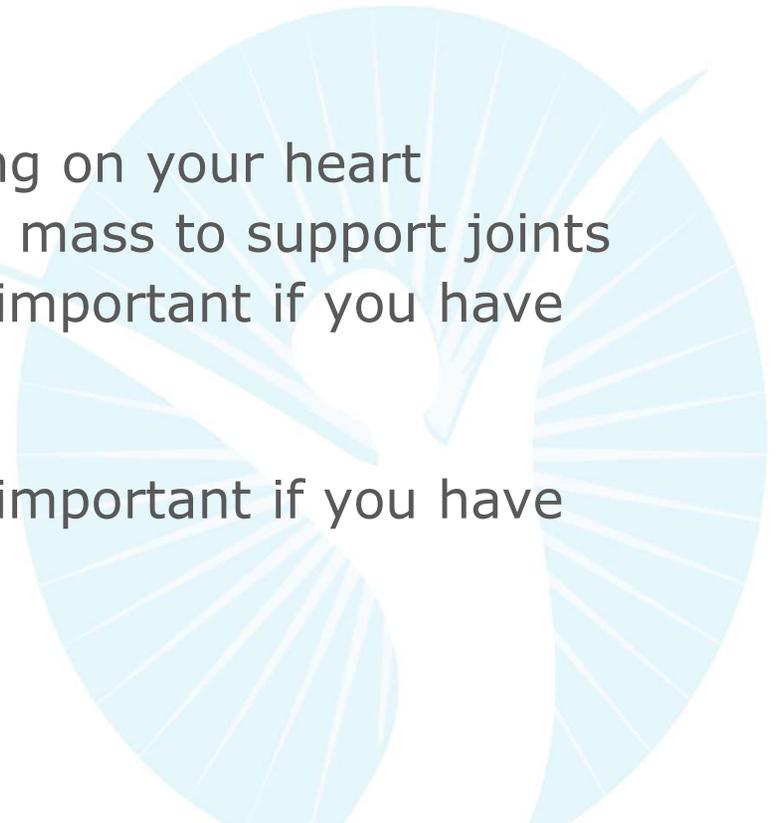
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Strengthening Exercises

Strengthening

- ▶ Strengthening should be the first place to start
- ▶ Why?
 - ▶ It is less taxing on your heart
 - ▶ Builds muscle mass to support joints
 - ▶ Especially important if you have arthritis
 - ▶ Reduces fat
 - ▶ Especially important if you have diabetes

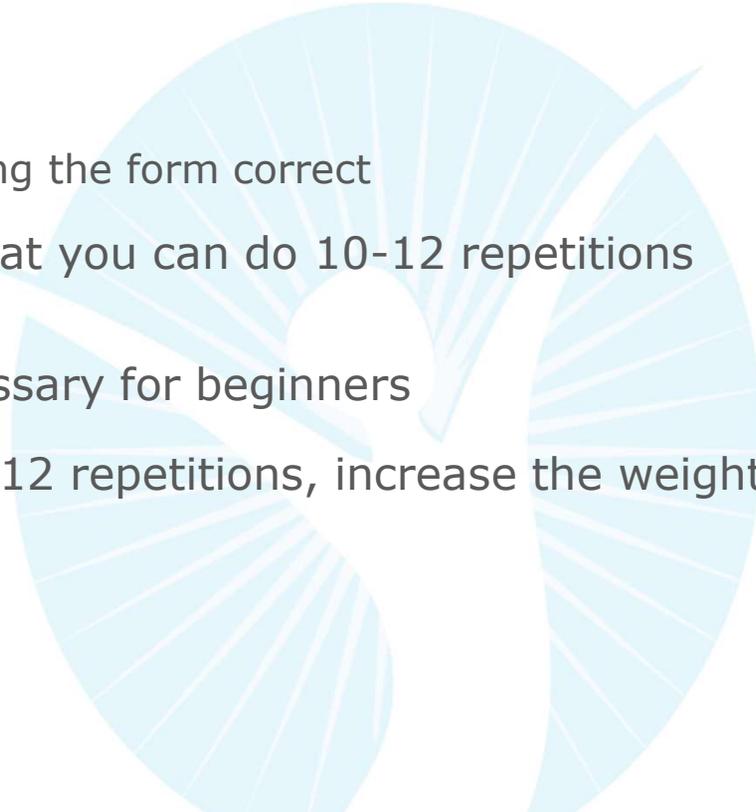


Benefits of Strength Training

- ▶ Decreases the pain and stiffness of arthritis
- ▶ Increases muscle mass that improves function and fun
- ▶ Reduces the need for insulin in diabetes
- ▶ Increases bone mass in osteoporosis
- ▶ Reduces obesity
- ▶ Decreases back pain
- ▶ Improves depression and sleep habits



Some Guidelines for Strengthening Intensity

- ▶ Do 2-3x/week
 - ▶ Good form comes first
 - ▶ Spend 2 weeks getting the form correct
 - ▶ Move to an intensity that you can do 10-12 repetitions with good form
 - ▶ 1 set is all that is necessary for beginners
 - ▶ As soon as you can do 12 repetitions, increase the weight and drop back to 10
- 

Biceps

Carrying,
Lifting,
Pulling



CAP Barbell Black Neoprene Coated Dumbbell Weights | Single, Pair or Set

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Lowest price in 30 days

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- ▶ Stand with feet hip width apart and palms facing your thighs.
- ▶ Curl the weights up, bringing your fists towards your shoulders. *Keep wrists in neutral!*
- ▶ *Slowly release* back down.

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Biceps–band version

Carrying,
Lifting,
Pulling



Resistance Bands Set 17pcs,
Resistance Band, Exercise Bands
Fitness Workout with Wide Handles,
Door Anchor, Steel Clasp, Carry Bag...

★★★★★ ~ 632

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- ▶ Stand with feet hip width apart and feet on band.
- ▶ Curl up against the resistance of the band, bringing your fists towards your shoulders. *Keep wrists in neutral!*
- ▶ *Slowly release* back down.

Triceps

Carrying,
Lifting,
Pulling



Resistance Bands Set 17pcs,
Resistance Band, Exercise Bands
Fitness Workout with Wide Handles,
Door Anchor, Steel Clasp, Carry Bag...

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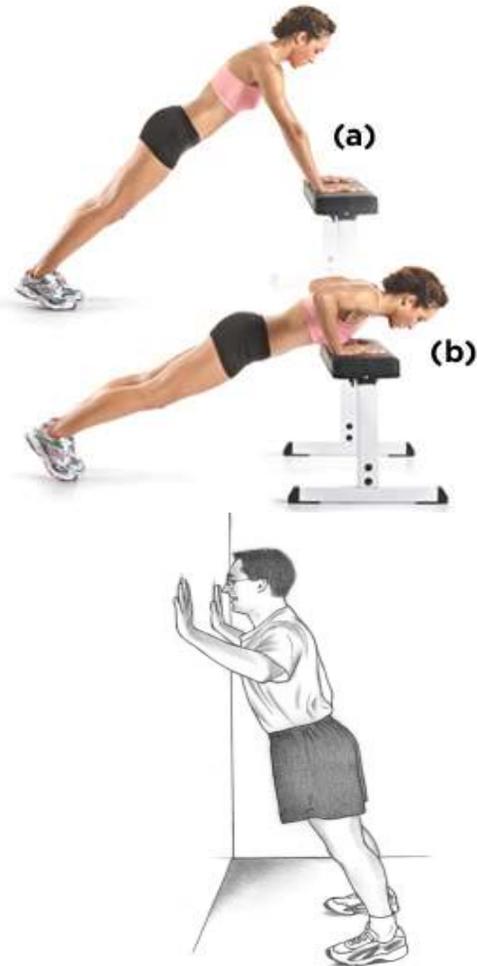
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- ▶ Stand with knees slightly bent and abdominals contracted.
- ▶ Grasp handles or bands with both hands with *elbows bent at your sides*.
- ▶ Pull down as you *straighten your elbows, squeezing your shoulder blades together* behind you.
- ▶ *Slowly release* back to start position with elbows bent.

Pushing

Keep body in straight line!!!



- ▶ Get into a plank position on a bench or other surface (e.g. couch, wall, countertop).
- ▶ Keep *body in a perfectly straight line with your neck in neutral—glutes squeezed, shoulders down, abdominals contracted.*
- ▶ Slowly lower yourself until your chest is at the surface (or go as far as you are able).
- ▶ Push back up to start position.
- ▶ Progress to the floor

Pulling



CAP Barbell Black Neoprene Coated Dumbbell Weights | Single, Pair or Set

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- ▶ Position yourself with one knee on a bench and the other foot on the floor.
- ▶ Keep *back in a straight line and neck in neutral* as you pull the weight back, *squeezing your shoulder blade back* and bringing your *elbow behind you*.
- ▶ *Slowly release* the weight straight down.

Pulling



Resistance Bands Set 17pcs,
Resistance Band, Exercise Bands
Fitness Workout with Wide Handles,
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- ▶ Stand with knees bent and grasp handle (or resistance bands) in one or both hands.
- ▶ Pull straight back, *squeezing shoulder blades behind you and elbow back.*
- ▶ *Slowly release* back to the start position.
- ▶ Repeat on both sides if performing one arm at a time.

Trunk Flexors



- ▶ Get into a plank position on a bench or other surface (e.g. couch).
- ▶ Keep *body in a perfectly straight line with your neck in neutral.*
- ▶ Pull one knee up towards your chest while contracting your abs, then put the foot back and switch feet. Keep switching feet, getting faster and faster as you are able.
- ▶ Be sure to keep shoulders down throughout the exercise.
- ▶ Alternate legs.

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Trunk Extensors



+6 colors/patterns

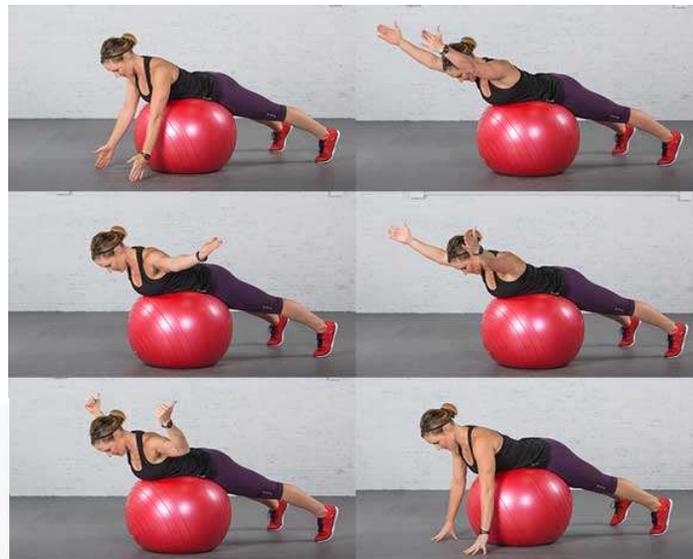
REEHUT Exercise Ball (55cm,65cm,75cm) for Fitness,Anti-Burst Yoga Ball Office Chair,Balance Ball,Extra Thick Stability Ball for...

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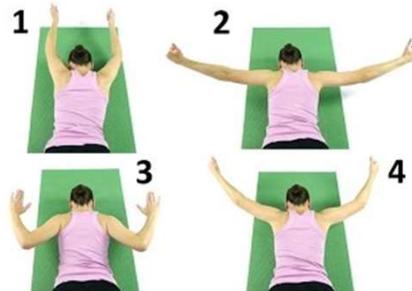
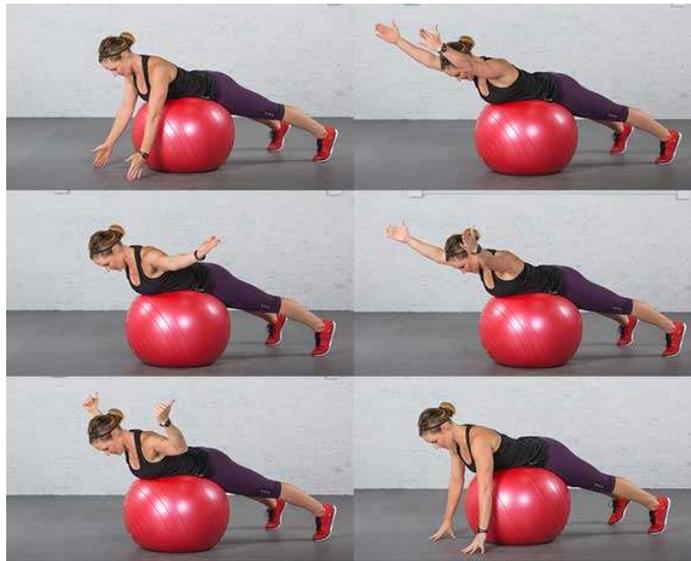


Prone I, T, W, Ys

▶ "I's"

- ▶ Lie on your stomach over a ball or on the floor. You may place your knees on the floor, if necessary.
- ▶ Begin with arms extended down.
- ▶ Lift arms straight up overhead, *squeezing shoulder blades down and back.*
- ▶ *Slowly lower arms to start position.*

Trunk Extensors

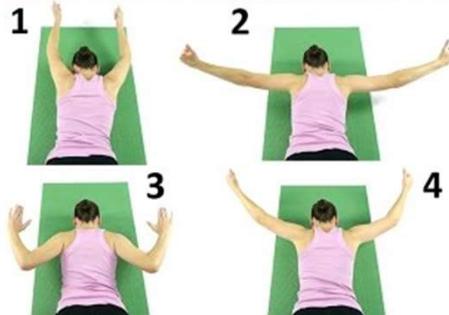
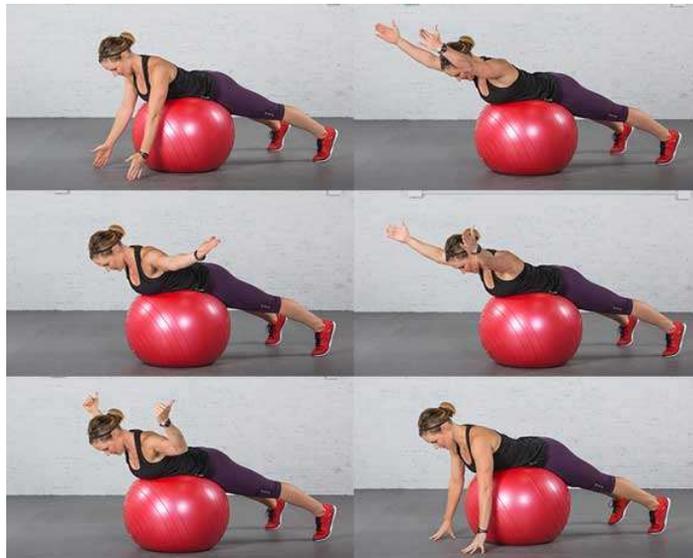


Prone I, T, W, Ys

▶ "T's"

- ▶ Lie on your stomach over a ball or the floor. You may place your knees on the floor, if necessary.
- ▶ Begin with arms extended down.
- ▶ Lift arms straight out to the sides, *squeezing shoulder blades down and back*.
- ▶ *Slowly lower* arms to start position.

Trunk Extensors

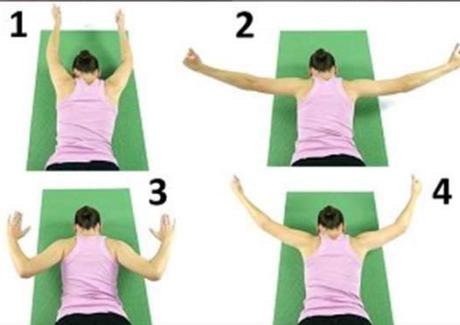
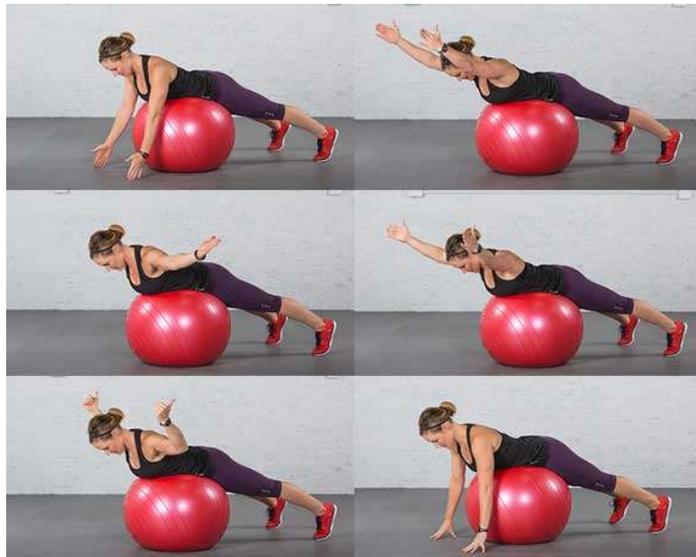


Prone I, T, W, Ys

▶ "Y's"

- ▶ Lie on your stomach over a ball. You may place your knees on the floor, if necessary.
- ▶ Begin with arms extended down.
- ▶ Lift arms overhead in a "Y", *squeezing shoulder blades down and back.*
- ▶ *Slowly lower arms to start position.*
- ▶ Repeat 12-15x.

Trunk Extensors



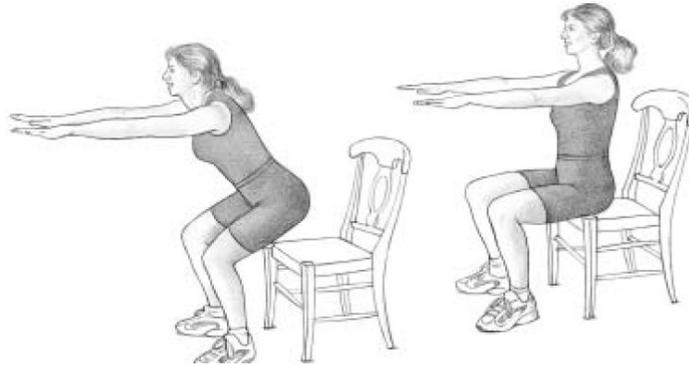
Prone I, T, W, Ys

▶ “W’s”

- ▶ Lie on your stomach over a ball. You may place your knees on the floor, if necessary.
- ▶ Begin with arms extended down.
- ▶ Lift arms back with elbows bent and palms facing the floor, *squeezing shoulder blades down and back.*
- ▶ *Slowly lower* arms to start position.

Squats

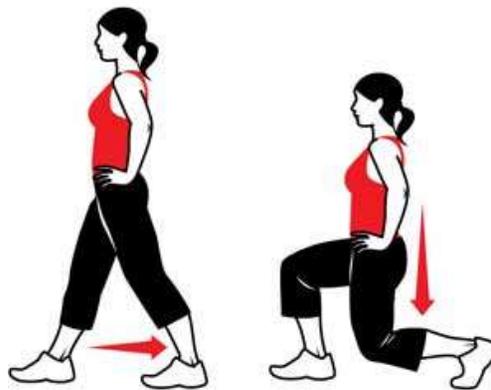
Gait,
Mobility,
Balance



- ▶ Stand with feet hip width apart and feet pointed forward.
- ▶ Squat down as if you are going to sit down on a chair, with *buttocks back and chest and eyes up*.
- ▶ Keep *knees aligned over ankles and do not allow knees to collapse inward*.
- ▶ Press into both legs equally to stand back up tall, *squeezing the buttock muscles and thighs*.

Stationary Lunges

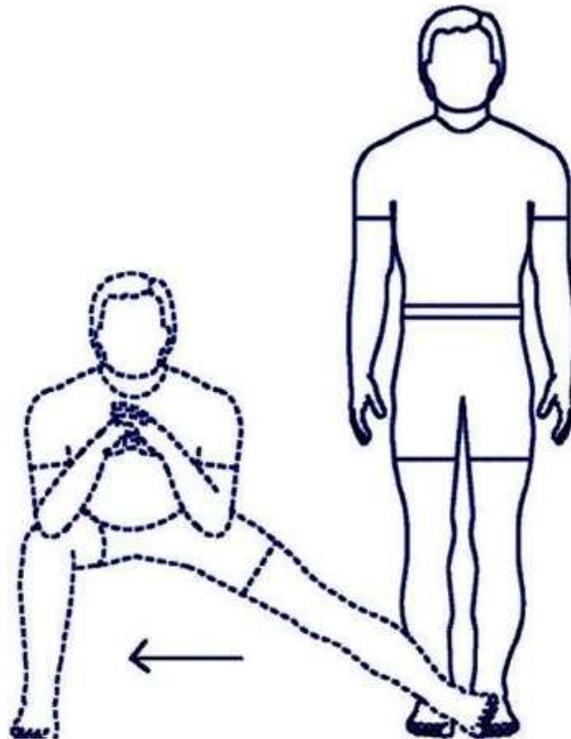
Gait,
Mobility,
Balance



- ▶ Stand in split stance position with toes of both feet pointed forward.
- ▶ Slowly drop down into a lunge position without moving your feet.
- ▶ *Front knee should be aligned over ankle.*
- ▶ *Back knee should be directly under the hip.*
- ▶ Press into both legs to stand back up, squeezing muscles of both legs.

Side Lunges

Gait,
Mobility,
Balance



- ▶ Stand in neutral position.
- ▶ Step out to the right side, lunging onto the stepping leg.
- ▶ *Keep knee aligned over ankle, buttocks back, do not allow knee to collapse inward.*
- ▶ *Keep chest and eyes up as you lunge.*
- ▶ Press into lunge leg to step back to neutral stance.
- ▶ Repeat per side.

Calves

Gait,
Mobility,
Balance



- ▶ Stand holding onto a surface.
- ▶ Rise up onto toes as high as you can while keeping knees straight.
- ▶ Perform 2 sets of 20.
- ▶ Progress to performing this exercise on one leg and on the steps with heels dropping over the edge of a step, 2 sets of 20 on each side.



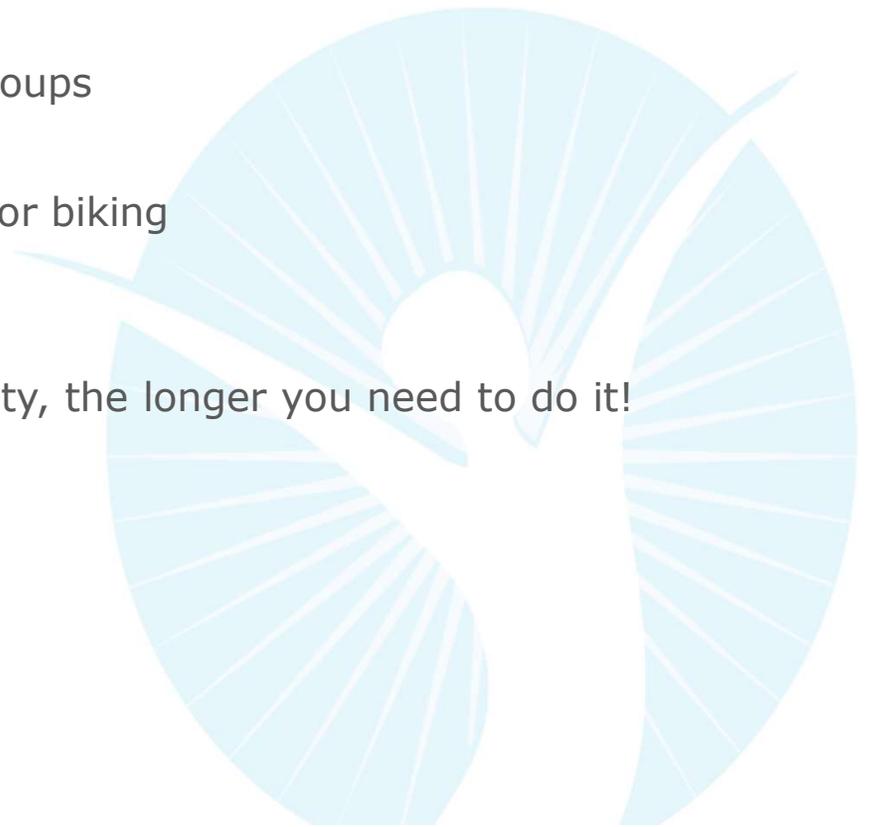
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Endurance

Endurance

- ▶ Types
 - ▶ Uses large muscle groups
- ▶ Common Activities
 - ▶ Walking, swimming, or biking
- ▶ How long?
 - ▶ 20-60 minutes
 - ▶ The lower the intensity, the longer you need to do it!
- ▶ How often?
 - ▶ 3-5x/week



Starting a Walking Program

Week	Warm-up	Brisk walking	Cool-down
1	5 minutes	5 minutes	5 minutes
2	5 minutes	7 minutes	5 minutes
3	5 minutes	9 minutes	5 minutes
4	5 minutes	11 minutes	5 minutes
5	5 minutes	13 minutes	5 minutes
6	5 minutes	15 minutes	5 minutes
7	5 minutes	18 minutes	5 minutes
8	5 minutes	20 minutes	5 minutes
9	5 minutes	23 minutes	5 minutes
10	5 minutes	26 minutes	5 minutes
11	5 minutes	28 minutes	5 minutes
12	5 minutes	30 minutes	5 minutes

▶ Walking Progression

▶ <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20050972>

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Walking and Biking Program

- ▶ Start low, go slow
- ▶ Once you have 30 minutes, start riding/walking faster
- ▶ Consider purchasing a treadmill, stationary bike, desk treadmill, desk exercise bike

Amazon's Choice



UREVO 2 in 1 Under Desk Treadmill, 2.5HP Folding Electric Treadmill Walking Jogging Machine for Home Office with Remote Control

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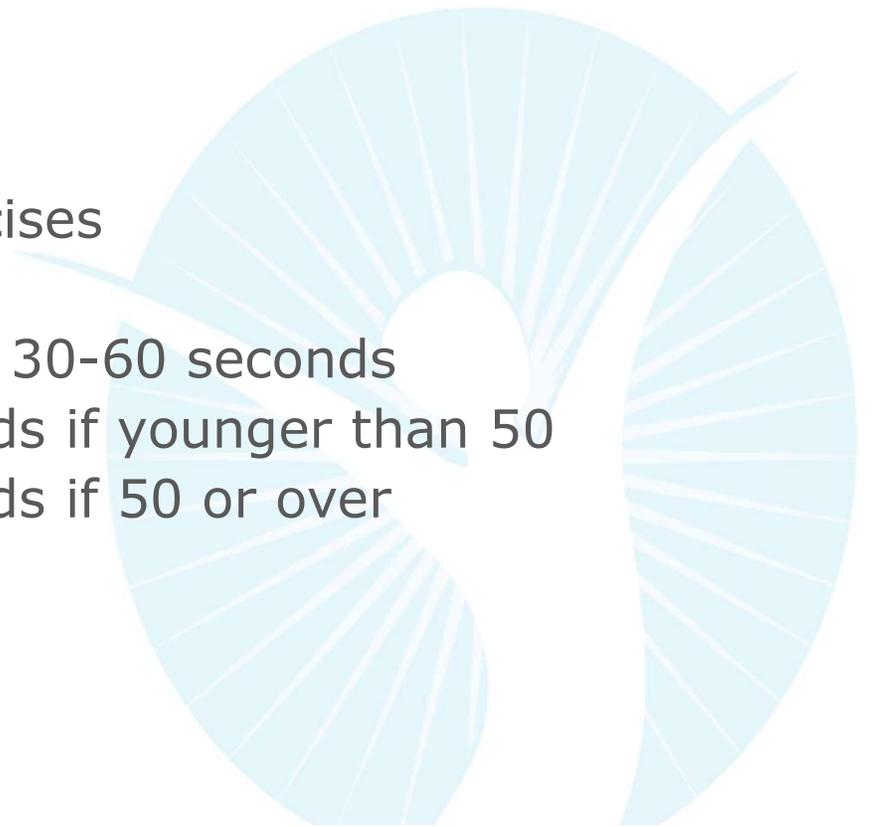
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Cool Down

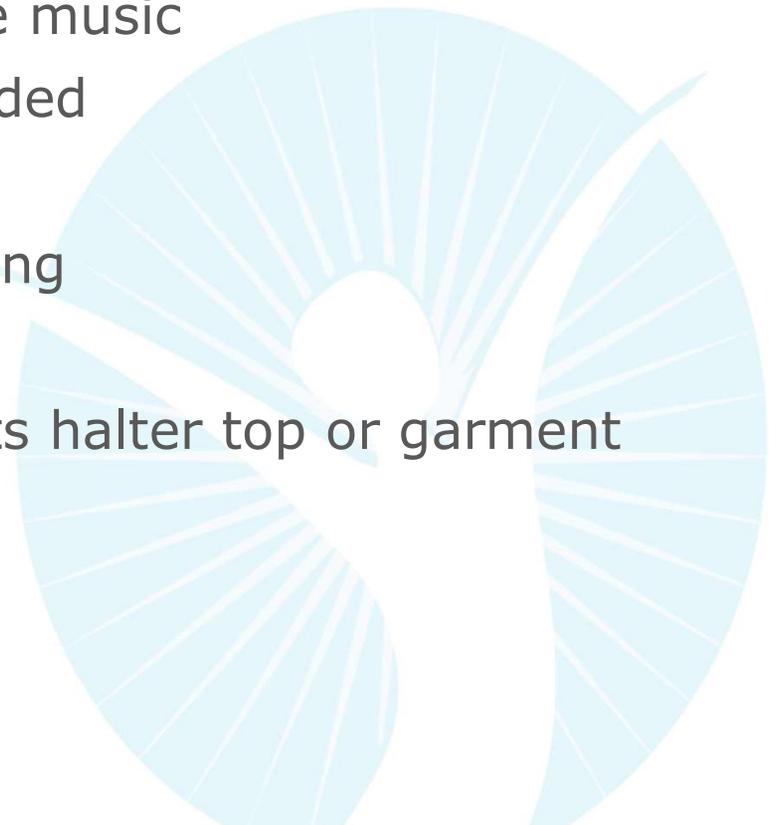
Cool-Down

- ▶ How long?
 - ▶ 5 minutes
 - ▶ Flexibility exercises
 - ▶ Stretches
 - ▶ Hold stretch 30-60 seconds
 - ▶ 30 seconds if younger than 50
 - ▶ 60 seconds if 50 or over

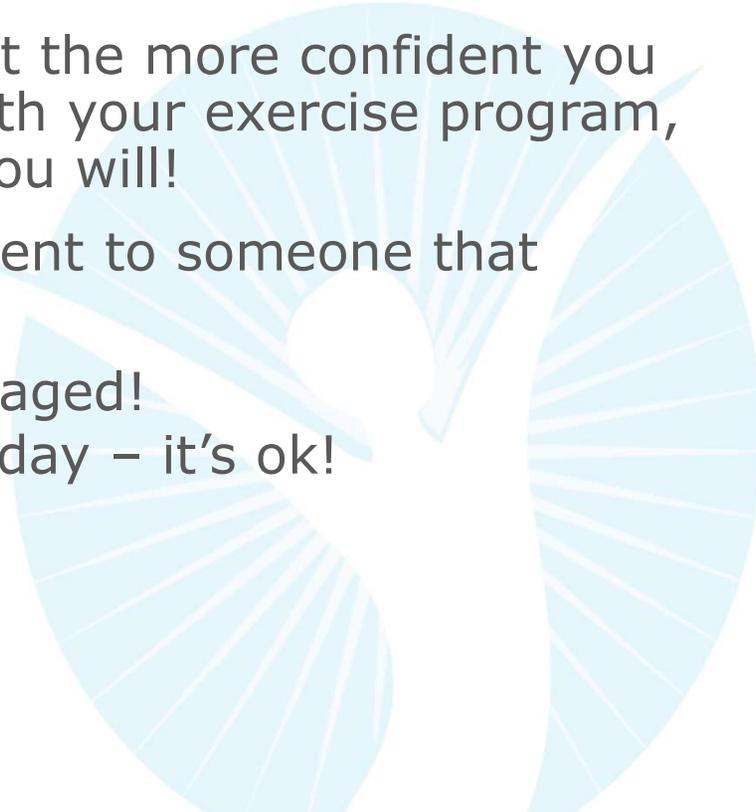


Exercise Essentials

- ▶ Good supportive shoes
- ▶ Fun or appropriate music
- ▶ Equipment as needed
- ▶ A positive attitude
- ▶ Comfortable clothing
- ▶ Lots of water
- ▶ A supportive sports halter top or garment
- ▶ Enough time
- ▶ A workout partner



Sticking With It!

- ▶ Studies show that the more confident you are in sticking with your exercise program, the more likely you will!
 - ▶ Make a commitment to someone that matters
 - ▶ Don't get discouraged!
 - ▶ If you miss a day – it's ok!
- 

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Thank You!

<https://www.liveyourlifept.com/>

