

Suggestions for Warming Up and Cooling Down

Sit in a chair with your back straight, looking forward. Your shoulders should be down and back, chin tucked in slightly, and arms on the armrests or in your lap. Use this starting position for each exercise.

Work up to doing the exercise 8 times.

Toe Raises

Start with your feet flat on the floor about shoulder width apart. Raise your toes off the floor, shifting all the weight to your heels. Hold for four seconds. Lower your toes to starting position. Repeat.

Heel Raises

Start with your feet flat on the floor about shoulder width apart. Raise your heels off the floor, shifting all the weight to your toes. Hold for four seconds. Lower your heels to starting position. Repeat.

Ankle Circles

Raise one foot off the floor and slowly rotate your ankle in a full circle to the left eight times (counter-clockwise), then to the right eight times (clockwise). Lower your foot to the floor. Repeat with other foot.

Knee Lifts ***People with a hip replacement should not do this exercise.*

With your knees bent, lift one leg up. Hold for four seconds. Lower your leg. Repeat with the other leg.

Marching in Place

March in place using your legs at first, gradually lift them a little higher. Add some arm movements by swinging your arms while you march. March for one to two minutes.

Arm Circles

With your arms out to the side at shoulder height, slowly make small circles forward. Gradually make the circles bigger. Do eight times then go in the other direction. Remember to start with smaller circles gradually making them bigger.

Elbow Circles

Start with your arms out to the side at shoulder height. Bend your elbows and touch your shoulders with your hands. Make full circles forward eight times, and then make full circles backward eight times.

Wrist Circles

With your arms out in front at shoulder height, make circles with your wrists. Repeat the other direction.

Shoulder Rolls

Slowly rotate your shoulder, making circles. Rotate them forward eight times and then backward eight times.

Shoulder Shrugs

With your arms at your sides, slowly shrug your shoulders up towards your ears. Lower your shoulders. Repeat.

Shoulder Checks ***People with neck problems should not do this exercise.*

Keep your arms at your sides, your shoulders back and down, and your chin tucked in slightly. Look straight ahead. Without turning your whole body, slowly turn your head to look over your left shoulder. Slowly return and look straight ahead. Slowly turn your head to look over your right shoulder. Slowly return and look straight ahead. Repeat.

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