

Physical Fitness and Exercise - Health



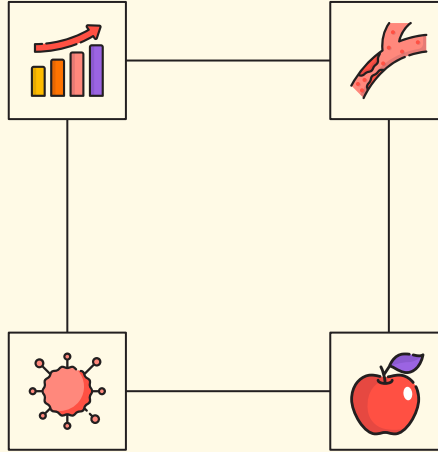
Benefits of regular exercise

Increase energy

Improves cognitive function

Immune system

Helps reduce risk for disease



Muscle strength

Strengthens bones and muscles

Healthy weight

Helps you to maintain body weight



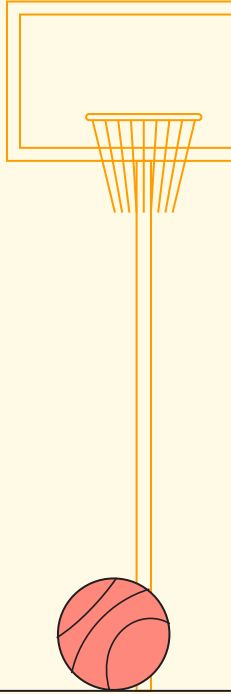
Health benefits of exercise

- Helps both physical and mental health
- Even just 15 minutes a day can make a difference
- Always go at your level of comfort and what feels right for your body



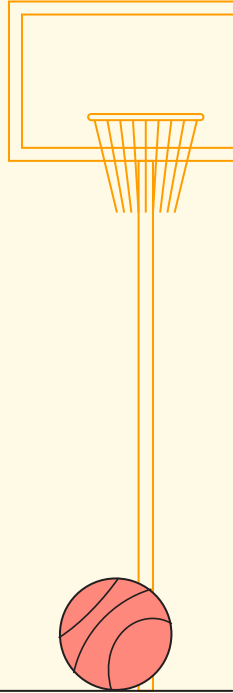
Heel Raises

- Sitting in a chair or standing up, keep your toes and the balls of your feet on the floor and lift your heels
- Repeat 10 times



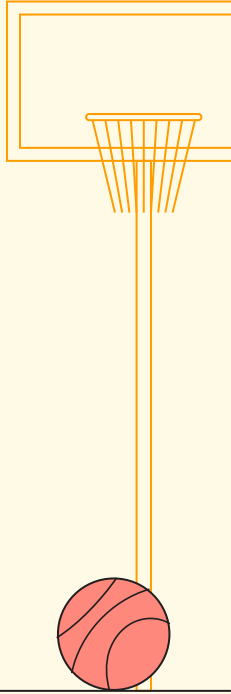
Neck Stretch

- Stand or sit with feet flat on the floor, shoulder width apart
- Turn your head slowly to the right until you feel a slight stretch and hold for 15 seconds
- Turn to the left and hold for 15 seconds
- Repeat



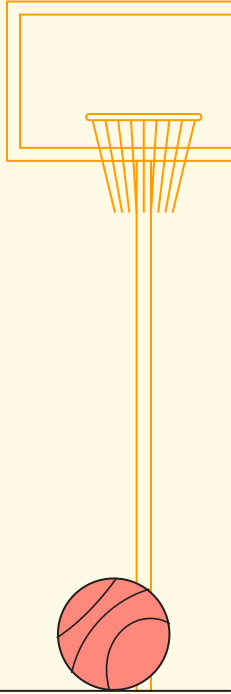
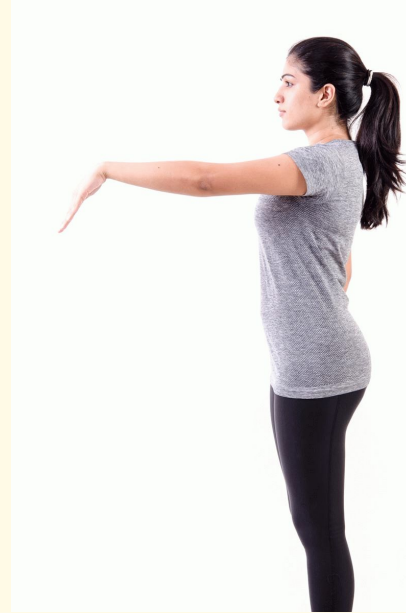
Seated Leg Lifts

- Sit in a sturdy chair with your feet flat on the floor
- Slowly lift one leg as high as comfortable while keeping it straight. Hold for a moment, then lower it back down
- Repeat with the other leg



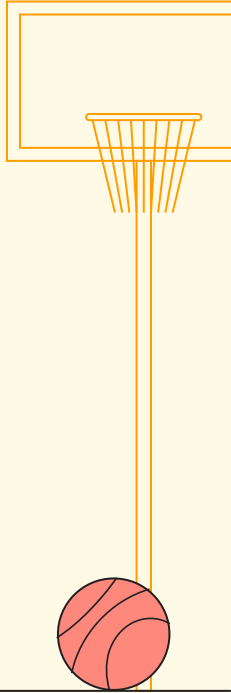
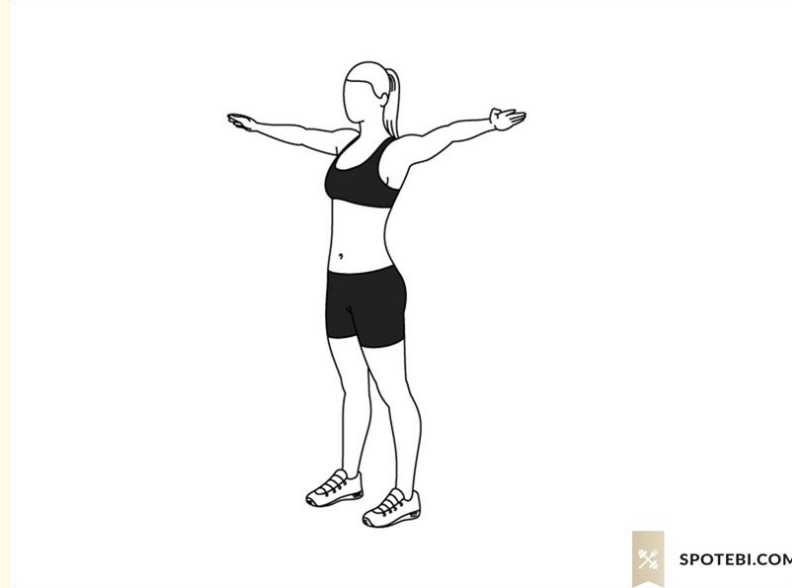
Wrist Flexor and Extensor Stretch

- Extend one arm in front of you with the palm facing up and gently pull the fingers back with your opposite hand
- Flip your hand so the palm faces down and gently press the fingers toward your body
- Switch arms and repeat



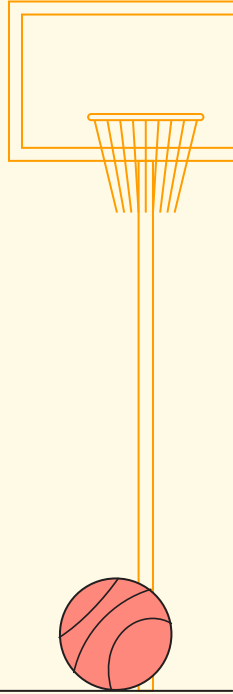
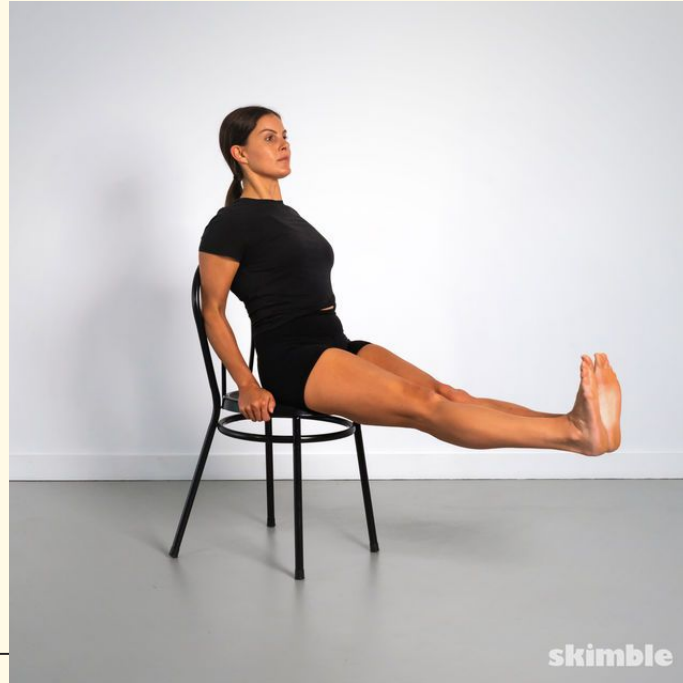
Arm Circles

- Stand or sit comfortably with arms extended to the sides
- Make small circles with your arms
- This helps improve shoulder mobility and flexibility



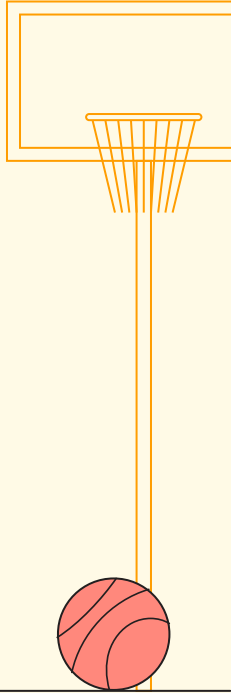
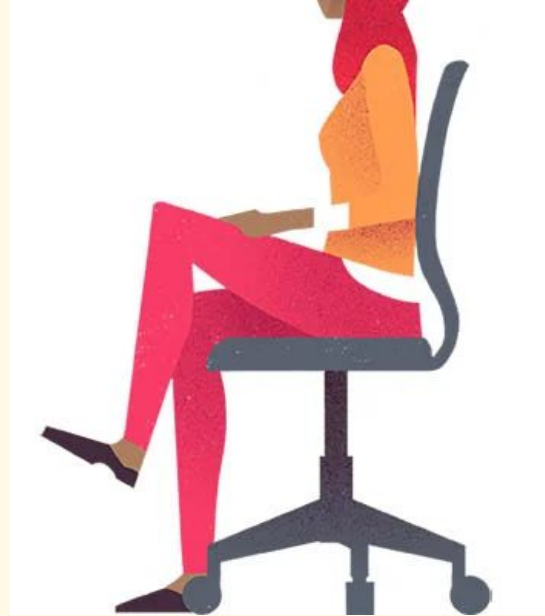
Leg Raises

- Sit comfortably in a chair and extend one leg straight out in front of you, then lower it back down
- Repeat with the other leg
- This exercise strengthens leg muscles and improves flexibility



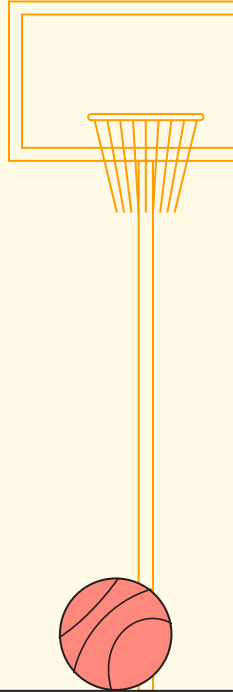
Seated March

- Lift your left leg, with your knee bent, as high up as you are comfortable with.
- Place foot down with control.
- Repeat with the right leg. Do a few lifts with each leg
- Helps improve hip flexibility



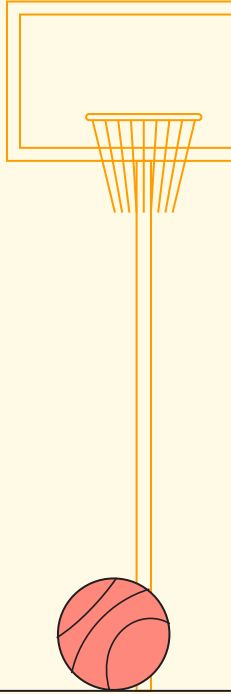
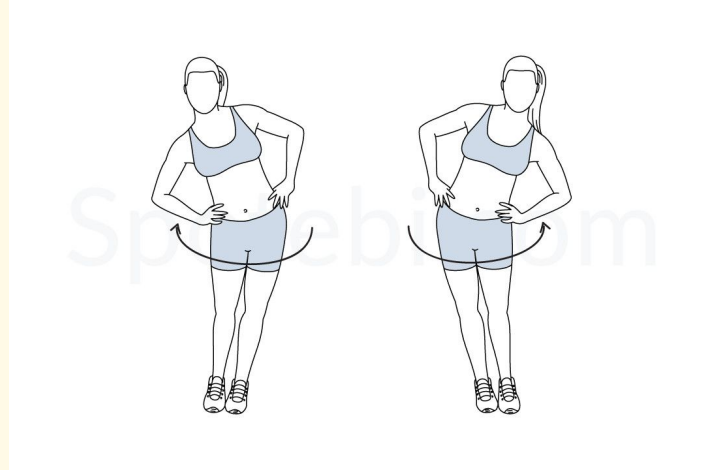
Seated Row

- Hold arms straight out at shoulder level, with thumbs pointed upwards.
- Draw elbows back, squeezing the shoulder blades together, until aligned with torso.
- Extend your arms back to beginning
- Repeat a few times.
- Improves arm strength and control



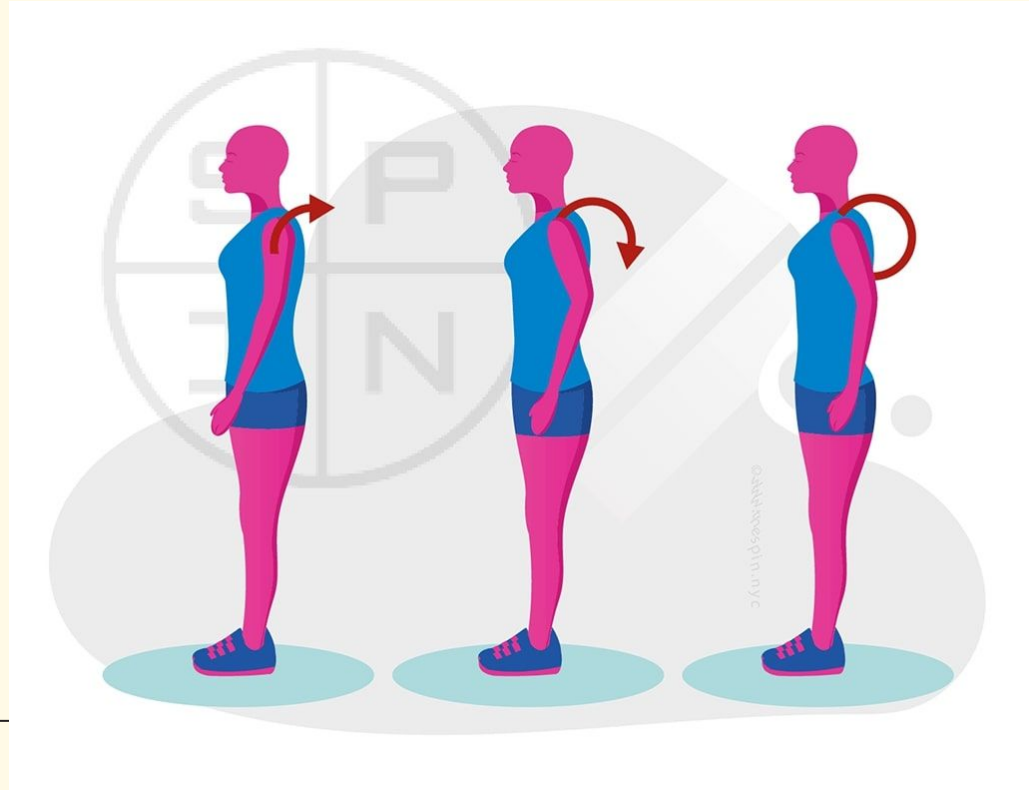
Hip Circles

- Stand up tall and place both hands on your hips
- Make a circular motion with your hips clockwise
- Repeat in the other direction



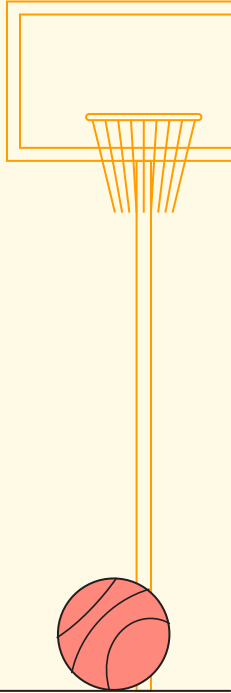
Shoulder Rolls

- Stand or sit comfortably and roll your shoulders backward and forward in a circular motion
- This helps improve shoulder mobility and reduces stiffness



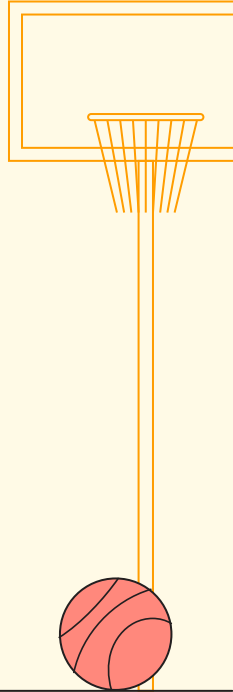
Overhead Press

- Bend your arms up, so your wrists are by your shoulders.
- Slowly punch diagonally up and across your body, while rotating your torso in the same direction.
- Return to the start position, then switch to the other arm. Repeat a few times on each side.



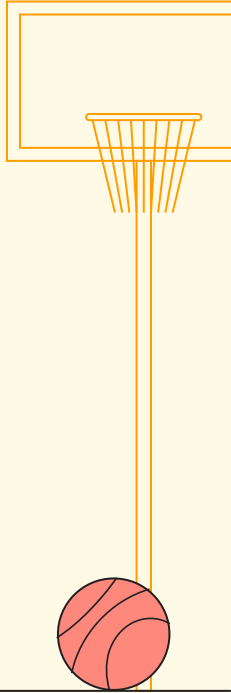
Seated Forward Bend

- Lengthens your back muscles to increase flexibility.
- Keeping your back straight, and slowly bend forward from your hips.
- Slide your hands down your calves as you continue bending forward, moving your chin toward your lap.
- Hold the stretch & then slowly return to the starting position.
- Repeat as needed



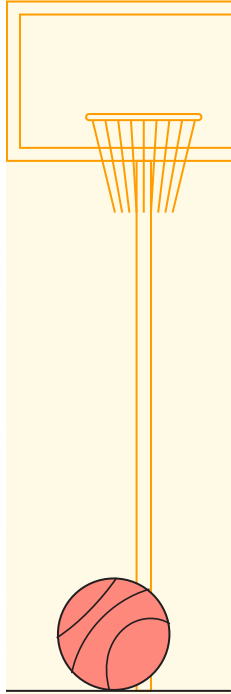
Marching in Place

- March in place at a comfortable speed
- Helps to incorporate some cardio into your exercise to improve heart health



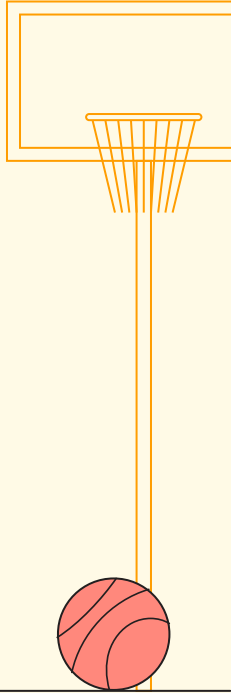
Shoulder and Upper Back Stretch

- Bend your right arm, raising it so your elbow is chest level and your right fist is near your shoulder.
- Place your left hand on your right elbow and gently pull your right arm across your chest.



Calf Raises

- Raise up your toes as comfortably as you can
- Return to standing position flat on your feet
- Repeat



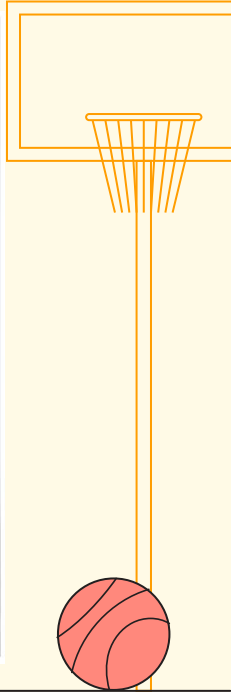
Toe Taps

- Sit in a chair and keep your heels on the floor. Lift your toes high enough that you can feel the muscles along your shin working.
- This will help strengthen the lower legs.



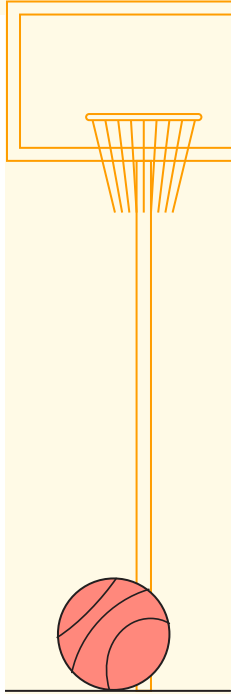
Knee Lifts

- Sit in a chair and lift your leg. Keep your arms resting on the side of you. Your knee and back of the thigh should be 2-3 inches off the seat.
- This will help blood flow and strengthen your upper leg.



Ankle Rotations

- Sit in a chair and lift your right foot off the floor and slowly rotate your foot to the right and left.
- This will help strengthen your calves.



Thank you!



Contact Information:



Email: projectmeducate@gmail.com
or visit www.projectmeducate.org

