

# **FUNCTIONAL Fitness**

Sponsored by:



**Comfort  
Keepers®**

*Comforting Solutions for In-Home Care®*

**Use a Sturdy Chair or Counter With These Exercises For Balance And Support. Do One Exercise Per Commercial Of Your Favorite Program— And You'll Be On Your Way To FUNCTIONAL Fitness!**

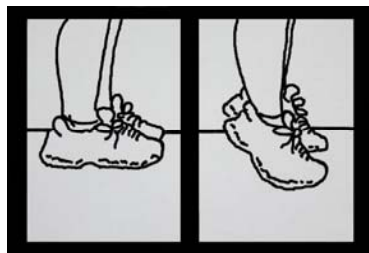
## Standing Exercises



**Torso Rotation** —From a standing or sitting position, place hands on hips. Take a deep breath, as you exhale turn your waist and shoulders as far as you can right. Inhale back to the middle then repeat to the left side. **Repeat 3-5x.**



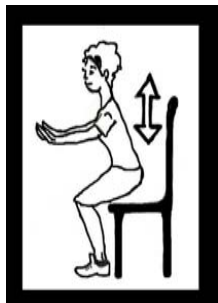
**Calf Stretch** —Stand behind a stable chair holding onto the back for balance. Stand tall next to the chair and extend one foot back and press heel down. **Hold 20-30 seconds each leg.**



**Heel Raise** —Stand behind a stable chair holding onto the back for balance. Slowly raise up on the balls of both feet, hold 2-3 seconds, then slowly release. **Repeat 10-15x.**



**Hip Circles** —In a standing position, with one or both hands on chair for balance, extend one leg out to the side. Rotate your foot and hip in a circle clockwise then counterclockwise. **Repeat 10-15x in each direction with each leg.**



**Sit-to-Stand** —Stand close to chair. Slowly lower hips back & bend legs as if going to sit down. Go as low as you can, pause 2-3 seconds and return to a stand. The seat is behind you for safety if you should feel unsteady.

**Repeat 5-15X.**

Exercise can cause injury. Always consult your physician before adding or changing exercise. Perform at your own risk.

Each year 1/3 of people over 65 fall— costing over 19 BILLION DOLLARS! Many of these falls occur performing simple activities around the home. Comfort Keepers will provide a free home safety assessment and make recommendations to stay safer. We also offer *Safety Choice* **Emergency Monitoring Systems** to give you peace of mind knowing help is available immediately with the simple touch of a button worn on bracelet or necklace.

**SAFETYCHOICE™**  
BY COMFORT KEEPERS®



**Call Today For More Information**

**763-273-4207**

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*Comforting Solutions for In-Home Care®*

**As we age the #1 thing we can do to improve our health, increase our energy, and maintain our independence is simply to STAY ACTIVE!**

At Comfort Keepers our goal is to help people enjoy the highest possible quality of life. We are here to help with housekeeping, meal preparation, laundry, linens, errands, personal cares and skilled nursing to help you stay safe & healthy.

Additionally, we provide these exercises to help you stay active and maintain your strength and health. As little as 30 minutes a day can help you stay fit enough to FUNCTION and stay independent!

**Keep This By Your TV Chair, Do One Exercise Per Commercial—You'll Be On Your Way To Functional Fitness!**

## Sitting Exercises



**Neck Stretches**—Slowly lean one ear toward your shoulder, slowly roll chin toward chest then up to the opposite shoulder.

Slowly repeat while taking long deep breaths.

**Repeat 5-10x.**

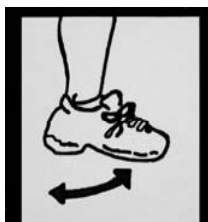


**Arm Raises**—Reach one arm up overhead then down and repeat with other arm.

**Repeat 5-10 x each arm and 5-10x with both arms.**



**Seated Row**—Sitting up straight with back against chair. Extend both arms with palms down in a light fist. Slowly pull hands to chest, tightening arm and shoulder muscles as you pull elbows to back of chair. **Repeat 5-15x.**



**Toe Raises**—Lift toe toward shin, pause and hold 2-3 seconds, then press toe down to a point & hold. **Repeat 5-10x each foot.**



**Toe Circles**—Draw a circle with your toe rotating at your ankle. **Repeat 5-10 circles right and left with each foot.**



**Leg Extension**—Sitting up straight with back against chair, extend one leg out tightening thigh muscle, then return down. **Repeat 5-15x.**



**Seated March**—Sit up straight with back against chair, and hands holding base of chair for stability. Slowly lift one knee off the floor toward chest. Return to floor and lift opposite. Alternate back and forth as if marching. **Repeat 10-15x each leg.**

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