



**Comfort
Keepers®**

a *sodexo* brand

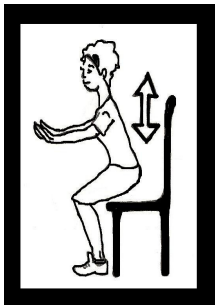
Maintain Your Independence With These Simple Exercises!

At Comfort Keepers, our goal is to help seniors maintain their independence and enjoy the highest possible quality of life. One of the most significant risks seniors face is *losing* their independence by injury from a fall. According to the National Institute of Health, more than one in three people age 65+ fall each year and the risk rises with age. Each year, more than 1.6 million older Americans go to emergency rooms for fall-related injuries. Falls are the #1 cause of hospital admissions for trauma and loss of independence in seniors.

Performing regular exercise to stay strong and agile is one of the most important things you can do to prevent falls and maintain your independence. The American Physical Therapy Association (APTA) suggests that these exercises may reduce your chance of falling by nearly 40%!

Do these exercises daily to help prevent falls and maintain your independence!

Always be sure to consult your physician before adding or changing your exercise program.



Sit-to-Stand “Squats”

Stand in front of a sturdy chair. Slowly lower hips back & bend legs as if going to sit down. Go as low as you can without resting your hips on the chair, pause 2-3 seconds and return to a stand. The seat is behind you for safety if you should feel unsteady.

Repeat 5-15X daily.

Side Leg-Lifts/Hip Circles

In a standing position, with one or both hands on chair or counter for balance, extend one leg out to the side, pause briefly then return foot to floor. Another option is to lift leg to side and then rotate your foot and hip in a circle clockwise then counterclockwise.

Repeat 10-15x in each direction with each leg daily.

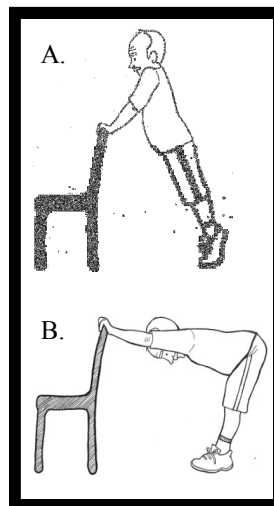


Balance Pose



Stand with finger tips on a chair or counter for balance, start with right heel lifted and resting on left ankle and right toe is on floor like a kick stand. Hold this position while you take 3-4 deep breaths, then repeat with opposite side. As balance improves, slowly begin to bring the lifted foot upwards towards the inner knee of opposite leg and allow knee to relax out to the side.

Hold for 3-4 deep breaths and repeat 3-5x a day with each leg.



Calf & Back Stretch

Stand about a foot or two behind a sturdy chair reaching forward with finger tips to the back of chair.

- A) Take a deep breath and slowly lift up onto the balls of your feet raising your heels and leaning forward toward chair. Exhale and
- B) extend your arms out straight as your tail bone glides backwards away from chair. Gently press your chest towards the floor to stretch your upper back, shoulders and the back of your thighs.

Repeat 5-10X daily.

For More Helpful Exercises Watch Active Aging™ on Metro Cable Ch. 6 at 11:30 M-F

Or at <http://maplegrove-424.comfortkeepers.com/home/senior-fitness-show>

Or Call Comfort Keepers NW Twin Cities at 763-273-4207 to request a DVD.

Each office independently owned and operated.