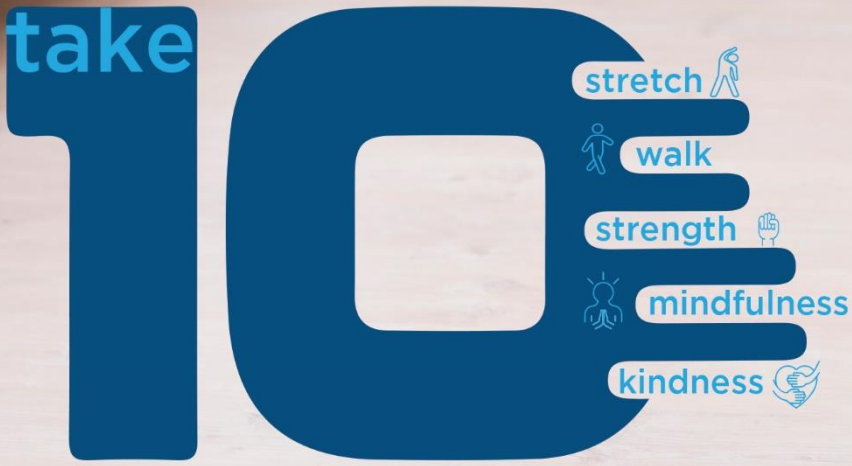


take



Strength Activity Guide

Directions

- + Complete 15 repetitions of each exercise, twice.

Benefits


- + Bone, muscle, and connective tissue growth and durability.
- + Increase muscle strength, endurance, and power.
- + Increase blood glucose regulation.
- + Improve posture.

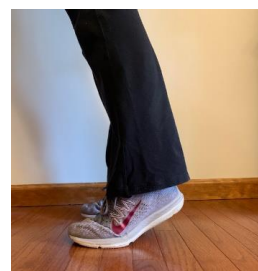
take 10

- stretch 
- walk 
- strength 
- mindfulness 
- kindness 




Exercise #1: Calf Raises

 Seated or standing, place your legs hip width apart. Come up on the balls of your feet, then relax down.



Exercise #2: Side Bends

 Stand with your feet shoulder-width apart and place your right hand on your hip. Engage your core and bend at your waist to the left toward the floor. Pulling from your core, bring your body back to start position. Repeat on the other side.



take 10

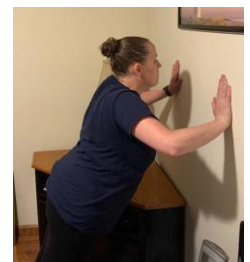
stretch 
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kindness 



Exercise #3: Wall Push Up



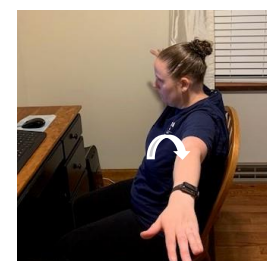
Face the wall about an arm's length away. Place your arms on the wall, shoulder width apart. Bend your elbows and lean into the wall. Slowly push back until arms are straight.



Exercise #4: Arm Circles



Seated or standing, place your arms straight out to the side drawing small circles counter clockwise. Repeat going clockwise.



take

10

stretch 

walk 


strength 

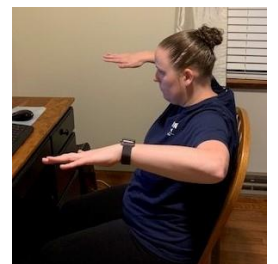
mindfulness 

kindness 




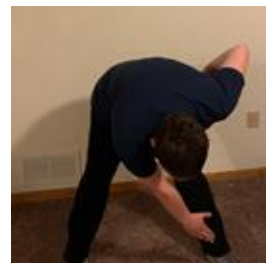
Exercise #5: Shoulder Retraction

 Seated or standing, place your arms straight out and parallel to the ground. Bend at the elbow and bring your arms back while squeezing your shoulder blades.



Exercise #6: Windmill

 Sit or stand with your feet shoulder width apart. Place your left hand on your hip and extend your right arm across the body to touch your left foot. Return to the start position and repeat on the other side.



take

10

stretch 

walk 


strength 

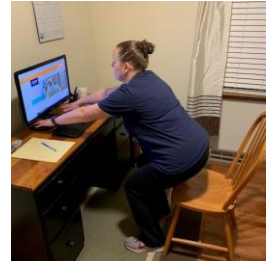
mindfulness 

kindness 




Exercise #7: Chair Squat

 Stand in front of a chair with your feet shoulder width apart. Put your arms straight out. Push your hips backward, bend your knees and lower yourself down slowly to sit down on the chair. Next, lean forwards at the hips with a straight back, push down into your heels and stand up straight.



Exercise #8: Hip Abduction

 Stand with your feet hip width apart and your knees slightly bent. Place your hands on your hips or one hand on a chair or wall for balance. With your toes pointed forward, foot flexed, and leg straight, lift the left foot off the ground and out to the side as high as you can and then bring it back to the starting position.

