

# LiveWell Health



MAINTAIN STRENGTH

IMPROVE BALANCE, POSTURE & ENDURANCE

PROMOTE INDEPENDENCE & AGE IN PLACE

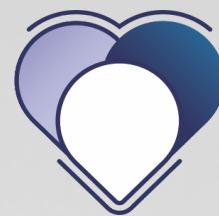
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ADULTS OF ALL AGES SHOULD RECEIVE 150  
MINUTES EACH WEEK OF MODERATE  
PHYSICAL ACTIVITY AND TWO DAYS OF  
MUSCLE STRENGTHENING MOVEMENT.

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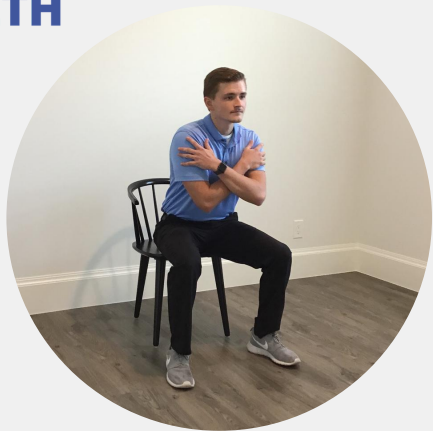
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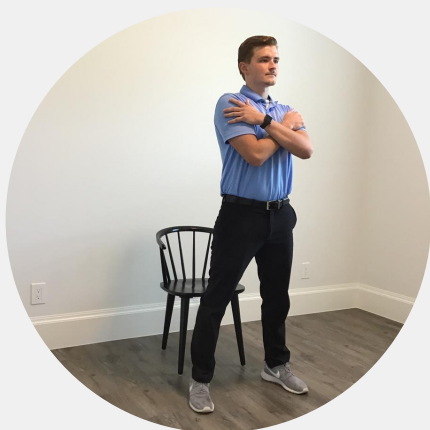
When completing the exercises in this booklet complete **8-15 repetitions for each movement**. As you continue to progress you may continue to add repetitions or complete this guide multiple times throughout the day. Should you have any questions please email Andrew Sokolowski at: **[andrew@livewellhealthmanagement.com](mailto:andrew@livewellhealthmanagement.com)**

This booklet simply provides recommendations and the information should not be taken as medical advice. Please seek physician advice prior to beginning an exercise program such as this one provided.

START



FINISH



## Sit to Stand

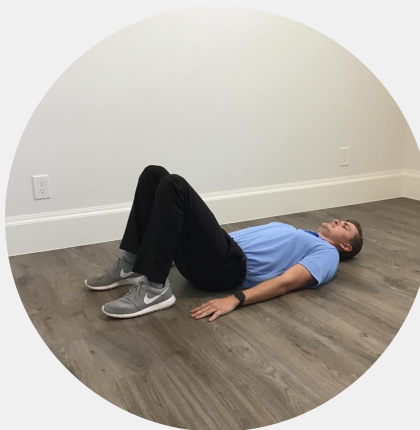
- Start by sitting near the front edge of the chair
- Separate feet to shoulder width
- Lean forward (nose over toes)
- Stand while driving the knees out

EXERCISE IS MEDICINE

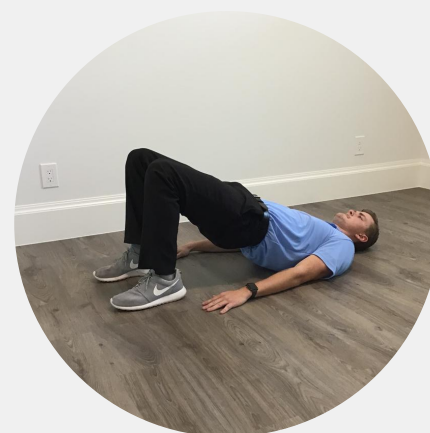
## Glute Bridge

- Start lying in a supine position
- With your knees bent press your lower back into the floor
- Drive the hips up, lifting your buttocks off of the floor

START



FINISH



START



FINISH

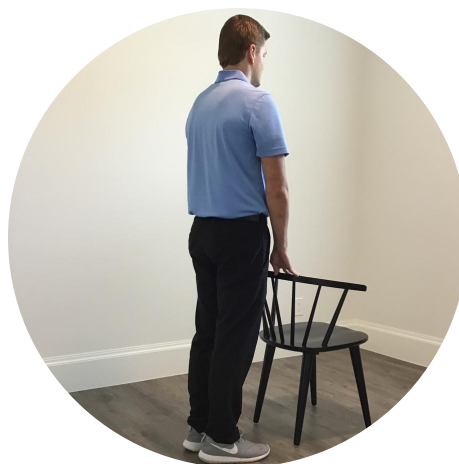
## Leg Extension

- Start by sitting towards the back of the chair
- With knees bent slowly extend one leg in front of you
- Squeeze the upper portion of your thigh

YOUR PARTNER IN SUCCESSFUL AGING

## Leg Curl

- Start by standing with support in front of you
- Slowly bend the knee attempting to drive your heel towards the buttocks



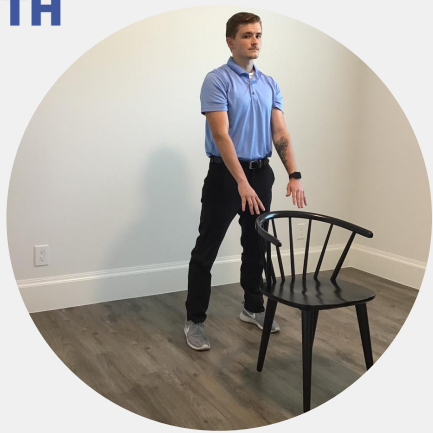
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FINISH





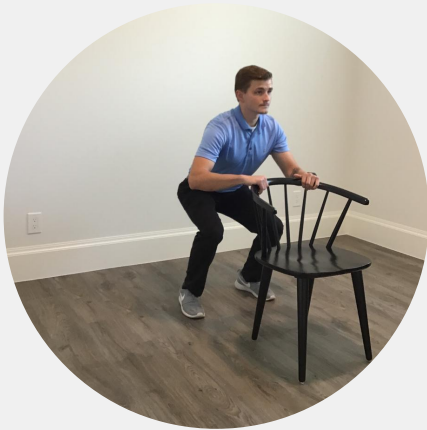
START



## Assisted Squat

- Start by standing with support in front of you
- Slowly push your hips back and lower your buttocks to a safe position
- Drive your knees out as you stand

FINISH

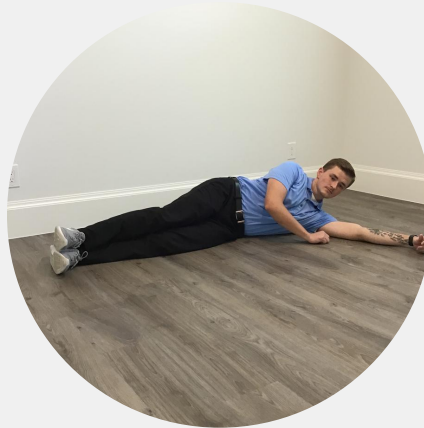


LIVE A HAPPIER, HEALTHIER LIFE

## Hip Abduction

- Start in a side lying position with your legs stacked upon one another
- With a straight leg, slowly raise the top leg up away from the bottom leg
- Be sure your leg does not drift forward upon raise

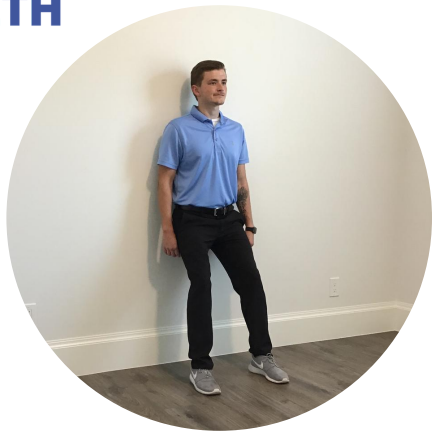
START



FINISH



START



FINISH



## Wallsit

- Start with your back against a wall
- Slowly lower your back and buttock down and hold the position
- Walk your feet away from the wall to alleviate knee pain

IMPROVE STRENGTH, BALANCE, POSTURE & ENDURANCE

## Good Morning

- With your feet underneath your hips, bend your knees slightly
- Shift your weight back as if you were pushing your buttocks through a door way
- Push the hips forward to stand tall

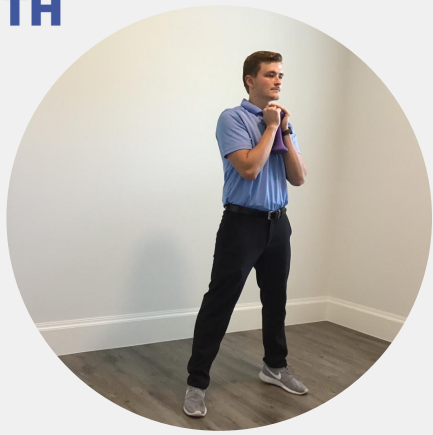
START



FINISH



START



FINISH



## Goblet Squat

- With a weight in your hands, stand with your feet shoulder width apart
- Slowly push your hips back and lower your buttocks to a safe position
- Drive your knees out as you stand

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YOUR PARTNER IN SUCCESSFUL AGING

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## Split Squat

- With support, separate your feet so your back heel is elevated
- Slowly lower your back knee towards the floor
- Keep an upright posture position the entire time

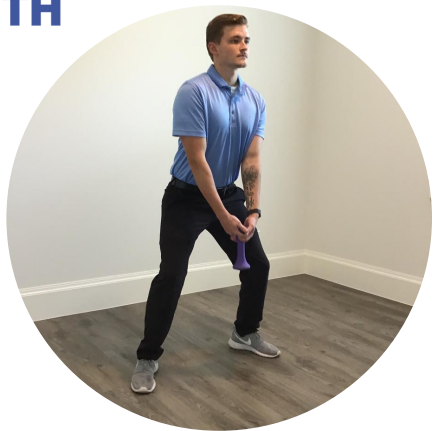
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FINISH



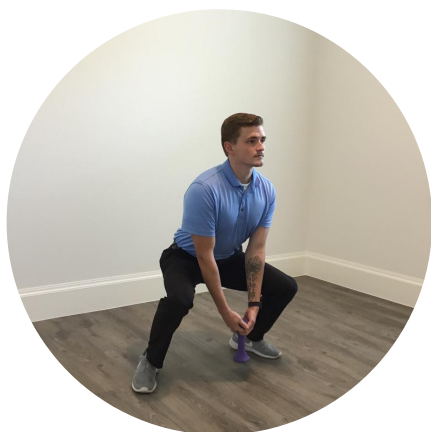
START



## Sumo Deadlift

- Start with your feet outside of shoulder width
- Bend your knees slightly and push your hips back and down
- Lower the weight to the floor by lowering the hips and buttocks

FINISH



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## Dead Bug Extensions

- Start by lying in a supine position and your lower back pressed into the floor
- Lift your arms and legs to 90 degrees
- Extend your right arm and left leg simultaneously, careful not to touch the floor.
- Bring both arm and leg back, repeat on opposite side.

START

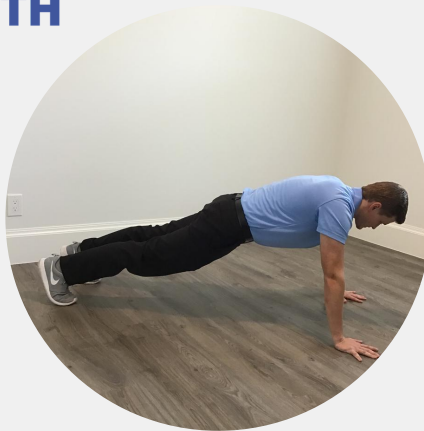


FINISH





START



FINISH



## Plank to Downdog

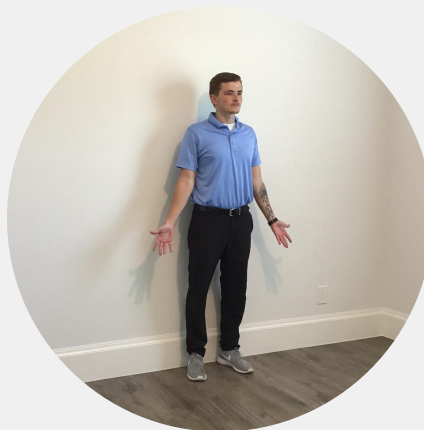
- Start in a push up position with your hands under your shoulders
- Push your hips back and head between both arms
- Hold the position for desired time

IMPROVE STRENGTH, BALANCE, POSTURE & ENDURANCE

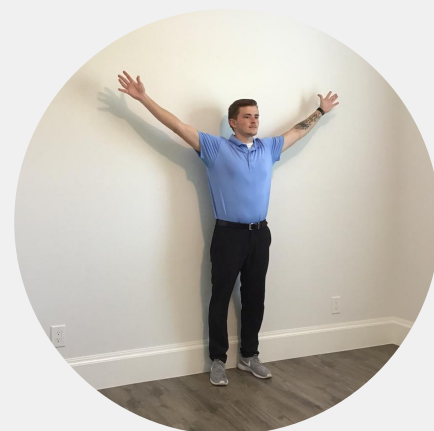
## Snow Angel

- Start with your heels, buttocks and back against the wall
- With your palms forward slide the back of your hand from your pockets to desired height
- Try to remain against the wall

START



FINISH



START



FINISH



## Standing Row

- Start with both arms extended in front
- Drive the elbows back while pinching the shoulder blades
- Be careful not to shrug your shoulders

## AGE IN PLACE

## Seated Press

- Start with your hands outside of your shoulders
- Press hands straight up toward the ceiling
- Press upwards until lockout
- If pain arises limit the range of motion

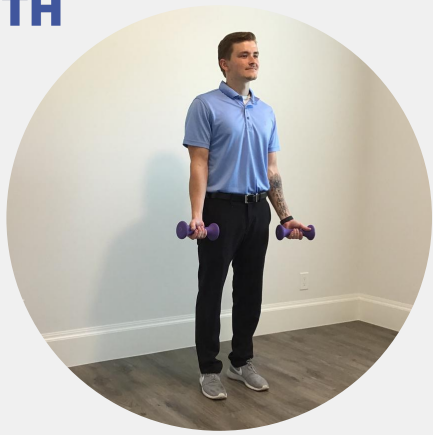
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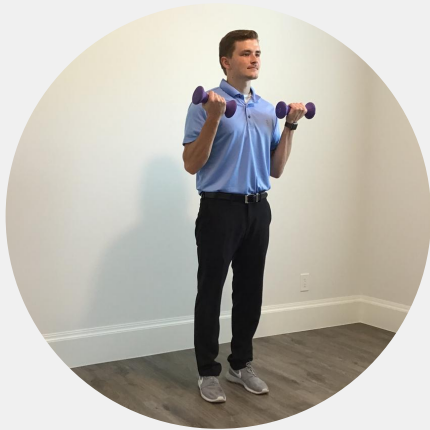
FINISH



START



FINISH



## Bicep Curl

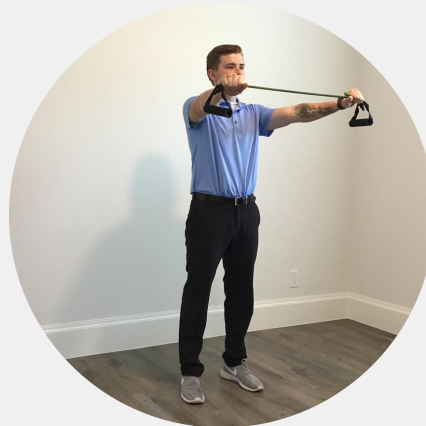
- Start in a standing position with palms forward and shoulders pulled down and back
- Bend at the elbow bringing weights or closed fists towards the shoulders
- The elbows should remain at your side

EXERCISE IS MEDICINE

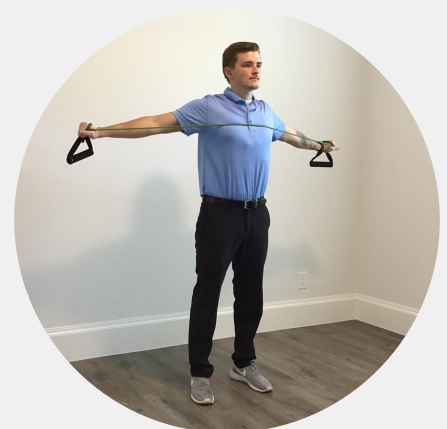
## Banded Pull Apart

- Start with band in hands and shoulders pulled down and back
- Separate your hands spreading wide while squeezing your shoulder blades

START



FINISH



# LIVEWELL HEALTH

*your partner in successful aging*

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