

The overall goal of the exercise program is to improve strength, endurance, flexibility, and psychological well-being. Participating in a regular strength and aerobic exercise program may decrease your risk of certain chronic conditions and disabilities such as heart disease, arthritis, diabetes, stroke, depression or osteoporosis. Choose an aerobic activity you will enjoy and will continue to participate on a regular basis. Gradually increase the duration of each session.

### WARM UP

- Warm-up 5-10 minutes
- RPE 6-10

### MUSCULAR STRENGTH

- F. • 2-3 days per week
- I. • 8-12 repetitions
- T. • 20-40 minutes
- E. • Weight machines, free weights, Dynabands

### AEROBICS

- F. • 3-5 days per week
- I. • RPE 12-15
- T. • 20-40 minutes
- E. • Walking, cycling, swimming

### COOL DOWN

- 10-15 minutes

CHOOSING AN EXERCISE INTENSITY RANGE					
AGE	40	45	50	55	60
Fitness Level	Heart Rate Range	Heart Rate Range	Heart Rate Range	Heart Rate Range	Heart Rate Range
Low Fitness	125-138	123-135	120-132	118-129	115-126
Average Fitness	139-150	136-148	133-145	130-141	127-138
High Fitness	151-164	149-159	146-155	142-151	139-147

Note: Heart rate range based upon the Karvonen formula using an estimated maximum heart rate of 200 and an estimated resting rate of 70.

Rate the degree of perceived exertion you feel during exercise.

Borg RPE Scale ®
6 No exertion at all
7 Extremely light
8
9 Very light
10
11 Light
12
13 Somewhat hard
14
15 Hard (heavy)
16
17 Very hard
18
19 Extremely hard
20 Maximal exertion



- \* Decrease physical limitations and improve functional capacity
- \* Improve balance and coordination
- \* Decrease fatigue and increase stamina
- \* Improve overall quality of life

For more information on exercise and fitness [www.myfitscript.com](http://www.myfitscript.com)

The information in this booklet is not meant to be used as a diagnosis for health related problems or a substitute for professional care. Consult your physician before beginning an exercise program.

Borg-RPE-skalan® ©Gunnar Borg, 1970, 1985, 1994, 1998

"The scale with correct instructions can be obtained from Borg Perception.se the home page: [www.borgperception.se/index.html](http://www.borgperception.se/index.html)"

### Warm Up/Cool Down

Joint stiffening increases as individuals age. It is important to stretch the major muscle groups to decrease joint stiffness, improve range of motion and reduce injuries.

- Warm-up and cool-down using the stretches listed below.
- Walk a few minutes before stretching to warm the muscles.
- Hold each stretch 5-15 seconds, to the point of mild tension, but not extreme pain. Never bounce!
- Repeat each stretch 3-5 times. Perform stretches 2-3 days weekly.
- Breathe while you stretch to increase blood flow to your muscles.

### NECK TURNS:

Slowly turn the head to the right, looking over the right shoulder. Hold. Slowly lower chin to the chest. Hold. Slowly turn the head to the left, looking over the left shoulder. Hold. Repeat.

### SHOULDER CIRCLES:

Slowly circle both shoulders backwards 5 times. Repeat, circling both shoulders forward 5 times.

### BACK SQUEEZE:

Sitting with good posture, arms bent at the sides of the body, slowly squeeze shoulder blades together. Hold. Repeat.

### ARM STRETCH:

Cross your right arm in front of your body. Slowly pull the arm toward the body at the elbow and hold. Switch arms and repeat.

### THIGH STRETCH:

Stand up straight. Hold onto the wall with the left hand. With the right hand, grasp the ankle and slowly pull the heel up towards the buttocks until tension is felt along the front of the thigh. Keep the knees close together. Hold. Lower foot to the floor. Repeat, stretching the right leg before stretching the left leg. Hold onto the wall with the right hand and use the left hand to stretch the left leg.

### CALF STRETCH:

Stand facing a wall with both hands placed on the wall about shoulder level. Place the right foot well behind the body. Keeping the right leg straight and the heel to the floor, lean toward the wall. Hold. Repeat stretching the right leg before stretching the left leg.

## ALT. MILITARY PRESS

Begin with dumbbells resting on shoulders. Slowly extend the right arm up toward the ceiling. Return the dumbbell to the shoulder before lifting the left arm.

1



## BICEPS CURL

While seated, begin with the dumbbells resting on the thighs, palms up. Keeping the elbows close to the sides, bring the right hand toward the shoulder. Slowly lower the dumbbell before raising the left hand.

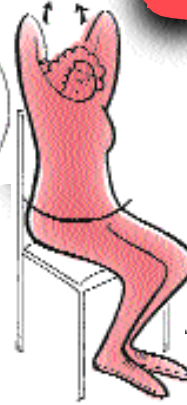
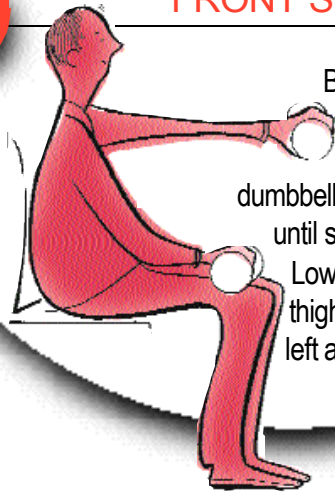
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## FRONT SHOULDER RAISE

Begin with the dumbbells resting on the thighs. Palms should be facing downward. Slowly raise the right dumbbell straight in front of the body until shoulder height is reached. Lower the dumbbell to the thigh before raising the left arm.



5

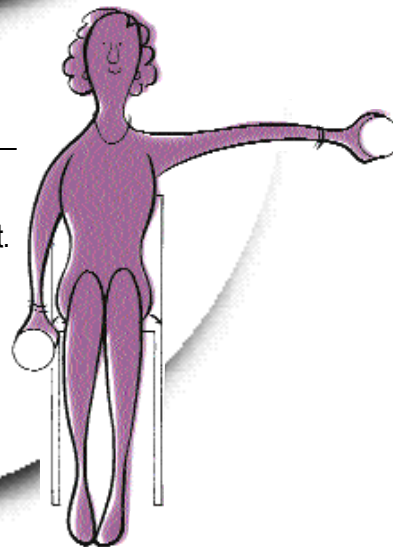
## TRICEPS EXTENSION

Begin with the right elbow pointing upward toward the ceiling and the dumbbell resting on the shoulder. Slowly extend the dumbbell upward toward the ceiling. Slowly lower the dumbbell to the shoulder before repeating. Repeat the exercise on the right side before switching to the left side. For assistance, hold the right elbow with the left hand to maintain the elbow pointing toward the ceiling.

3

## LATERAL RAISE

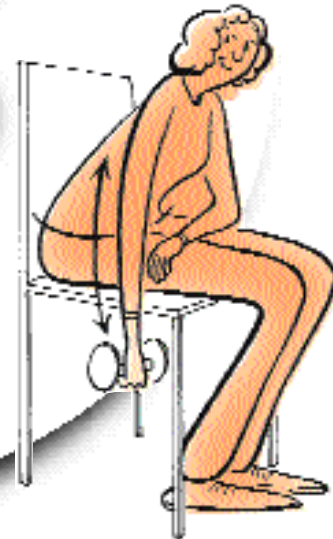
Sitting up straight, begin by placing the dumbbells together in front of the chest. Slowly swing both dumbbells out to the side, palms down, elbows parallel to the floor. Return to starting position before repeating.



## ONE ARM ROW

While seated, begin by leaning forward and placing the left arm across the knees. Extend the right arm downward toward the floor with the palm inward. Slowly raise the right dumbbell up close to the body until the dumbbell reaches armpit level. Lower the dumbbell to the starting position before repeating the exercise. Repeat using the left arm.

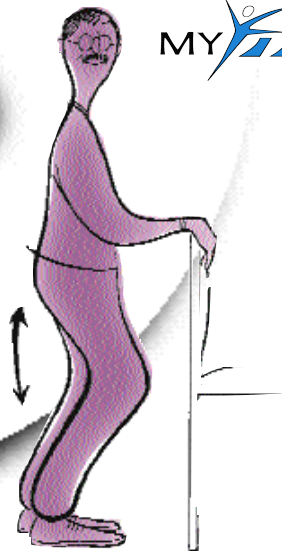
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## SQUATS

7

Stand behind a chair, feet shoulder width apart, holding on to the top of the chair. Maintaining good posture, bend both knees so the body is lowered to the floor. The weight of the body should be pressed over the heels. Stand straight up before repeating the exercise.



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## TOE RAISE

10

Stand behind a chair, holding on to the top of the chair. Maintaining good posture, slowly raise both heels off the floor. Slowly lower the heels to the floor. Repeat.



8

## KNEE RAISE

Stand sideways behind a chair, holding on to top of the chair with one hand. Maintaining good posture, slowly raise the right knee until the thigh is parallel to the floor. Slowly lower the leg until the foot is on the floor. Repeat lifting the right leg before switching legs.



11

## LEG TO SIDE

Stand behind a chair, feet shoulder width apart, holding on to the top of the chair. Maintaining good posture, slowly raise the right leg out away from the body (approximately 1 foot). Slowly lower the leg until the foot is on the floor. Repeat lifting the right leg before switching legs.



## LEG CURL

9

Stand behind a chair, holding on to the top of the chair. Maintaining good posture, slowly raise the right heel toward the buttocks until the shin is parallel to the floor. Slowly lower the leg until the foot is on the floor. Repeat lifting the right leg before switching legs.



## LEG TO BACK

12

Stand behind a chair, feet shoulder width apart, holding on to the top of the chair. Maintaining good posture, extend the right leg back, do not bend the knee. Slowly lower the leg until the foot is on the floor. Repeat lifting the right leg before switching legs.



\*Ankle weights are optional for leg exercises. Start with 2 lbs. and gradually increase the weight as you become stronger.

Illustrations by Jeanne A. Benas