

# Month in Motion Exercise Program\*

Use this calendar of workouts to help you keep in shape every month.  
Exercise instructions below.

	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
<b>Week 1</b>	Dumbbell squats Heel raises	Walk for 30 min Trunk curls	Chest press One arm row	Walk for 30 min	Lateral shoulder raise Bicep curls	Walk for 30 min Trunk curls	Rest
<b>Week 2</b>	Lateral shoulder raise One arm row	Walk for 30 min Trunk curls	Dumbbell squats Heel raises	Walk for 30 min	Chest press Bicep curls	Walk for 30 min Trunk curls	Rest or walk if you feel up to it
<b>Week 3</b>	Dumbbell squats Heel raises	Walk for 30 min	Chest press One arm row	Walk for 30 min Trunk curls	Lateral shoulder raise Bicep curls	Walk for 30 min	Rest or walk if you feel up to it
<b>Week 4</b>	Lateral shoulder raise One arm row	Walk for 30 min	Dumbbell squats Heel raises	Walk for 30 min Trunk curls	Chest press Bicep curls	Walk for 30 min	Rest or walk if you feel up to it

Here are a few things you need to get started:

- **Set of small hand weights/dumbbells (2 lbs to start)**
  - **Exercise mat**
- **Loose, comfortable clothing**
  - **Stool or chair**
  - **Bottle of water**

Start slowly with 10 to 15 repetitions of each exercise and rest accordingly. Remember to have fun and know that you're doing something good for yourself every day.

## Benefits of strength training over age 50

- **Helps improve balance and coordination**
- **May help reduce the risk of osteoporosis**
  - **May help you sleep better**

In fact, the American College of Sports Medicine (ACSM) recommends regular strength training for all adults over age 50 with chronic conditions. Strength training—keeping your muscles strong—may be just as important to good overall health as regular cardio (aerobic) exercise.

## Exercise Instructions:

### Chest Press:

Helps strengthen chest and shoulders

1. Lie on the mat with a 2 lb dumbbell by each arm.
2. Raise weights to your chest with palms facing upwards.
3. Slowly raise arms upward in a controlled manner until arms are fully extended, then return to starting position.

### One Arm Row:

For balance and posture

1. Place left knee on the stool and right foot flat on the floor, with 2 lb dumbbell by your right foot.
2. Lean forward until your back is flat and your right arm is fully extended towards the floor, and pick up the dumbbell in your right hand.
3. Slowly raise the dumbbell to your right hip and then lower.
4. Repeat set on other side.

### Lateral Shoulder Raise:

Helps strengthen shoulders

1. Stand with feet shoulder width apart, knees slightly flexed.
2. Hold 2 lb dumbbells in your hands with palms facing your thighs.
3. Slowly raise both arms to shoulder level, then lower to starting position.

### Bicep Curls:

Helps strengthen the shoulders

1. Stand or sit on your chair/stool.
2. Holding 2lb dumbbells at your sides slowly raise both your arms to shoulder level, making sure to keep your elbows close to your sides, and lower.

### Dumbbell Squat:

Helps strengthen lower body and improve balance

1. Start without weights and progress to 2 lb dumbbells.
2. Stand so that your palms are facing your thighs.
3. Position your feet shoulder width apart.
4. Stand erect and look straight ahead.
5. Slowly lower into a squat (seating) position, keeping your legs parallel, still feeling comfortable.
6. Return to previous position by slowly straightening your legs until you are erect.

### Heel Raises:

Helps strengthen calves

1. Stand facing a wall and place your palms at shoulder height, keeping hands and feet shoulder width apart.
2. Step back so that you are leaning against the wall at an angle.
3. Slowly raise your legs until you are on the balls of your feet, hold for 5 seconds, slowly lower and repeat.

### Trunk Curls/Sit-Ups:

Helps strengthen your abdominal muscles

1. Lie on the floor on your mat.
2. Put your hands behind your neck (at the nape).
3. Press the small of your back into the mat, contract your abdominal muscles and slowly lift your shoulders off the mat, slowly lower and repeat.
4. Make sure you do not pull your neck to raise yourself.

\* These exercises are not a replacement for your own physician or the advice of your physician. Please consult your own physician before starting any health style change, exercise program or weight loss program. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself.