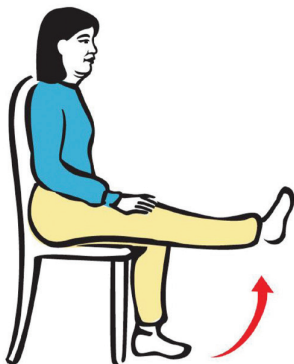


MUSCLE-STRENGTHENING ACTIVITY

These are only a few muscle-strengthening exercises. Instruct participants on how to properly perform each muscle-strengthening activity.

For exercises done in a sitting position, use a straight-back armless chair. Sit up tall with your back pressed against the chair for support. Your feet should be flat on the floor, about shoulder width apart.



Leg Extensions

Purpose: Strengthen the thigh and leg muscles.

Starting Position: Sit tall with your feet flat on floor, shoulder width apart. You may hold onto the sides of your seat for support.

Action:

- Lift one leg off the floor until your knee is straight. Your leg should be slightly lifted off of the chair.
- Hold for a few seconds.
- Return to the starting position with both feet on the floor.
- Repeat on the other side.

Repeat: 6 to 8 times on each side.

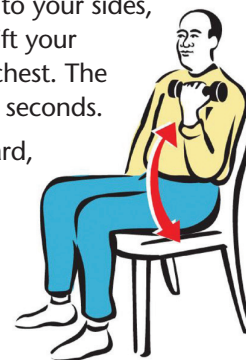
Bicep Curl

Purpose: Strengthen arm muscles.

Starting Position: Sit tall with your feet flat on the floor, shoulder width apart.

Action:

- Hold hand weights (one to two pounds to start) with your arms straight down at your sides.
- Hold your hands in the position that is comfortable for you, either:
 - Palms facing forward with your thumbs facing out (as shown).
 - Palms facing in toward your body with thumbs facing forward.
 - Palms facing out with your thumbs facing back.
- Keeping your elbows close to your sides, slowly bend one arm and lift your hand weight toward your chest. The lift should take about three seconds.
- If your palm is facing forward, lift straight up toward your shoulder, as shown.
- If your palm is facing in, twist your hand so that your palm is facing your shoulder as you lift.



- If your palm is facing out, lift to the side instead of the front, toward the outside of your shoulder.
- Keep your wrists straight.
- Hold for one second. Then slowly lower your hand and return to the starting position. Take about three seconds to lower your hand.
- Pause and then repeat with the other arm.

Repeat: 6 to 8 times on each side.

Adapted from American Heart Association, Inc.

MUSCLE-STRENGTHENING ACTIVITY



Arm Raise

Purpose: Strengthen shoulder muscles.

Starting Position: Sit tall with your feet flat on the floor, shoulder width apart.

Action:

- Hold hand weights (one to two pounds to start) with your arms straight down at your sides and your palms facing inward. Your shoulders should be down (not lifted toward your ears).
- Keeping a slight bend in your elbows, lift both arms to the sides until they are parallel to the ground. Keep your wrists straight. Take about three seconds to lift your arms only to shoulder level.
- Hold for one second. Then, slowly lower your arms so that they are straight down by your sides again. Take about three seconds to lower your arms.
- Pause.

Repeat: 6 to 8 times.

Triceps Extension

Purpose: Strengthen the triceps muscles (back of the upper arm).

Starting Position: Sit tall with your feet flat on the floor, shoulder width apart.

Action:

- Hold a hand weight (one to two pounds) in your left hand and raise your left arm up as far as you can. Bend your arm so that your elbow is pointing toward the ceiling, with your hand and the weight behind you. Support your left arm by holding it just below the elbow with your right hand.
- Slowly (about three seconds) straighten your left arm so that your left hand is reaching toward the ceiling.
- Hold for one second. Then, slowly (about three seconds) bend your elbow to lower the weight behind you. Continue using your right hand to support your left arm throughout the exercise.
- Pause, then straighten and lower your arm again.
- Complete one set, then put the weight in your right hand and work your right arm.

Repeat: 6 to 8 times with each arm.



MUSCLE-STRENGTHENING ACTIVITY

Side Leg Raise

Purpose: Strengthen hip and thigh muscles.

Starting Position: Stand behind a straight-backed chair, with both hands on the back of the chair for balance. Place your feet slightly apart. Keep your upper body straight.



Action:

- Slowly (taking about three seconds) lift your right leg out to the side until your feet are 12 to 18 inches apart. Keep your back and legs straight, and your toes pointing forward.
- Hold for one second. Then, slowly (about three seconds) lower your leg back to the starting position.
- Repeat.

Repeat: 6 to 8 times with each leg.

Plantar Flex

Purpose: Strengthen ankle and calf muscles.

Starting Position: Stand behind a straight-backed chair, with both hands on the back of the chair for balance. Place your feet slightly apart. Keep your upper body straight.

Action:

- Lift both heels and stand as high up on tiptoe as you can.
- Hold for 1 second.
- Return to starting position. Repeat.

Repeat: 6 to 8 times; rest a minute, then do another set of 6 to 8.



Hamstring Curl

Purpose: Stretch quadriceps muscle on front of thigh. Strengthen hamstring muscles on back of thigh.

Starting position: Stand behind a straight-backed chair, with both hands on the back of the chair for balance. Place your feet slightly apart. Keep your upper body straight.

Action:

- Shift your weight onto your right leg and slowly bend your left knee, keeping both knees together.
- Lift your left foot behind you about 10 to 12 inches off the floor.
- Slowly return to starting position. Repeat.
- Complete one set and then work the other leg.

Repeat: 6 to 8 times with each leg.



Adapted from American Heart Association, Inc.