

OVER 60's WORKOUT

Mini workout

This is the Healthier. Happier. mini workout for over 60's because age is no barrier to starting or continuing an exercise routine.

If this is your first time doing one of these workouts, we recommend you check out the introduction video at www.healthier.qld.gov.au to get more information about the program along with some tips.

It is important that between each exercise, you recover appropriately. If you need to, rest for 30 seconds. If you are still quite fatigued from the previous movement then rest a little longer. As you get stronger you can reduce your recovery time. Recovery can also be active with things like walking, jogging, slow steps ups or shoulder rolls.

You don't have to stress or push yourself to the limit to get the benefits of exercise. If at any time you feel pain or you feel unwell, stop what you're doing, or take it easier. If you feel really unwell – seek medical advice.

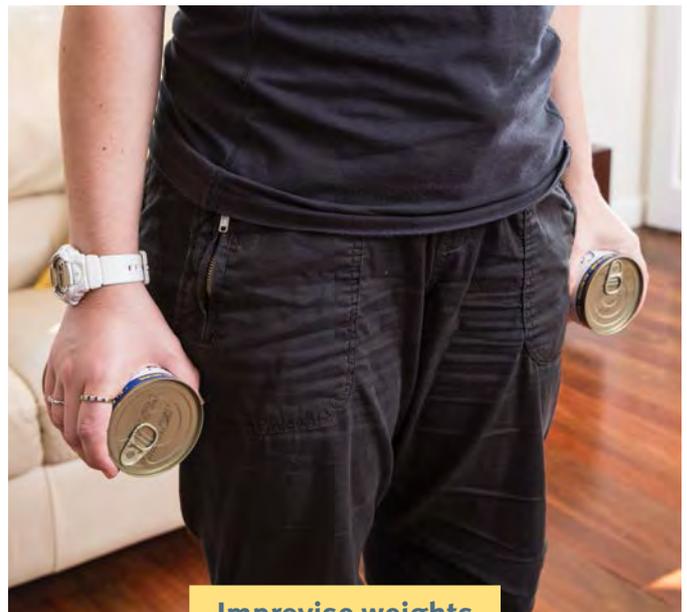
For some of these exercises there might be two ways to tackle it:

- An easy option.
- A harder option.

Choose the one you're most comfortable with.

Weighted arm toners

For this exercise you will need weights. If you don't have weights at home you can fill two bottles with water or use two cans of food.



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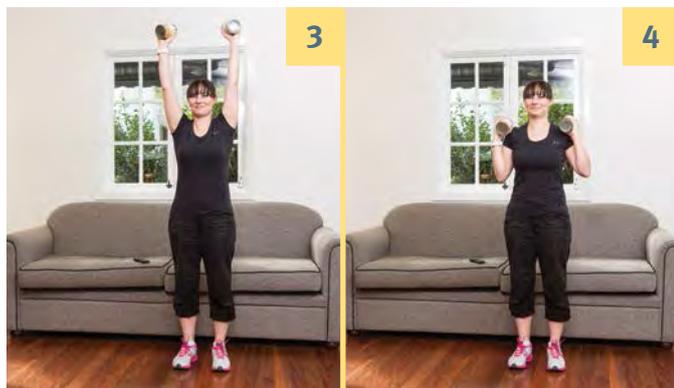
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Easy option

- Holding weights in each hand by your side, complete a bicep curl bending at the elbows to lift weights up towards your shoulders.



- From this position, push weights up above your head, straightening at your elbows completing a shoulder press.



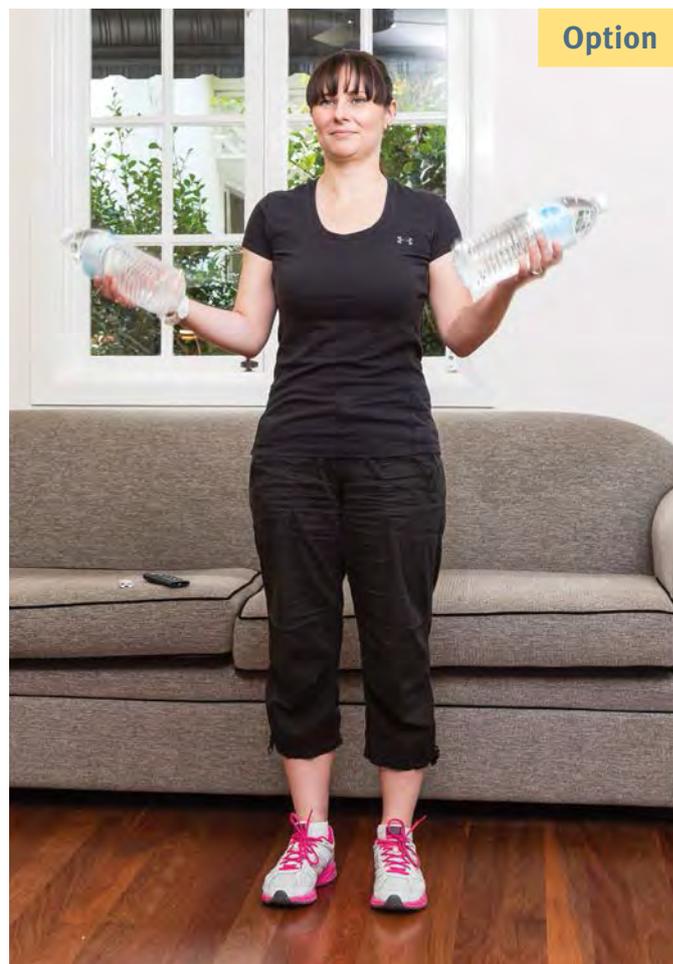
- Try not to tense your neck or shrug your shoulders during this movement.
- Lower the weights back down in the reverse motion.



- Aim for 10 repetitions of this exercise.

To make this harder...

Increase the weights.



If you need to, rest for 30 seconds or do active recovery.

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Squats



Easy option

- For this exercise you can stand behind a chair and use it for extra balance and support.
- Bend at the knees and hips to squat downwards.
- Stick your bottom out behind.
- Pause and then slowly return to the starting position.
- As you stand up tall again, push up through your heels, squeezing your bottom muscles as you do so.
- You should feel the muscles in your thighs and bottom working.
- Your hips should always be higher than your knees.
- Make sure your knees don't protrude far forward.
- Aim for 10 repetitions of this exercise.



To make this harder...

Complete the squat without the assistance of a chair for support.



If you need to, rest for 30 seconds or do active recovery.

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Wall push ups



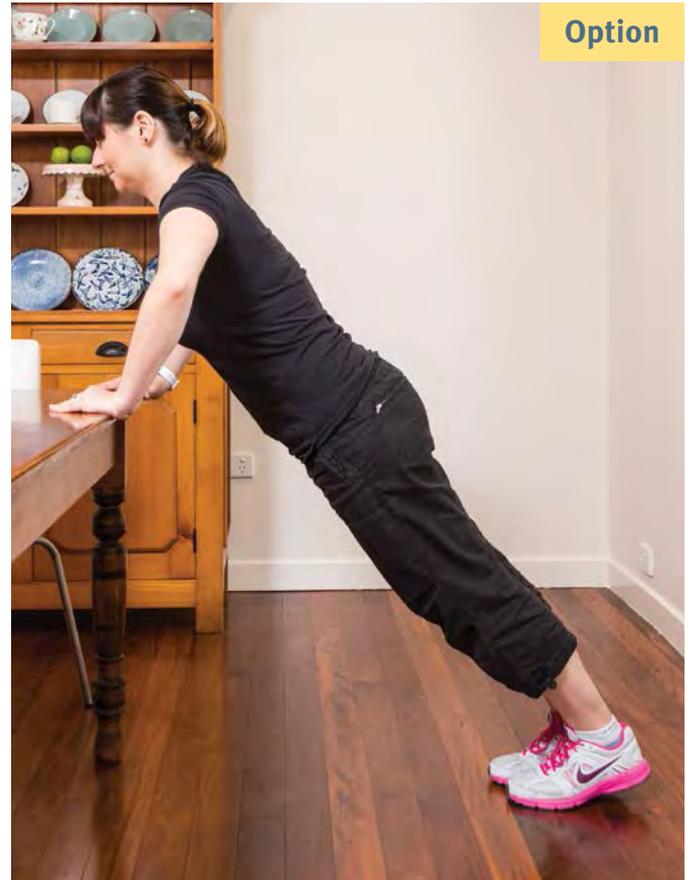
Easy option

- From a standing position, place both hands on the wall, shoulder-width apart.
- The further your feet are away from the wall, the harder the exercise will be.
- Standing on the balls of your feet, bend at the elbows to lower your body towards the wall (you should be almost close enough to kiss the wall).
- Push back, straightening at your elbows.
- You should feel the muscles in your shoulders, chest and triceps working.
- Aim for 10 repetitions.
- Don't let your hips fall forward or your bottom stick out.



To make this harder...

Try completing the exercise with your hands on a bench rather than the wall.



If you need to, rest for 30 seconds or do active recovery.

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Sit to stand



Easy option

- From the seated position stand up tall, squeezing your bottom muscles as you do so.
- Sit back down in a controlled manner, do not fall or slump back down into the chair.
- After 10 repetitions have a rest.

To make this harder...

- As you get better try not to lean on your legs.
- Don't use the arm rests to help push yourself upwards into the standing position.
- Complete more repetitions as you feel comfortable.
- Complete a small jump every time you are in a standing position.



If you need to, rest for 30 seconds or do active recovery.

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Balance exercises

For this exercise you can stand next to a table or chair and use it for extra support if needed.



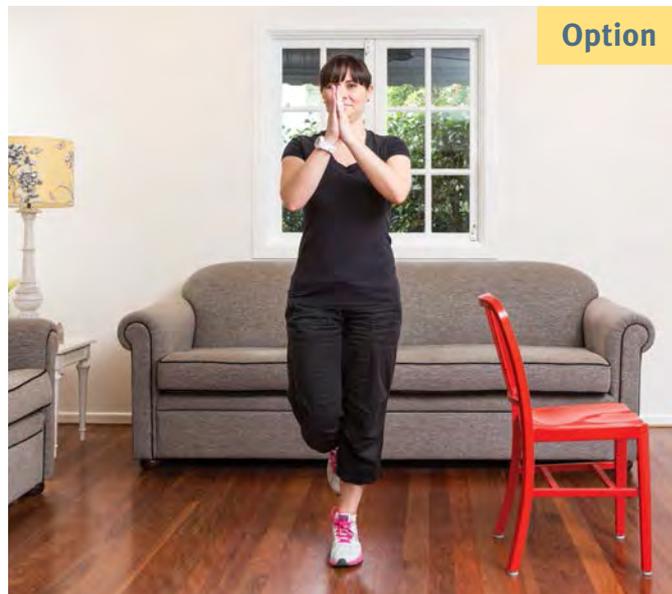
- Stand on one leg, lifting one foot off the ground.
- Try to balance, engaging your bottom and leg muscles to help balance.
- Stand for as long as you can in this position keeping your abdominals tightly braced.
- Complete five repetitions then swap legs.

To make this harder...

Balancing on one leg, try the following while maintaining your balance:

- Clap hands.
- Punch into the air.

Option



Option



Well done! Keep up the good work as these exercises will help with your strength and flexibility.

Why not check out www.healthier.qld.gov.au for more great mini workouts including the 'TV ad workout'.