

# Exercises You Can Do at Any Age

Boost your strength and flexibility with these four moves.



## Overhead Press with Weights

- Sit in a chair with your feet shoulder width apart.
- Hold a weight in each hand at chest level with palms facing forward.
- Press both arms up.
- Slowly lower your arms back to the starting position.

Repeat 10–15 times | Rest | Repeat 10–15 times

No weights?  
No problem.

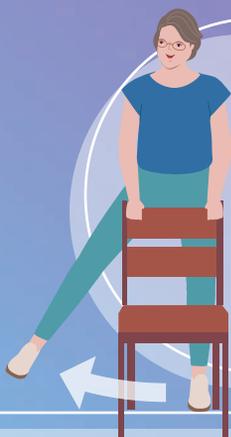
Use cans of soup  
or a gallon of milk.



## Wall Push-Up

- Face a wall about an arm's length away.
- Stand with your feet hip width apart.
- Press your palms into the wall directly in front of your shoulders.
- Bend your elbows and slowly lower your body toward the wall.
- Slowly push yourself back until your arms straighten.

Repeat 10–15 times | Rest | Repeat 10–15 times



## Side Leg Raise

- Stand upright behind a chair with your feet slightly apart and toes facing forward.
- Hold onto the back of the chair with both hands.
- Lift your right leg to the side with your foot flexed. Inhale and hold for one count.
- Shift your weight into your left foot.
- Slowly lower your leg.

Repeat 10–15 times | Do other leg 10–15 times | Repeat on each side

## Shoulder and Upper Arm Stretch with Towel

- Stand with your feet shoulder width apart.
- Hold one end of a towel in your right hand.
- Raise your right hand toward the ceiling and bend your elbow so the towel extends down your back.
- Hold the bottom of the towel behind your back with your left hand.
- Gently pull the towel down with your left hand. Stop when you feel a stretch in your right shoulder.

Repeat 3–5 times | Switch hands | Repeat 3–5 times

