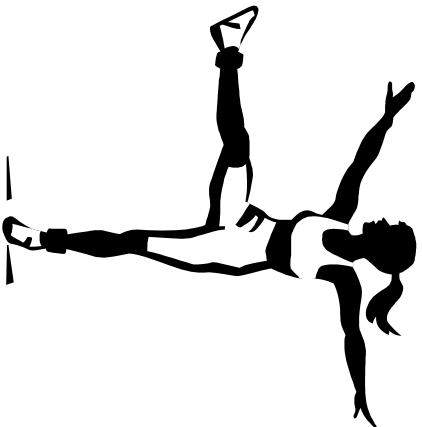




ACTIVE LIVING HOME WORK-OUT LOG



HOW TO..., LOG, TIPS

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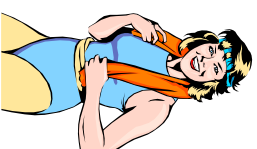
WELCOME TO THE PHYSICAL ACTIVITY CLUB

THE NOR'WEST COMMUNITY HEALTH CENTRE IS ALWAYS INTERESTED IN HELPING ITS NEIGHBORS AND FRIENDS FIND WAYS TO KEEP WELL. WALKING IS ONE OF THE EASIEST WAYS TO HAVE AN ACTIVE LIFE. WE INVITE YOU TO THINK ABOUT HOW YOU CAN USE PHYSICAL ACTIVITY IN YOUR DAILY ROUTINE. THIS BOOK CAN HELP YOU EXERCISE WITH MORE FUN AND SAFETY.

How long should I exercise?

Start off exercising 3 or more times a week for 20 minutes or more, and work up to at least 30 minutes, 4 to 6 times a week. This can include several short bouts of activity in a day. Exercising during a lunch break or on your way to do errands may help you add physical activity to a busy schedule. Exercising with a friend or a family member can help make it fun, and having a partner to encourage you can help you stick to it.

**This Booklet
Includes Exercises, Tips
and a chart to record
your
Workout times.**



TIPS FOR GETTING THE MOST OUT OF YOUR WORKOUT

1. Wear proper shoes and socks. Wear clothes that you feel comfortable moving in and that matches the weather.
2. Gently stretch your hips, knees and ankles.
3. Carry fluids, like water, and be sure to drink before you get thirsty.
5. Record your workout times and take notes on how you felt.
6. Consider a no fee Fitness Appraisal at the Health Centre. It will help you see the changes as you walk your way to health.
7. Get good sleep.
8. Eat foods from all of the four food groups: Grain, Vegetables and Fruit, Dairy Products and Meats or Alternatives.

Knee Chest Stretch

Lay with back flat against mat, pull right knee towards chest, keeping back of head on the floor. Hold for 20-30 seconds. Repeat with left knee.



Arm Stretch

Gently pull right elbow across the chest toward the opposite shoulder. Hold for 10 seconds. Repeat with left arm.



Shoulder Stretch

Interlace fingers so palms face outward. Slowly lift arms above head, pushing upward (stretch will be felt in arms, shoulders, and upper back). Hold for 10 seconds.



Calf/Achilles Stretch

Hold chair with both hands, place right leg in front of left, bending the right knee while keeping left leg straight. Lower hips downward while continuing to slightly bend right knee. Keep back straight and back foot toe facing straight ahead, keeping heel down. Repeat stretch on other side.



Hamstring Stretch

Sit on mat and stretch both legs out in front of you. Grab towel at each end, placing it around the arches of your feet. Using straight arms, pull upper body down gently to stretch behind the legs. Hold for 30 seconds.



Quad Stretch

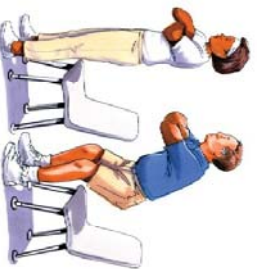
Hold chair with right hand while standing with weight on left foot. Hold top of right foot with left hand. Gently pull right heel toward buttocks. Hold for 30 seconds. Repeat stretch on other side.



Modified Squat

Stand in front of chair facing forward. Place feet hip-width apart, toes pointed out slightly, weight evenly distributed.

With shoulders back, cross arms over chest, and lean forward slightly from the hips, keeping back straight and abs tightened. Bending at the hip, slowly lower buttocks toward chair. Pause, then push up from the chair using the same body positioning; be sure not to lock knees. Repeat 8 to 12 times, resting for 30 to 60 seconds between sets.



Squat and Side Lift

With chair on right side for balance, stand with feet shoulder-width apart. Bend slowly at the knees and hips, and squat back as though sitting in a chair; stop when thighs are parallel to floor. Keep back flat, not allowing knees to extend past toes. Pause, then push up, lifting left leg off floor and to the side while beginning to stand. Pause then return to starting position. Repeat 8 to 12 times on each leg. Rest for 30 to 60 seconds and repeat.



Knee Flexion

Stand up straight with head in line with spine, legs hip-width apart, and knees slightly bent while placing hands on back of chair for balance. Maintaining good posture, raise left heel toward buttocks until your calf is parallel to the floor. Make sure to keep thighs parallel to each other. Pause for 1 second.



Lower left leg to the ground. Complete 10 to 12 repetitions on one side and then repeat on the other.

Ab Curl

With knees bent, feet and back on floor, hold ball in both hands, letting weight rest lightly on chest; keep elbows out to the side. In one move, contract chest muscles and straighten arms, pushing ball up above chest. At the same time, contract abs muscles, lifting head and shoulders off floor about 30 degrees. Hold for a second, lower ball down to the body while lowering head and shoulders to floor. Complete two sets of 8 to 10 lifts, resting for 30 to 60 seconds between sets.

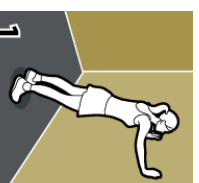


Abdominal Crunches

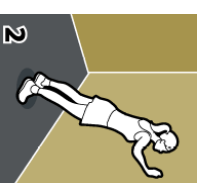
Lie on mat, knees bent, feet flat on floor. Cross arms in front of chest and lift back off the mat (about 1 inch) while exhaling. Return to floor while inhaling. Complete two sets of 10, resting for 30 to 60 seconds between sets.



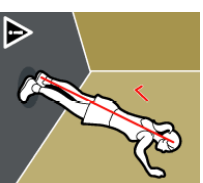
Wall Push-ups



Stand about 1 metre away from a wall, facing towards it. Your feet should be about a shoulder-width apart. Place your hands shoulder-width apart on the wall.



Inhale as you bend your arms and allow your body to move towards the wall. Hold the position for 2-3 seconds.



Keep your body straight and your abdominals tight.
- Get as close as you can to the wall.
- Keep your neck straight - don't bend your head for-

Elongation Stretch

Lay with your back flat against the mat, extending both arms and legs. Reach as far as is comfortable; point toes and extend fingers. Hold for 5 seconds.



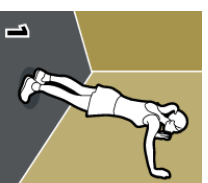
Elongation Diagonal

Turn on left side. Point toes of left foot and extend right arm, stretching lengthwise as far as is comfortable. Hold for 5 seconds. Repeat on right side. Repeat Elongation Stretch.

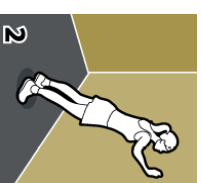


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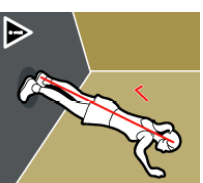
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Bench Dips



Standing with a firm bench just behind you, reach back and place the heel of your hands on the edge, shoulder-width apart. Keep your feet on the floor, with knees bent at a 90-degree angle.

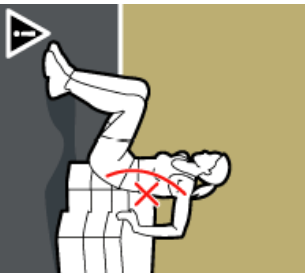
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Workout Time Log (record workout minutes)

Day	Month 1	Month 2	Month 3
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
31			
TOTAL			



Keeping your buttocks as close to the bench as possible, bend your elbows and slowly lower yourself until you feel tension in the shoulders and your upper arms are parallel to the ground. Straighten your arms and return to the starting position. Repeat the exercise.



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- Don't lock your elbows.
- Keep your back as straight as possible and your torso vertical.
- Don't lower yourself too far.
- Keep your buttocks close to the bench: this prevents excessive strain on the shoulder joints.