

# MoveWell® SENIOR DAILY DOZEN

# 1



## Heel-Toe Walk

Stand with feet pointing straight ahead and chest up tall. Walk slowly in a heel-toe fashion as you imagine walking on a line. Perform 3 x 10 yards.

# 2



## Hurdle Step Over

Stand with your left foot beside an object that is 4"-6" high (or imagine that there is one there). With your chest up tall, balance on your left leg and, tap your right foot to the floor forward and backward over the object. You should feel this working your left hip. Perform 2 x 15 repetitions. Repeat while standing on the right leg.

# 3



## Alternating Side Lunge

Stand with feet hip width apart and toes pointing straight ahead. Lunge to the right as you reach your hands towards your right knee. Return to the starting position and repeat the lunge to the left. Keep your chest up tall during the exercise. Perform 2 x 12 repetitions.

# 4



## Standing Overhead Reach

Stand with feet shoulder width apart and toes pointing straight ahead. Reach over your head with your right arm as you shift your weight to your right leg. Feel the stretch along your right side. Alternate reaching over your head with your left arm as you shift your weight to your left leg. Perform 2 x 12 repetitions.

# 5



## Standing Alternating Cross Punch

Stand with feet shoulder width apart and toes pointing straight ahead. Bend your elbows and make a light fist. Punch your right arm high and to the left as you shift your weight to your left leg. Return to the starting position. Repeat the punch with your left arm as you shift your weight to your right leg. Alternate in this fashion as you perform 2 x 12 repetitions.

# 6



## Standing Hip Flexor Stretch

Stand approximately 18 inches from a stool or bench with toes pointing straight ahead and place your right foot on the stool and shift your weight forward to the front leg. Make sure your pelvis is square to the front. You should feel a slight stretch in the front of the left hip. Hold for 5 deep breaths. Repeat with your left foot on the stool/bench.

7



**Seated Cross Punch**

Sit on a chair with feet on the floor and toes pointing straight ahead. Make sure you aren't slouching. Alternately perform a cross punch to the right and to the left. Make sure you allow your shoulders and torso to turn with each punch. Perform 2 x 12 repetitions.

8



**Seated Overhead Reach**

Sit on a chair with feet on the floor and toes pointing straight ahead. Reach up towards the ceiling with your left hand as you shift your weight to your left buttock. Stretch as high as you can towards the ceiling. Return to the starting position and perform a total of 12 repetitions. Repeat with the right arm.

9



**Seated Backstroke**

Sit on a chair with feet on the floor and toes pointing straight ahead. Perform a back stroke action with your arms, drawing a large circle with the right arm and then with the left arm. Allow your shoulders and trunk to turn as you reach behind you. Perform 2 x 12 repetitions.

10



**Seated Knee Hug**

Sit on a chair with feet on the floor, toes pointing straight ahead, and chest up tall. Pull your right knee to your chest while maintaining a straight spine. Return to the starting position. Alternate doing the exercise with your right and left legs. Perform 2 x 12 repetitions.

11



**Seated Side March**

Sit on a chair with feet on the floor, toes pointing straight ahead, and chest up tall. Step your right foot to the right, then your left foot to the left. Then step your right foot back to the starting position followed by the left foot. Swing the opposite arm forward as you lift each leg. Perform 2 x 12 repetitions.

12



**Seated Hip Rotation Stretch**

Sit on a chair with feet on the floor. Cross your left ankle on top of your right and place your right hand on the outside of your left knee. Gently turn your torso to the right as you pull with your left hand. You may advance the stretch by starting with your legs crossed. Hold for 5 deep breaths (or 30 seconds), breathing through your nose. Repeat on the other side.