

Program  
duration  
10-15 minutes



## Physical activity: Le GO pour bouger!

The goal of *Le GO pour bouger!* program is to help you stay active and improve your physical health.

### Why exercise regularly?

Here are some of health and well-being benefits of staying active.

#### Exercising

- helps prevent decline in muscle strength and risks of falling
- prevents many health problems and chronic diseases, or their progression
- (including risks associated with cardiovascular diseases)
- improves your mood and mental health
- recharges your batteries and enriches your daily life

#### SAFETY TIPS

It can take time to integrate a new physical activity into your daily routine. Here are a few tips:

- ➔ Clear some space.
- ➔ Go slowly. Never force yourself when doing a movement
- ➔ Breathe deeply.
- ➔ Start with a few repetitions and add more over time.
- ➔ Keep your feet, knees, hips and shoulders aligned, unless otherwise indicated.
- ➔ Stop if you feel any discomfort.
- ➔ Avoid pain.

## Guide: How to choose the *Le GO* Unit that's right for me

Each person's capacity is different. Choose your exercise program based on your level of physical fitness and mobility. Find the colour of the *Le GO* unit that is best suited to your situation to identify the right program. If you're not sure, choose the higher number and start with that one.



- You already exercise regularly
- You don't use mobility aids to walk (cane or walker).



- You don't use mobility aids to walk (cane or walker).
- You don't have a heart or lung disease.
- In the past year (12 months), you haven't fallen.



- You use a cane, but you don't need help going up stairs.
- In the past year (12 months), you have fallen a maximum of only one time.



- You use a walker, a three-wheel or four-wheel rolling walker, **or**
- You need help to go up stairs, **or**
- In the past year (12 months), you have fallen two times or more.



- You use a walker, a three-wheel or four-wheel rolling walker, or a wheel-chair **and**
- You need help to get up.

# YELLOW UNIT

- EQUIPMENT
- Chair with solid armrests
  - Wall
  - Water bottle to hydrate

## 1 • Marching with or without arms



- Lift a knee and the opposite arm
- Alternate lifting the other arm and leg
- Take 20 rhythmic steps, lifting each knee up as high as you can
- Stay close to the chair

## 2 • Step forward



*Hold the chair, if needed*

- Take a step forward as you inhale
- Return to the starting position as you exhale
- Repeat 8 to 10 times, alternating legs

## 3 • Plantar flexion



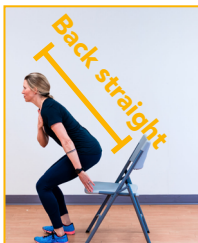
- Lift your heels and stand on the tips of your toes
- Lower your heels back down
- Repeat 8 to 10 times

## 4 • Hip abduction



- Lift one leg to the side
- Repeat 8 to 10 times
- Then do the other side

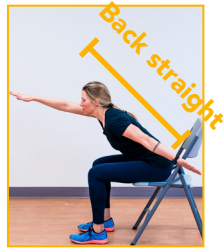
## 5 • Chair squat or sit-stand



*Keep shoulders relaxed*

- Get up by pushing down on the armrests or chair seat, if needed.
- Slowly sit back down
- Repeat 8 to 10 times
- If needed, use the back of a second solid chair placed in front of you

## 6 • Swimming



- Stretch one arm in front of you and the other arm behind you as you bend forward
- Alternate arms
- Repeat 8 to 10 times (4 to 5 on each side), keeping your back straight

## 7 • External shoulder rotation



*Take a small weight (soup cans or water bottles) in each hand to increase the level of difficulty*

- Open your arms outward, keeping your elbows next to your body
- Bring your arms back to the front
- Repeat 8 to 10 times

## 8 • Wall pushups



- Place your hands against the wall, arms straight out in front
- Bend your elbows and lean toward the wall
- Push against the wall to return to the starting position
- Repeat 8 to 10 times

## 9 • Balancing with feet together



*Keep one hand near the back of the chair, in case you need it for support*

- Put your feet together
- Gradually let go of the chair, if possible
- Hold for 10 to 30 seconds

## 10 • Cat-cow stretch



- As you exhale, round your back by bringing your chin into your chest
- As you inhale, arch your back
- Repeat 5 times

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