



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 wheelchair **and**
- You need help to get up.

- EQUIPMENT
- Chair
  - Weights (small dumbbells, tin cans, water bottles, etc.)
  - Wall
  - Water bottle to hydrate

## 1 • Walk in place with dynamic arm movements



- Lift knee and the opposite arm 90 degrees
- Alternate with the other arm and leg
- Take 20 rhythmic steps, lifting your knees up as high as you can

## 2 • Step forward and open the chest



- Take a big step forward and open the opposite arm as you inhale
- Go back to the starting position as you exhale
- Repeat 10 to 12 times, alternating legs and arms

## 3 • Squat (sit-stand)



- Move into a sitting position, extending your arms in front of you. Keep your back straight.
- Stand back up
- Repeat 10 to 12 times

## 4 • Plantar flexion



- Lift your heels and stand on the tips of your toes
- Lower back down
- Repeat 10 to 12 times

## 5 • Punch



- As you inhale, punch one arm out as you pull the opposite elbow back
- Alternate arms as you exhale
- Repeat the cycle 10 to 20 times

## 6 • Wall pushups



- Place your hands on the wall, arms straight in front of you
- Bend your elbows and lean toward the wall
- Push against the wall to return to the starting position
- Repeat 10 to 12 times

## 7 • Elbow flexion



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

- Bend your elbows to bring your hands to your shoulders
- Slowly bring your hands back down
- Repeat 10 to 12 times

## 8 • 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 10 to 12 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
- Close your eyes, if this is easy

## 10 • Balancing with one foot in front of the other



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

- Place one foot in front of the other
- Gradually let go of the chair, if possible
- Hold for 10 to 30 seconds, change feet and repeat

## 11 • Balancing on one leg



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

- Lift one foot
- Gradually let go of the chair, if possible
- Hold for 10 to 30 seconds, change feet and repeat

## 12 • Stretching the calves



- Take a step back, keeping your leg straight
- Hold for 3 breaths
- Repeat with the other leg

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