



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.

- EQUIPMENT
- Floor mat
 - Chair, if needed for support
 - Water bottle to hydrate

1 • Pushing the wall



- Pull your foot back as you push your hands forward
- Bring your foot back to the starting position and repeat with the other leg
- Repeat 20 times, alternating sides (10 times on each side)

2 • Squat/hip abduction combination



- From a standing position, lower yourself into sitting position as you lift your arms out in front of you and bring your hands together
- Stand back up and then lift one leg to the side
- Repeat the sequence with the other leg. Repeat 12 times (6 on each side)

3 • Knee to opposite hand



- Lift one knee and touch it with the opposite hand
- Return to the starting position and repeat with the other leg and hand
- Repeat 20 times, alternating sides (10 on each side)

4 • Alternating star



- Open one leg to the side as you lift both arms to the sides
- Repeat with the other leg
- Repeat 20 times, alternating sides (10 times on each side)

5 • Shoulder rotation with extended arms



- With arms extended to the side, do 6 rotations to the front
- With arms extended to the side, do 6 rotations to the back

Repeat exercises 1 to 5 a second time

6 • Superman



- Stretch one arm in front and the opposite leg to the back
- Return to the starting position and repeat with the other leg and arm.
- Repeat 12 times, alternating sides (6 on each side)

7 • Knee pushup



- Bend your elbows and lower your chest toward the floor
- Push your body back up
- Repeat 12 times

8 • The bridge



- Put your hands on the floor and lift your buttocks
- Slowly return to the starting position
- Repeat 12 times

9 • Back of the thigh stretch



Use a belt or strap if you can't reach your knee with your hands

- Lift your leg and hold it with your hands
- Hold for 3 breaths
- Repeat with the other leg

10 • Knee to chest



Use a belt or strap if you can't reach your knee with your hands

- Using your hands, pull your knee in to your chest
- Hold for 3 breaths
- Repeat with the other leg

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