

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
- Chair with solid armrests
 - A second chair or a counter
 - Water bottle to hydrate

1 • Internal and external shoulder rotation



- Sit with your arms down by your sides
- As you inhale, turn your thumbs and palms of your hands outwards
- As you exhale, turn your thumbs and palms of your hands inwards and pull your chin down
- Repeat 5 times, taking deep breaths

2 • Ankle mobility (heel-toes)



- Sit with your feet shoulder-width apart
- With heels on the floor, lift your toes as high as you can
- Put your toes back down; lift your heels as high as you can
- Repeat the cycle 5 times

3 • Walking in place



- Sit with your feet shoulder-width apart
- Lift one knee and the opposite arm
- Repeat movement, alternating knees and arms
- Take 5 to 10 steps while alternating; breathe normally

4 • Knee extension



- Sit with your feet shoulder-width apart
- Move upper body forward from the chair back
- Grip the chair sides with your hands
- Lift your foot as you straighten your leg and contract your thigh
- At the same time, pull your toes toward you
- Put your foot back down
- Repeat 5 to 10 times, and then do the exercise with the other leg

5 • Punch



- Punch with your fist as you pull your opposite elbow back
- Alternate arms
- Repeat 5 to 10 times

6 • Two-hand push



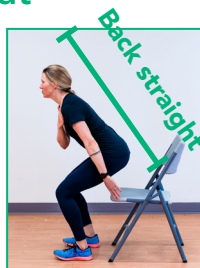
- Place your palms against each other with fingers extended
- Press your palms together as you exhale fully
- Release, inhale and repeat 5 to 10 times

7 • Archery



- With fingers pointed toward the ceiling, stretch your arm out to the side, turning your head in that direction
- Pull your other elbow in the opposite direction
- Change arms
- Repeat the cycle 5 to 10 times

8 • Chair squat



Keep shoulders relaxed

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

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