



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
- 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

santemontreal.qc.ca/physicalactivity-seniors

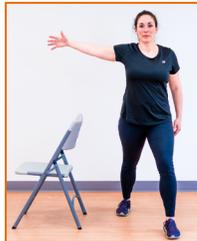
- EQUIPMENT
- Chair
 - Weights (small dumbbells, tin cans, water bottles, etc.)
 - Wall
 - Water bottle to hydrate

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

santemontreal.qc.ca/physicalactivity-seniors

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

santemontreal.qc.ca/physicalactivity-seniors

- 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



- Avancez le poing et ramenez le coude opposé vers l'arrière
- Alternez le mouvement des bras
- Répétez 5 à 10 fois

6 • Two-hand push



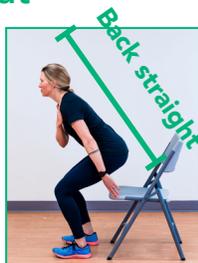
- Place your palms against each other with fingers extended
- Press your palms together as you exhale fully
- Release, inhale and repeat 5 to 10 times

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

santemontreal.qc.ca/physicalactivity-seniors

- EQUIPMENT
- Chair with solid armrests (exercises 1 to 4)
 - Side table or counter (exercises 1 to 4)
 - Bed (exercises 5 to 8)
 - Water bottle to hydrate

1 • Ankle mobility (heel-toes)



- Sit with feet shoulder-width apart
- Lift your toes as high as you can
- Put your toes back down and lift your heels as high as you can
- Repeat the cycle 5 to 10 times

2 • Walk in place with opposite arm movements



- Lift one knee and the opposite arm
- Alternate knees and arms
- Take 5 to 10 steps while alternating; breathe normally

3 • Knee extension



- Lift your foot as you straighten out your leg and contract your thigh
- Pull your toes toward you at the same time
- Put your foot back down
- Repeat 5 to 10 times, and then do the exercise with the other leg

4 • Tabletop piano



- Draw a large circle with one arm stretched out on a table or countertop, as if you were cleaning it
- Do 5 large circles with one arm, then repeat with the other arm

5 • Sliding the knee



Use a belt to help you pull your heel, if you need to

- Slide one heel toward your buttocks, bending your knee as much as you can
- Slowly move the heel back to its starting position
- Repeat 5 to 10 times, and then do the exercise with the other leg

6 • Hip abduction



- Lie down; bend one knee and keep the other leg straight
- Slide the straight leg outward as far as you can
- Bring the leg back to the starting position
- Repeat 5 to 10 times, and then do the exercise with the other leg

7 • The bridge



- Put your hands into the mattress and lift your buttocks
- Slowly lower back down to the starting position
- Repeat 5 times

8 • Angel in the snow



- Keep your palms facing up and slide your arms away from your body
- Slide your arms back to the starting position
- Repeat 5 times