

We are not trying to prep you for body-building or running marathons. We are only taking it a step further than taking long, leisurely walks. It's a simple method to strengthen your muscles and mass. Loss of muscle strength and muscle mass is associated with aging that leads to physical frailty, falls, functional decline, and impaired mobility. Do the exercises daily and you can help prevent these things from happening.

Leonard O'Mire Age 83

Member of

Mississippi Baptist Fitness Center



These are the very things than can rob you of your ability to remain independent and continue to enjoy life to your highest potential. And most importantly, the one thing these studies show is that it's never too late to start exercising.

YES I WILL!

I promise to try out these easy exercises for the next 30 days.

X _____

Date: _____

This little pamphlet is dedicated to Dr. Todd Lawson , my cardiologist. He has inspired me to keep exercising and working out since my heart surgery in 2002.

**Elder Care
In Association With
L.D. O'Mire Financial Services**

406 Orchard Park Bldg. 2
Ridgeland, 39157

601.957.3841 or 800.844.3254

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An At Home Strength Program

Presented By:
Leonard O'Mire



FALLING

**It DOESN'T have to happen!
50,000 Elderly people go to the Emergency Room EVERY YEAR from Falling.
These 3 Simple Exercises can help you prevent this from happening.**



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Squats

For some reason, many people are intimidated or turned off by the idea of resistance or weight-training exercises. Don't be! It's an easy task. It does not necessarily require any special equipment. If you have access to a gym, that is great. If not, here is exactly what you can do instead.

For each of these activities, you may find them easier to do in the beginning standing next to a table or a sturdy chair that you can use for balance and support. In fact, I recommend doing so if you feel unsteady at all during the exercises.

Lunges

This exercise strengthens the muscles in your upper and lower legs, knees, and lower back.

1. Stand up with your feet together, then take a long step forward with one foot. Be sure that your toes are pointing straight forward on both feet.
2. Lower your body slowly by bending your knees, until the knee on the front leg is just over the ankle on that leg. Do not go any further down than that.
3. Slowly return to an upright position by pushing with the heel of your front foot.
4. Do 5 of these, resting for a couple of seconds between each repetition, then return to a standing position with your feet together.
5. Repeat, stepping forward with the other foot this time. Do 5 of these.



Five lunges with your left foot forward and five with your right foot forward makes one set. Eventually work your way up to doing 3 sets, resting for a minute or two between sets.

Be sure to keep your torso upright as you perform each lunge. It helps if you keep looking straight ahead as you move down.

As you feel more confident with this exercise, you can increase the benefit in two ways. First, take a longer step at the start. Second, add weight by holding dumbbells in each hand.

The squat is undoubtedly the best exercise for the muscles in your legs, knees, and buttocks.

1. Stand in front of a chair with your feet spread shoulder-width apart. Keep your back straight, and your arms extended in front of you.
2. Slowly and steadily lower yourself until you're almost sitting in the chair, hold that position for a couple of seconds, and then slowly come to the upright position again.



Do this exercise for 10 repetitions, with a couple of seconds between each repetition. Work your way up to 3 sets of repetitions, with a minute or two of rest between sets.

As you squat down, be sure your knees bend straight ahead in line with your toes. Letting them spread to the outside can cause unnecessary strain.

If you find this exercise difficult to do at first, you can make things a little easier by using a wall for help. Stand with your back against the wall, then move your feet about 12 to 18 inches forward. Do the squats as described above, keeping your back flat against the wall the whole time. You can also place a small stool between your feet and the wall to provide support if needed.

You can increase the benefit of this exercise in two ways. First, use something lower than a chair, such as a foot stool or an ottoman. You can even go into a full squat where your buttocks touches your ankles. Second, roll up onto balls of your feet as you return to the standing position and hold there for a few seconds. This latter move will help strengthen your calves and ankles. If your balance isn't so good, then just wait and do this exercise while holding the back of the chair.

Leg Extensions

This exercise strengthens the muscles in your thighs.

1. Sit on a chair or bench that has a firm seat. The seat should be high enough that your bottom is at least as high as your knees when sitting.
2. Slowly straighten your leg, then lower it back to the floor.

I'd suggest doing just one leg at a time. Commercial exercise machines have handles attached to the seat to keep you stable as you lift both legs. You can grip your seat if you wish, but you'll get just as much benefit by working the legs separately.



Pause a moment or two between each lift. Five lifts with each leg make up one set. Work up to three sets, resting a minute or two in between each set.

As you progress, increase the resistance. Wear heavy boots or shoes; wrap a bungee cord around your ankle and the chair leg; or add weights. You can find strap-on ankle weights of various sizes at a sporting goods store, or you can make your own.

You can increase the benefit of this exercise in two ways. First, hold your leg out straight for a few seconds at the top of the movement. Second, you can change which muscles you work by turning your toes in or out as you lift. You don't have to rotate them all the way, just about half as far as they can move.

Earlier I mentioned range of motion. This refers to your ability to move a joint through its entire natural arc. A limited range of motion can restrict your ability to perform such simple actions as bending over to tie your shoes or reaching up to take something out of a kitchen cabinet. Performing the exercises I recommend will go a long way toward maintaining your range of motion.