Shape Up With "Booming Seniors" Exercises

The American Academy of Orthopaedic Surgeons (AAOS) and the National Athletic Trainers' Association (NATA) suggest the following exercises that incorporate strength, flexibility and balance. Start with a few of the recommended warm up activities and test your mettle on some of the specific regimens below. For more information, visit www.aaos.org/boomingseniors or www.nata.org/boomingseniors.

Heel Raises

Standing flat, raise heels, coming up on toes, in a slow and controlled movement. Hold for 2 seconds, return to starting position. Repeat 5-10 times.

Heel to Toe Walking

Stand with feet flat, toes pointed forward, step forward with one leg, leading with the heel. Follow through rolling onto the ball of the foot. Continue for 5 complete steps.

Heel to Toe Walking on a Mat

Same as heel to toe walking, adding uneven surface such as a mat.

Single Leg Balance

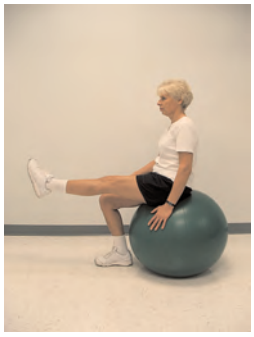
Standing with feet flat on floor, shoulder width apart, lift one leg and balance for 10-15 seconds. Repeat with other leg.

Hip Circles on an Exercise Ball

Seated on a ball, feet flat on the floor, rotate hips moving ball in a counter clockwise position. Circle 5-8 times. Reverse direction.

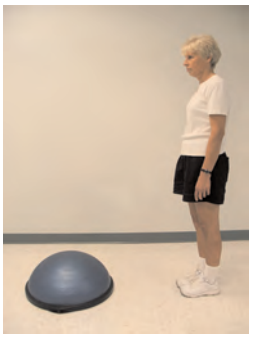
Leg lifts on an Exercise Ball

Seated on a ball, raise one leg out straight and hold for 5 seconds. Repeat with other leg.



Lunges on a Bosu Ball

From a standing position, with feet comfortably together, step forward with one leg onto the ball, in a lunge position. DO NOT let the knee move forward over the toes. Repeat with other leg; 5 lunges on each leg.

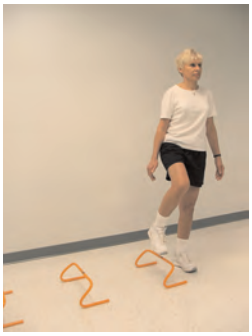
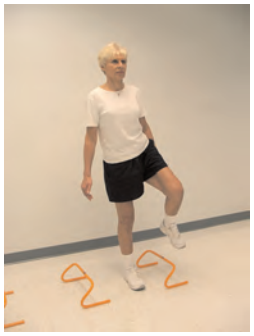


Marching Exercise While Seated on an Exercise Ball

Seated on a ball, lift one leg, knee to chest, alternating legs, in a marching fashion.

Side Steps Over An Object

Standing with feet comfortably apart, step sideways over an object, repeatedly, in a slow, controlled movement. Reverse direction.

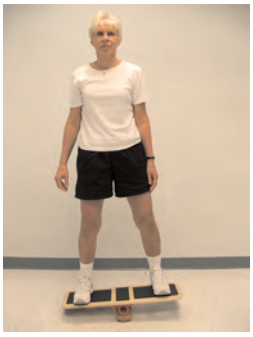



Squats on Balance Board

Standing on a balance board, feet shoulder width apart, bend knees slightly in a semi squat position, hold for 2 seconds, return to beginning position. Repeat 5 times.

Standing on Balance Board

Feet flat, shoulder width apart; hold position for 10 seconds.



Tai Chi

Hold Tai Chi balance positions for 5-10 seconds.