

ISLAMIC FOUNDATION OF TORONTO

# SENIORS EXERCISE MANUAL

## BRIEF INSTRUCTIONS

The following light exercises have been compiled for seniors to use them at their convenience.

Please consult your physician before using the exercise manual.

### CONTRIBUTORS:

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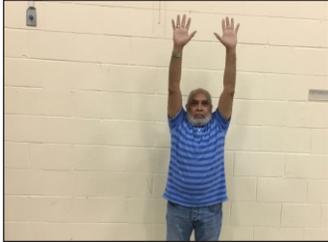
Hina Abubakar

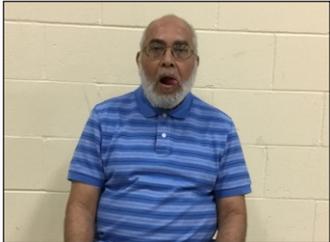
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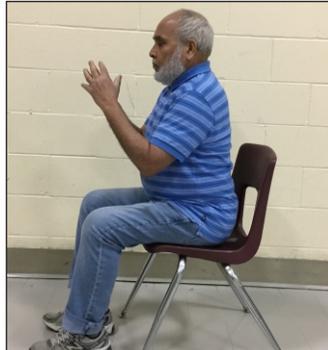
Mohammed Malick



## Exercise (Range of motion)

Breathing Exercises	Description	Image
<p>Deep Breathing &amp; Stretching Sit in upright position Repeat each exercise 5-7 times</p>	<p>Sit up straight, feet flat on the ground, hands on your lap. Breathe in - Breathe out</p>	
<p>Arm lift</p>	<p>Slowly lift your arms up, inhaling in while you do so, exhaling while you bring your arms down.</p>	
<p>Alternate nostril breathing</p>	<p>Inhale through your left nostril, closing your right nostril. Exhale through your right nostril, closing your left nostril. Inhale through your right nostril, closing your left nostril, exhale through your left nostril, closing your right nostril.</p>	
<p>Abdominal Breathing</p>	<p>Place one hand on your tummy and the other hand on your chest. Breath in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible. Inhale, as belly goes out and exhale pushing your belly in.</p>	
<p>Balance Breathing</p>	<p>Inhale in for a count of 4, exhale for a count of 4. Equalizing your breathing. You can continue breathing to the count of 6-8.</p>	

Exercises	Description	Image
Facial Exercises Repeat each exercise 5-7 times	Close your eyes and open slowly	
Facial Exercises	Open your mouth as wide as you can Slowly close it, as you exhale	
Facial Exercises	Puff your cheeks with your lips closed and blow the candles out.	
Facial Exercises	Move your tongue right to left and left to right	
Facial Exercises	Rotate your eyeballs right to left and left to right.	
Neck Exercises	Keep your head straight and turn right looking over your shoulder. Keep your head straight and turn left looking over your shoulder.	
Neck Exercises	Stretch your neck tilting it on your right shoulder. Stretch your neck tilting it on your left shoulder. Bend your neck forward and backwards gently.	

Exercises	Description	Image
<p>Shoulder Exercises Repeat each exercise 5-7 times</p>	<p>Shrug your shoulders up and down. Roll your shoulders backwards and forward, in a circular motion.</p>	
<p>Shoulder Exercises</p>	<p>Row your shoulder forward and backwards, like you are rowing a boat. You can sing Row Row Your Boat Gently Down the stream...</p>	
<p>Shoulder Exercises</p>	<p>Pretend you are swimming, move arms forward and around. Swimming strokes forward and backward strokes.</p>	
<p>Shoulder Exercises</p>	<p>Climb an imaginary rope, upward motion and pull the rope from the ground. Imagine drawing water from the well.</p>	
<p>Hand Exercises</p>	<p>Close your fists tightly and open them, pulse a few times.</p>	
<p>Finger Exercises</p>	<p>Bring your fingers together and pulse, then move them apart</p>	

Exercises	Description	Image
Finger Exercises	Lift your arms up and wiggle your fingers, like you are climbing a wall. You can sing Insy Wincy Spider	
Finger Exercises	Interlace your fingers and push your arms straight in front.	
Finger Exercises	Wiggle your fingers side to side and imagine you are playing a piano.	
Arm Exercises Repeat each exercise 5-7 times	Raise your arms up and down, raise your arms to the side and down. Raise your hands to shoulder level and bring them back on your lap.	
Arm Exercises	Visualize lifting books, hands to shoulder pointing towards neck, move your arms up and down, like you are lifting books.	
Arm Exercises	Link your arms together and pretend you are rocking a baby.	
Arm Exercises	Bring your hands in front of your chest and open them as you open a door.	

Exercises	Description	Image
Upper Body Stretches	Tilt your upper body to the right side, and then to the left side.	
Upper Body Stretches	Hold the side of your chairs, turn your upper body to the right and hold to a count of 5 and come back to a straight position. Turn your upper body to the left and hold to the count of 5. Come back to a straight position.	
Upper Body Stretches	Lean forward and come back to your original position.	
Upper Body Stretches	Tricep stretch: Raise your right arm above your head, elbow facing forward. Drop your forearm, hand should be behind your neck. Elbow pointing to the sky. Do the same exercise on both sides.	
Shoulder Stretch Repeat each exercise 5-7 times	Take your right hand across your left shoulder and hold your right elbow with your left hand. Do the same on the other side.	
Exercises using Weights	Bicep curl: Using weights or without weights, tuck in your elbows in your waist to a 90 degree angle, Raise your arms to your shoulder and slowly bring your arms down. Alternating both arms.	

Exercises	Description	Image
Weights	Resting your weights on your knees extend your right arm straight out, to shoulder level slowly lower your arm. Extend your left arm to shoulder level and slowly bring your arm down. Alternating both arms.	
Tricep curl	Holding the dumbbell in your right hand raise your hand above your head and stabilize your right arm by placing your left hand on your right elbow if needed. Slowly bend your right elbow, lowering the dumbbell down behind your head, raise your weight towards the ceiling and bring your arm down slowly.	
Wrist	Extend your arms out and gently rotate your wrists clockwise and anti-clockwise	
Lower Body	March on the spot, slowly swing your arms. Just like you are walking. 3-5 minutes	
Lower Body Repeat each exercise 5-7 times	Lift one leg up, then bring the leg down. Do the same with the opposite leg.	

Exercises	Description	Image
Lower Body	Point your toes towards each other and apart. Bring your heels together and apart.	
Lower Body	Go on your toes and bring your feet down. Then go on your heels and bring your feet down. Working your calf and shin muscles	
Lower Body	Rotate your ankles clockwise and anti clockwise	
Lower Body	Move one foot forward and backwards, repeat both feet.	



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