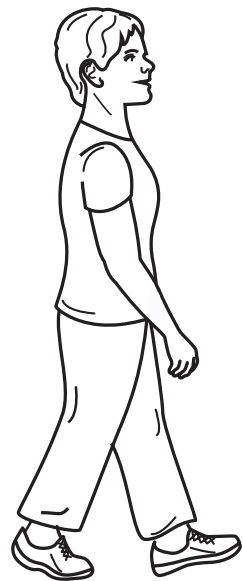


Fitness in the Kitchen

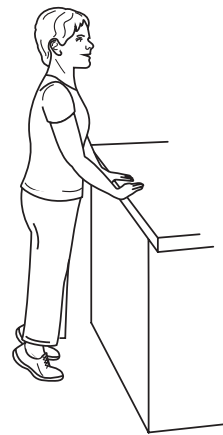
...3rd edition

General tips:

- To maximize your safety, hold on to your kitchen counter.
- Start with 5 repetitions per day, and gradually build up to 10-15 repetitions.
- Use slow, controlled movements
- See your doctor or other health professional before starting any exercise program.

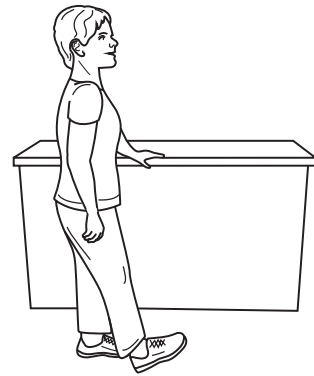


Include walking, indoors or out, in your daily exercise plan.



1

Stand with feet 12 inches apart. Rise up slowly on your toes as high as you can. Hold 5 seconds.



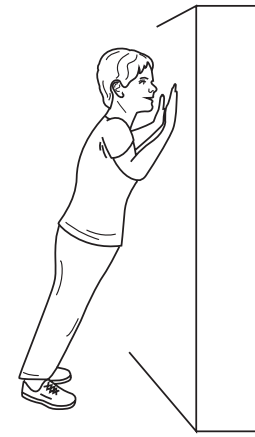
2

Pull your toes up toward your body as high as you can. Hold 5 seconds. Repeat with other foot.



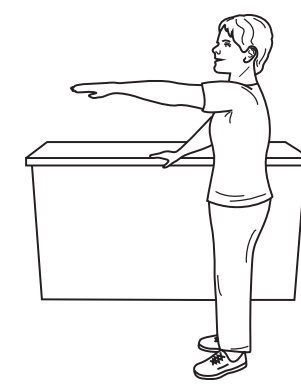
3

Slowly bend right knee. Hold 3 seconds and slowly lower. Repeat on left side.



4

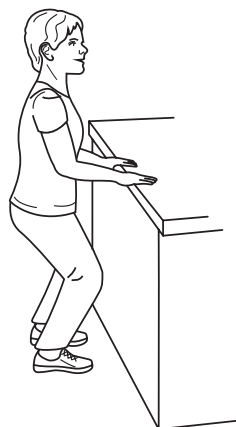
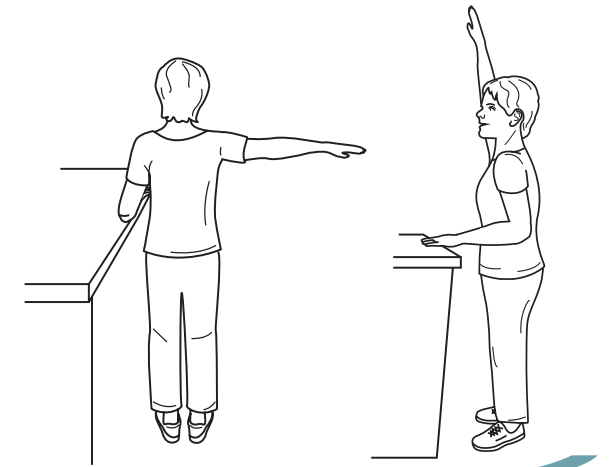
Find a clear wall space. Stand about 18 inches from the wall. Place your hands on the wall shoulder width apart. Bend your elbows and lean into the wall, then slowly straighten your arms.



5

Arm Stretches (Repeat with the each arm)

- Holding onto counter for support, stretch arm out in front.
- Then raise and stretch arm out to the side.
- Then raise arm above your head



6

Place feet about 12 inches from counter. Hold onto counter and bend knees in a squat as if you are going to sit in a chair. Slowly raise up again, using your thigh muscles rather than pulling with your arms.



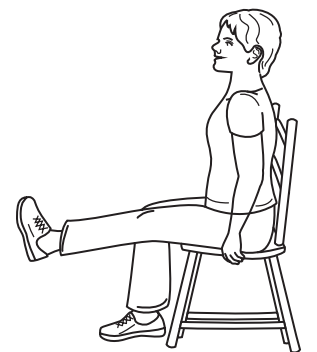
7

Leg lifts - With the counter for support, lift leg to the front, pause, and lower slowly. Repeat with each to front, side and back. Use controlled movements - don't swing leg.



Balance Exercise

Let your hands hover over the counter without touching and lift one leg to the back. Can you balance for 10 seconds or more? Now switch legs and try the other side.



8

Quad stretch - Sit on a sturdy chair. Straighten right leg then slowly lower. Repeat on the other side.