

Strength Exercises for Adults

Helping to Prevent Osteoporosis

- **Check with a physician before starting an exercise program, especially if you have osteoporosis, as you will need a special program.**
- Go at your own pace, stop and watch if necessary.
- Start easy and build up the repetitions. If using weights, start light!!!
- Listen to your body.

If you have Osteoporosis

- Avoid bending forward at the waist.
- Avoid reaching overhead for heavy objects.
- Avoid twisting the upper body and not the lower body.
- Avoid bouncing and jumping motions.

Warm up

Walking or marching on the spot.

Strength Exercises

1. Wall Push Up

- Stand facing a wall.
- Place both hands on the wall about shoulder height.
- Lean forward, bending at the elbows.
- Push away from the wall with your arms until you are standing straight up. Repeat.

2. Row

- Stand with feet shoulder width apart.
- Raise your arms to shoulder height.
- Bring your elbows back, squeezing your shoulder blades together. Repeat.

3. Toe Raises

- Stand up straight and hold onto the back of a chair for balance.
- Lift your heels and stand on the balls of your feet. Hold. Slowly lower. Repeat.

4. Toe Tap

- Stand up straight and hold onto the back of a chair for balance.
- Lift your toes toward your head, leaving your heels on the ground. Repeat.

5. Biceps Curl

- Stand or sit up straight in a chair, feet shoulder width apart.
- Keep your elbows close to your body and bend your arms at the elbows.
- Turn your palms up and make a fist with each hand.
- Slowly lift one fist (with or without weight) up to your shoulder and lower. Alternate arms.

6. Shoulder Raises

- Stand or sit up straight in a chair, arms to the side, feet shoulder width apart.
- Raise your arms to the side (with or without weight) up to but not above shoulder height.
- Slowly lower your arms. Repeat.
- Raise your arms to the front of your body up to but not above shoulder height.
- Slowly lower and repeat.

7. Leg Lifts

- Stand up straight and hold onto the back of a chair for balance. Do not lean forward.
- Keeping your back straight, lift one leg back, hold and slowly lower your leg.
- Repeat with the other leg.
- Lift one leg to the side, hold and lower slowly. Repeat with the other leg.

8. Getting up from the chair

- Stand in front of a sturdy chair.
- With your feet shoulder width apart, bend your knees and sit in the chair.
- Return to a standing position. Repeat.

Stretching

1. Calf Stretch

- Hold onto a wall or chair for support.
- Keeping feet shoulder width apart, step your right foot behind your left foot.
- Make sure your knees do not lean past toes.
- Repeat on the other side.

2. Hip Stretch

- Hold onto a wall or chair for support.
- Keeping feet shoulder width apart, step your right foot behind your left foot.
- Tilt your hips slightly forward to feel the stretch in the front of your thigh.
- Repeat on the other side.

3. Chest Stretch

- Bring your arms out to the side of your body.
- Reach behind your back and grasp your fingers.
- Squeeze your shoulder blades together.

References:

Bouchards, K., *Be Taller, Stronger, Longer*. Osteoporosis Society of Canada www.osteoporosis.ca

Canadian Centre for Activity and Ageing, *Home Support Exercise Program*. www.uwo.ca/actage

Toronto Heart Health Publication, *Let's Walk*.

Osteoporosis Society of Canada, *Bone Smart: A home exercise program for people with osteoporosis and those at risk*. www.osteoporosis.ca

For more information on Physical Activity, call York Region *Health Connection*
at 1-800-361-5653 TTY 1-866-252-9933