



Coastline September Nutrition Newsletter

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Do You Exercise?

You've probably heard about the benefits of physical activity and exercise. The fact is that being physically active on a regular basis is one of the healthiest things you can do for yourself. Even a moderate exercise routine can improve the health and well-being of those who are frail or suffer from the diseases that accompany aging.

Exercise can help improve your balance, strengthen your heart, relieve joint pain, alleviate depression and help you recover faster if you get sick.

However starting an exercise routine can be intimidating and maybe even a little scary, but the truth is the benefits of exercising outweigh the risks of living a sedentary lifestyle.

Below are exercises that you can do sitting or standing, and are perfect if you are just starting out or looking to spice up your regular routine. Remember to talk to your doctor before beginning any exercise routine or physical activity.



Simple Chair Exercises That You Can Do At Home

For your arms:

- Sitting with your back straight, raise both arms straight out to the sides (parallel to the ground). Make sure your shoulders are relaxed. Rotate your arms in circles—10 times to the front and 10 times to the back.
- Keeping your elbow at your side, bend your arm to bring one hand upward toward your shoulder. Do 10 sets on each arm.

For your torso:

- Raise your arms above your head, keeping shoulders relaxed and elbows slightly bent. Gently lean to the right until you feel a light stretch and hold for 10 seconds. Then gently lean to the left and hold for 10 seconds. Repeat up to 10 times.
- Keeping your back straight, move your hands down your leg toward your ankle and back up again (as if putting on socks). Repeat 10 times for each leg.

For your legs:

- Place both feet flat on the floor, with your feet directly below your knees (your legs should make a 90° angle). Raise one foot up, so that your whole leg is extended straight out. Lift your leg only as high as you can. Repeat 10 times, and then repeat using the other leg.
- Place both feet flat on the floor, with your feet directly below your knees (your legs should make a 90° angle). Raise your heels up as high as you can, while keeping your toes on the ground (your toes will point downward). Repeat 15 times.