

FACT SHEET

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YOUR ACTIONS TELL THE STORY

Vivian H. Blair*

LET'S WORK ON OUR INACTIVITY

As people grow older, they tend to become less active. This inactivity causes stiffness, aches, fat accumulation and fatigue — a general slowing down. Perhaps the pace should be slowed, but, not to a complete standstill. One's endurance disappears when it isn't developed, as do good looks and sunny disposition. Persons can return to a more active life, keeping in mind that it will take time. Living is a daily routine and often we spend years arriving at an inactive stage.

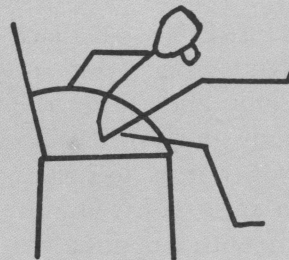
START BY KNOWING THE RULES:

- Begin exercising slowly and easily.
- Do a little at a time (5 minutes) but often (ten times a day).
- Combine exercise with daily habits.
- Gradually increase time spent exercising.
- Watch the **diet** — intake of calories must equal output of energy to stay even.
- Air and sun are for humans — get out in it.

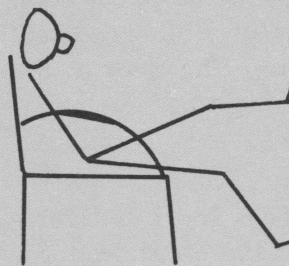
*Extension specialist in home management, The Texas A&M University System.

GUIDE TO THE ARM CHAIR BALLET

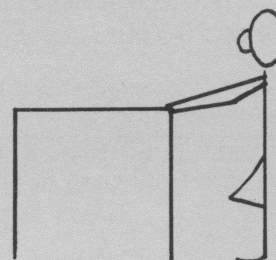
Sit in a good solid chair with strong arms. Music will help keep your work rhythmical and fun.



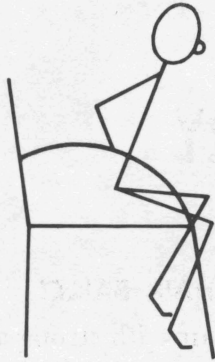
Knee To Nose—Bend over lightly—lift right knee and touch nose. Alternate both knees. Repeat eight times for each side. As it becomes easier, straighten back and keep hands on chair arm.



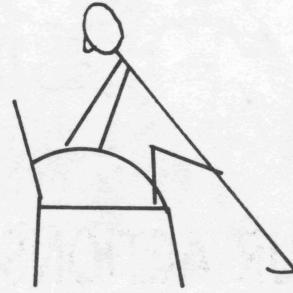
Knee Cross — Cross right knee over left and return to floor. Alternate each leg. As you grow stronger and more limber sit back in the chair and lift the knees higher and higher. Eight crosses for each leg equals a set.



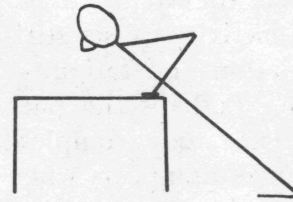
Knee Bends — Place hands on a table for support. Do four half-knee bends. Go lower as strength improves until you are doing ten full-knee bands.



Heel Raises — Place feet side by side with heels pushed under the chair so that the legs bend at the ankle. If the chair is too high to permit the heels to touch, sit forward near the edge. Raise heels keeping balls and toes on the floor, then lower. After ten times with both feet, alternate with first one and then the other for ten times.



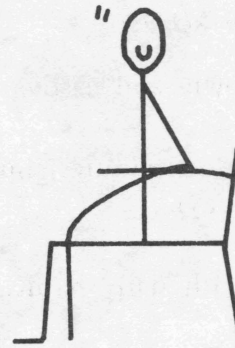
Leg Lifts—Stand facing chair. Hold onto arms and place right foot on chair. Return to floor. Alternate feet starting with 10 steps and work up to 40.



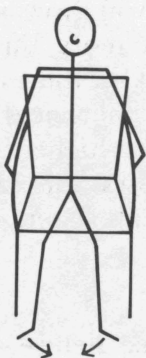
Push Ups—Stand well away from a table that cannot slide. Place both hands on table and lower chest toward table. Go as low as you can without falling, and return to upright position. Start with five. Transfer to chair and, as you improve, use a low box and finally the floor.



Arm Lifts — Place hands on arms of chair and raise the body, lowering slowly. If it is too hard to raise yourself, begin with straight arms and hands on the seat of the chair. Begin with two and add one a week until you are doing ten. As soon as possible raise feet from the floor at the same time.



Neck Twist — Place hands on chair arms. Sit straight away from the back of the chair. Look slowly right and left. Try to increase your range of vision behind you each week. Do eight slow twists to each side. Never jerk. Use your arms to push the upper part of the body up.



Toes In—Toes Out—(Take off shoes). Sit with feet about 1 foot apart. Keep heels on the floor and turn both feet inward, then outward. Repeat 20 times.

Now you are ready to follow any series of exercises you desire.

Acknowledgments

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