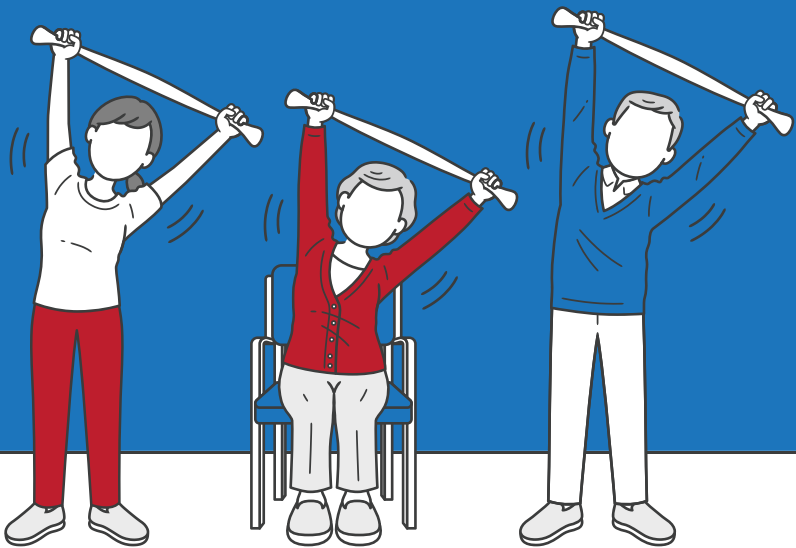


HOW TO EXERCISE WITH A THERA BAND



A collection of Thera Band exercises you can do at home, outdoors, or at the gym, on your own schedule.



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**Thunder Bay District
Health Unit**

The exercises we have highlighted allow you to use and strengthen multiple joints in your body.



What you need to know

- » Check with your health care provider before engaging in physical activity.
- » **STOP** if painful, dizzy or feeling off.
- » Start slow and work up to more repetitions, listen to what your body tells you.
- » **DON'T** hold your breath. Breathe in and exhale as you pull on the band
- » Make SLOW, controlled movements.
- » **DON'T** allow band to snap back.



For these exercises you will need

- » Sturdy chair without arms.
- » Supportive shoes.
- » Comfortable clothing.
- » A Thera Band, also called resistance bands.



Warm up your body

- » 5-10 minutes of light moderate cardio.
- » Walk on the spot, dance, move your muscles.
- » Rise your toes then your heels, arm circles.



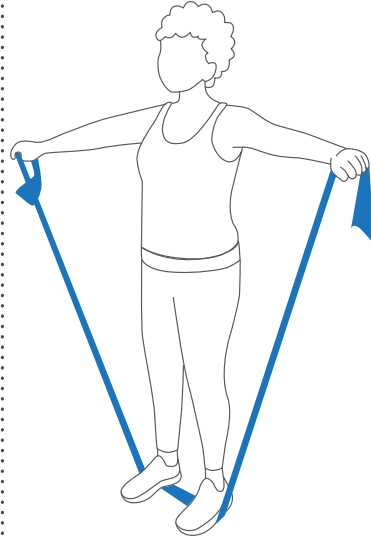
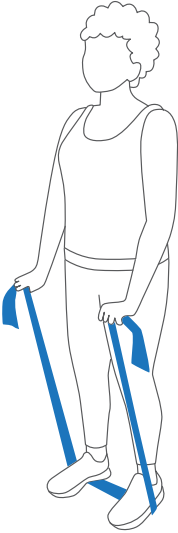
Review

- » Look at the pictures.
- » Use the right band.
- » Change where you grip the band to adjust the tension.
- » Start with lighter tension, and move up slowly.
- » Most of the exercises can be adjusted to doing them sitting down.

Ready to GO! Have FUN!

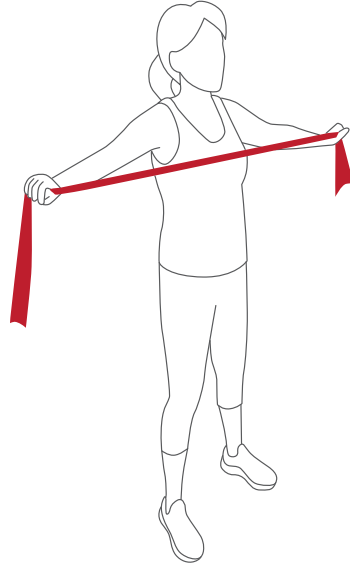
For best results, use exercise bands to strengthen muscles and bones at least twice a week!

Lateral Raise



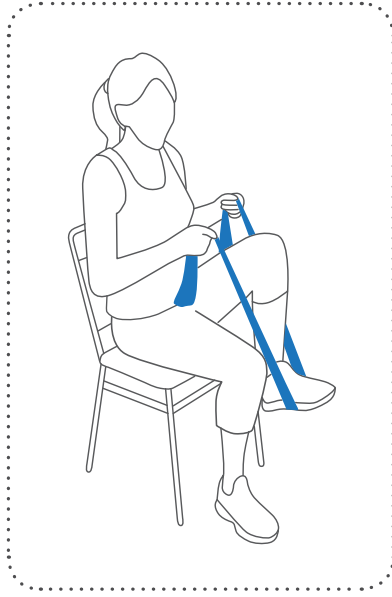
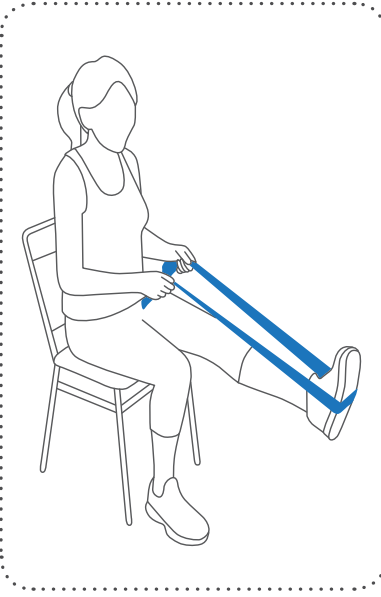
- » Stand shoulder width apart in the middle of your Thera Band.
- » Grab both ends of your band, raise your arms until they reach shoulders.
- » Return back to starting position.
- » Repeat 10-15 times.

Chest Pull



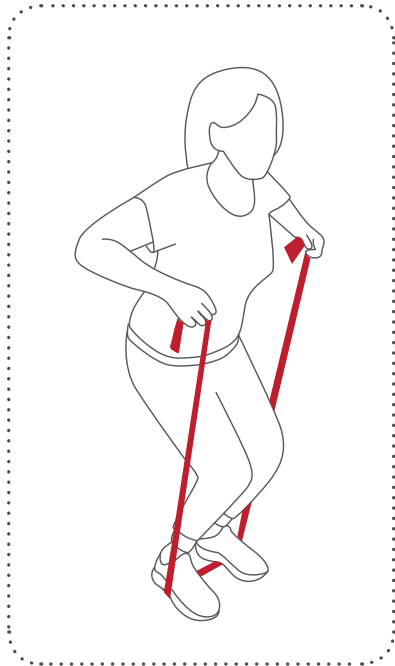
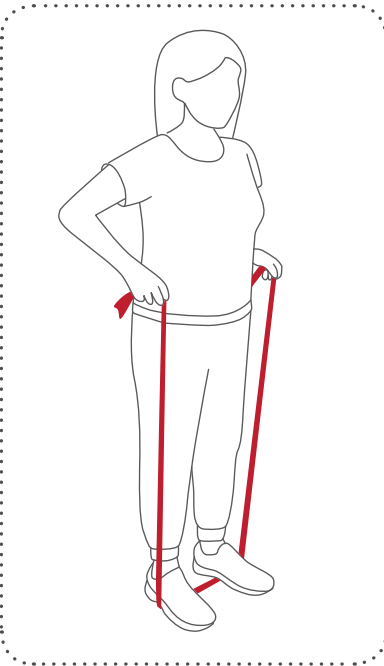
- » Keep your back straight, deep breath in, exhale as you pull the band apart.
- » Inhale as you release the tension and start again.
- » Repeat 10-15 times.

Leg Press



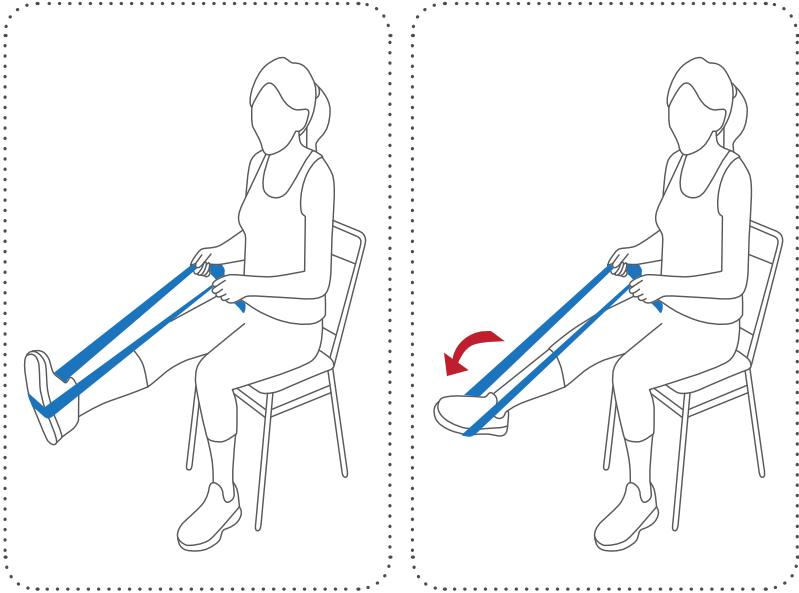
- » Sit in a chair, back straight, holding both ends of your band.
- » Place one foot in the middle of your band and extend it out, keeping other foot on the ground.
- » Straighten it back again, bring your body back to the starting position.
- » Alternate sides.
- » Repeat 10-15 times.

Squats



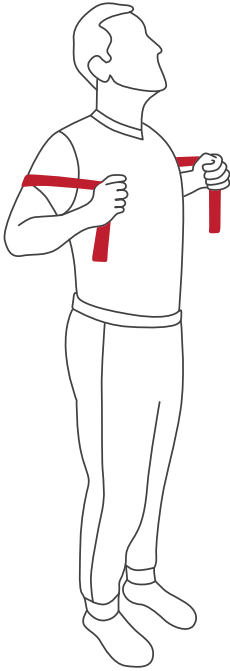
- » Stand shoulder width apart in the middle of your Thera Band.
- » Grab both ends of your band, pull bands towards the middle of your body till you feel resistance.
- » Bend your knees so you end up in a squat position.
- » Back straight, bottom out, and your knees bent.
- » Return to start.
- » Repeat 10-15 times.

Calf Press



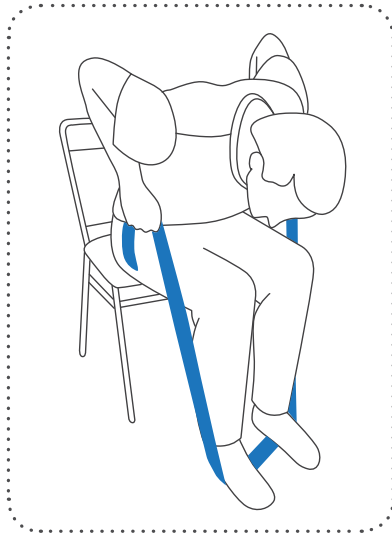
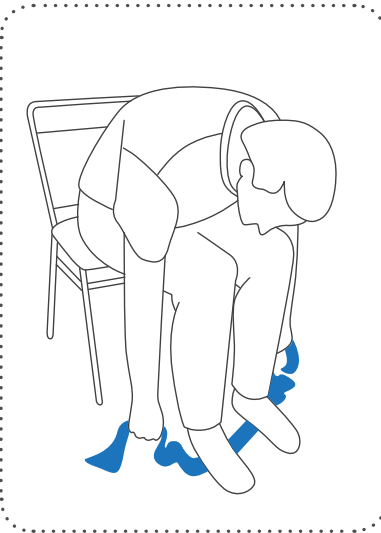
- » Sitting in a chair with your back straight.
- » Place one foot in the middle of your band and extend it out.
- » Once extended, point toes up, then down to the floor.
- » Repeat this process 10-15 times.
- » Switch foot and repeat.

Chest Press



- » This exercise can be done sitting or standing.
- » Hold both hands on the band, place band behind your body level with your shoulders.
- » Extend arms in front of your chest.
- » Repeat 10-15 times.

Bent Over Roll



- » Sit on a chair while stepping on your band, gripping with both hands/handles.
- » Bend your upper body forward until you are parallel with the floor.
- » Ensure your hands are pointed towards the ground and palms facing backward.
- » Bring your arms to the ground.
- » Pull hands up toward your chest, allowing your shoulder blades to get closer, elbows pointed up.
- » Bring your body slowly back to start.
- » Repeat 10-15 times.

Walk Like A Penguin!

To prevent trips, slips and falls

- Feet wide
- Knees bent
- Arms out and free for balance
- Shorter steps
- Dress warm
- Go slow!



For more info, please visit: tbdhu.com/penguinwalk

No matter your current abilities, you are NEVER too old to start improving your strength and balance!

Discover activities that work for you—whether it's community center classes, free exercise programs, or videos on TV or YouTube.

Benefits include:

- ✓ Reducing your risk of falls
- ✓ Enhancing your physical capabilities



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