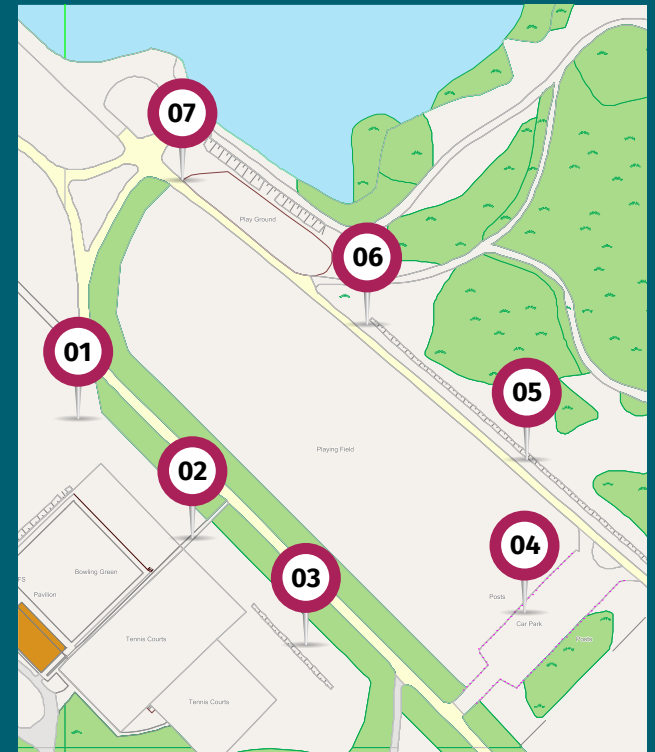


# Park Power!

- **Strength & balance** are forgotten aspects of our fitness.
- **Strength & balance** is for everyone. There are **7 exercises** in the Park for you to try.
- Consider taking **5 minutes** to do these exercises. Aim for **at least twice a week**, but every other day is a nice goal also.
- They will **benefit your health and well-being** for sure!

## TARGETS

- Try for **10 repetitions** of each exercise.
- If that seems too much - **aim for 5 and build up**.
- If that seems too easy - **try 3 sets of 10** or **add resistance** by using hand-held weights or cans of beans or milk bottles filled with water to some of the exercises.



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# 01. Sit to Stand

- This is easy
- If you only have time for one exercise do this one!
- From a sitting position stand up as tall as you can
- Sit back down and repeat!
- This is great to keep our hips in good working order!



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# 02. Bench Press

- Lean against the bench with straight arms
- Allow your arms to bend and let your chin get closer to the bench
- Push back to straight back position
- Great for helping our arms stay strong



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# 03. Bicep Curls

- Sit comfortably on the bench
- Lift each arm in turn until fist touches shoulder
- If this is too easy carry a bottle of water or something similar
- Great for helping us lift everyday things like shopping or suitcases



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# 04. Arm Raise

- Stand tall and raise both arms until they are level with shoulders then return to side
- When this feels easy start carrying bottles of water or something similar in each hand
- Great for helping us with everyday tasks like picking things up



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# 05. Front Knee Extension

- Sit comfortably on the bench
- Lift one leg until leg is horizontal with ground
- Repeat with other leg



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# 06. Leg Flexion

- Use the bench for balance
- Bend at the knee and bring your heel towards your bottom
- Repeat with other leg
- Great for helping our legs stay strong



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# 07. One Leg Stand

- Use the bench for balance
- Lift one heel up behind you and try and balance for a count of 10
- If that is easy try to balance without holding on
- Do with each leg in turn
- Great for helping balance



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