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exercise **chart**

Do each of these exercises 3-4 times a week

Week of: _____

EXERCISES	S	M	T	W	T	F	S
Sit to Stand 10 times	☐	☐	☐	☐	☐	☐	☐
Heel Raises 10 times	☐	☐	☐	☐	☐	☐	☐
Tandem Walking Once down a hallway	☐	☐	☐	☐	☐	☐	☐
Single Leg Standing 1 minute each leg	☐	☐	☐	☐	☐	☐	☐

This is Getting Old
Moving Towards an Age-Friendly World

Exercises FOR AGING WELL