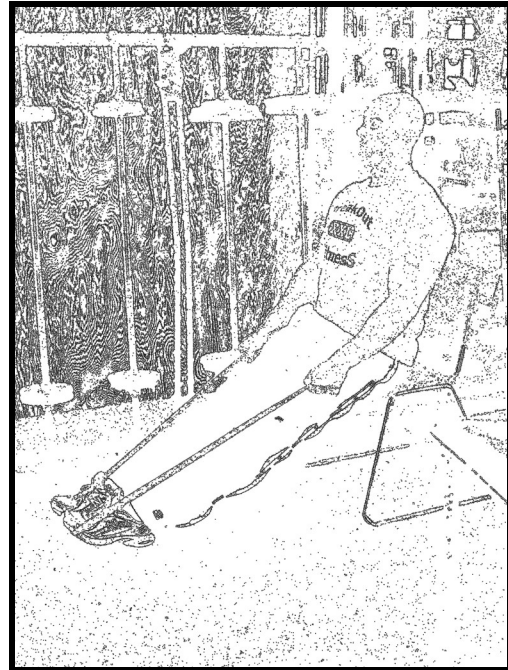
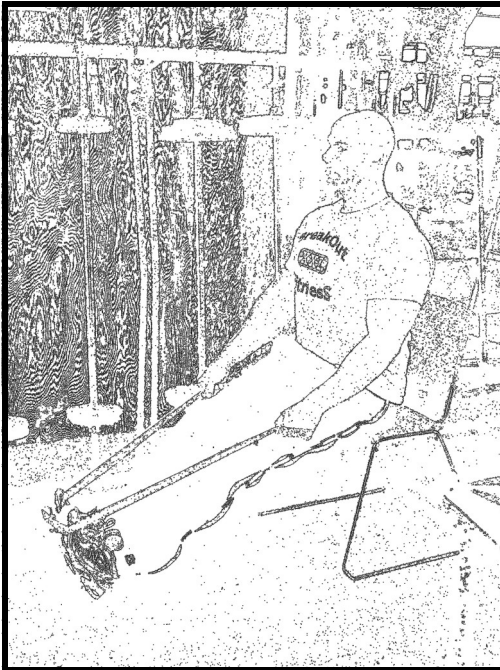


Seated Calf Raise

- Always consult a physician before beginning any exercise routine.
- Muscle decline can be a result of disuse more than just aging, so exercise can be a fountain of youth.
- 30 minutes of moderate activities (brisk walking, bike riding) should be done 4-5 days a week.
- Exhale through the mouth with exertion, inhale through the nose as you relax.
- Include strength exercises for all your major muscle groups at least twice a week, but vary the exercises so you don't work the same muscle group 2 days in a row.



Focus of exercise: Lower leg muscles (calf muscle)

Sit at the edge of a sturdy chair, legs extended with the middle of the band around the balls of the feet, toes pointed toward the ceiling. This is the starting position. Inhale, then exhale and slowly point the toes toward the floor, hold for 3 seconds then inhale and return to the starting position for one repetition. Focus on keeping good posture, and using slow and controlled movements to engage the ankle and lower leg muscles.

Continue for 2 sets of 8-10 reps.