

# ACTIVE CHALLENGES



## CALF STRETCH

Facing your countertop with palms down, step back with one foot press into the heel for a calf stretch. You can bend the opposite front knee to get a deeper stretch. Hold for 15 seconds then switch feet.



## HIP OPENERS

Facing your countertop with palms down lift one knee and rotate out to the side. Bring it back to center and return to the floor. Do 6 reps on each side.



## SIDE LEG LIFTS

Stand sideways at the counter holding on with one hand (if needed or more comfortable, face the counter and hold on with both hands) Balance on one foot while you lift the other leg and swing it out to the side and back to the floor. Do this 6 times on each side.



## SQUATS TO CALF RAISE

Stand tall with your feet shoulder width apart, hold onto the countertop as you bend your knees and lower into a squat with your knees behind your toes. Push through your feet to lift and roll up onto the balls of your feet, then lower your heels back to the floor. Perform 10 reps.



## LUNGES

Face the countertop and hold on. Keeping feet hip width apart, keep your front knee behind your toes as you step back with your other leg and lower into a lunge position. Press through the front foot as you return to standing. Repeat on the other side. Do 6 on each side.



## BACK STRETCH

Stand with feet hip width apart. Hold onto the countertop and walk backwards into a full back stretch. Hold this position for 10 seconds then slowly walk forward as you return to standing.



## SIT HOVER STAND

Sit tall in a chair with feet hip width apart and flat on the floor. If possible keep your hands in your lap. Press through your feet to lift a few inches off the seat. If it helps your balance you can raise your arms as shown. Hold this position for 3 seconds then lower back to the seat. Perform this 6 times then stand all the way up and sit back down 6 times.



## PLANKS

You can stand or use a chair for these full body planks. For elbow plank, your elbows should be directly beneath your shoulders, for full arm plank, place your palms against the surface shoulder width apart, contract your core- your body should form a straight line from your head to your feet. Push through your heels and gaze a few inches in front of your hands. Hold this position for up to 30 seconds at a time. Planks strengthen your abdominals, back and shoulders.

**QUESTIONS:** Please contact Shelly Goldman Director of Health & Wellness [sgoldman@westportny.org](mailto:sgoldman@westportny.org)



## ADDUCTORS (INNER THIGH)

Place a ball or pillow between your thighs. Hold onto a chair (or countertop) for support. Squeeze the ball/pillow between your legs as you squat. Return to a standing position. If able raise up onto the balls of your feet still squeezing the ball/pillow. Do this 8 times.



## SEATED WARRIOR

Sit tall and raise your arms. Keeping your right knee bent swing your leg out to the side and rotate your toes to the right, straighten your left leg and slide out to the side as shown. Keep your toes facing forward as you turn to your right. Repeat on the other side.