



**Active
Aging**
in Manitoba

Take a Minute to Move



Moving more and sitting less is good for our overall health and wellbeing. The COVID-19 pandemic has impacted our lives significantly, especially our daily activities. **Take a Minute to Move** and try some activity suggestions you can do at home. You will feel more alive and alert.

Take a Minute to Move every day, whenever and wherever you can. While brushing your teeth, try some toe taps; leaning against your kitchen counter, do a few calf raises or during a television commercial, try marching on the spot. You may wish to set a timer to remind you to **Take a Minute to Move**. Whether sitting or standing, taking a minute to move activities will help you.



Marching on the spot

Benefit: improves hip mobility and strength.

You can do this sitting or standing. With your knees bent, lift your left leg and then your right leg and repeat. Make the exercise more challenging by lifting your legs a bit higher and swinging your arms like you are walking outdoors.



Toe taps and heel lifts

Benefit: loosens ankles and improves heel-toe walking action.

You can do this sitting or standing. Lift the toes of one foot off the floor, pause and then lower down – lift and lower 3-5 times each side. Then lift your heels off the ground. Choose one foot to start, lift your heel 3 – 5 times. Switch feet and repeat – add a few more heel lifts if you feel comfortable.



Wall push-up

Benefit: improves upper body strength.

Standing about an arm's length away from a wall, place your hands at about chest height for support. Lean your body toward the wall while bending your arms and keeping your back straight. Press to push yourself away from the wall, straightening your arms. Repeat slowly up to 10 times.



Sit to stand

Benefit: helps with getting up and down from a seated position.

Sitting in the middle of a chair, place your hands on your thighs or armrests if needed. Feet on floor, hip-width apart with heels positioned under the knees. Leaning forward bring your nose over your knees and toes, lift your buttocks, coming up to standing. Slowly lower yourself back down. Repeat 5-10 times.



Leg Out & In Sideways

Benefit: helps strengthen the hip and improves balance.

Hold onto a support such as a counter or sturdy chair. Keeping your toes facing forward, bring your leg out to the side and pause with your foot off the floor. Stay standing tall and do not lean. Bring your leg back and rest. Switch legs and repeat on the other side. Alternate 3-5 times.

Disclaimer: before starting any exercises, it is always wise to consult with your doctor; this is especially important if you have any underlying conditions that might be worsened by exercise.

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Toward optimal health for life.

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