
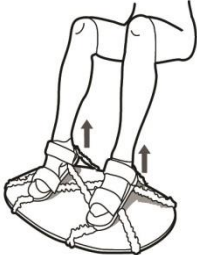
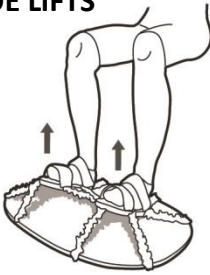
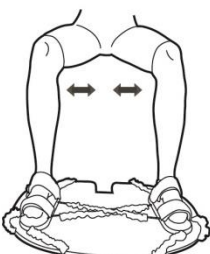
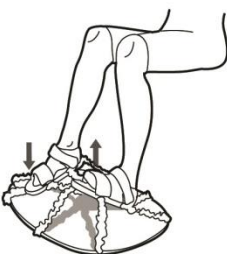
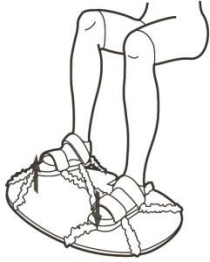


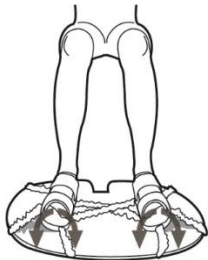
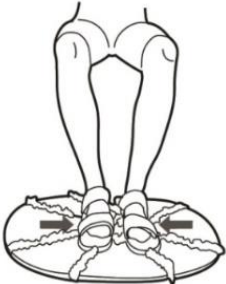
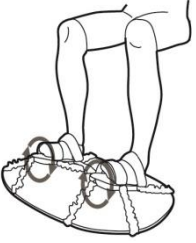



Power Moves with MoveMor™

Daily tasks like rising from a chair, climbing stairs or preventing a fall require muscle strength and power. Power is the ability to generate force quickly. Performing high-speed intervals for 5-30 seconds with low-intensity recovery can promote faster reaction times for better balance, physical function and reduce fall risk. *TIPS: Take breathing and “shuffle” breaks as needed; with high-speed intervals, focus on lower body moves.*

Exercise	Instruction	Muscles & Benefits
SLIDE WALK 	<p>Slide one foot forward, pull one back, alternate.</p> <ol style="list-style-type: none"> 1. Walking Arms 10 X 2. Fast – tap thighs 3. Fast – move inward & outward 4. Slow - Walking Arms (optional) 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Quadriceps & Hamstrings • Gluteals <ul style="list-style-type: none"> • Rise from a chair or toilet • Squat to lift an object • Pelvic floor activation
HEEL LIFTS 	<p>Lift and lower heels.</p> <ol style="list-style-type: none"> 1. Moderate pace 10 X 2. Add Tricep Press 3. Fast – Tap side of thighs 4. Slow 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Plantar Flexors <ul style="list-style-type: none"> • Boost circulation • More power to push off when walking • Better gait, speed and balance
TOE LIFTS 	<p>Lift and lower toes.</p> <ol style="list-style-type: none"> 1. Moderate pace 10 X 2. Add Bicep Curls 3. FAST 4. Slow 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Dorsi-Flexors • Invertors & Evertors <ul style="list-style-type: none"> • Better gait, speed and balance • Rise from a chair • Reduce fall risk
OUT & IN 	<p>Slide feet & knees out to the sides, squeeze back to center. 10 X</p> <ol style="list-style-type: none"> 1. Add Goal Post Arms 2. Fast – Pulse Outward 3. Moderate Pace – Out & In 4. Fast – Pulse Inward 5. Slow 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Abductors/Adductors • Gluteals <ul style="list-style-type: none"> • Better gait, speed and balance • Pelvic stability • Strengthen pelvic floor
~ BREATHING BREAK ~		
TOE & HEEL TAPS 	<p>Lift toe of one foot, heel of the other, alternate.</p> <ol style="list-style-type: none"> 1. Fast 2. Slow 3. Fast Slow 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Dorsiflexors & Plantar flexors <ul style="list-style-type: none"> • Coordination • Walking • Foot stability & balance

<p>MARCH</p> 	<p>Lift and lower one knee, alternate. 10 X</p> <ol style="list-style-type: none"> 1. Goal Post Arms – elbow towards opposite knee 2. Fast – tap opposite thigh 3. Alternate moderate and fast pace 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Hip Flexors & Core • Walking & climbing stairs • Enhanced gait • Better balance and posture
<p>TOE FANS</p> 	<p>Rotate toes inward and outward. 10 X</p> <ol style="list-style-type: none"> 1. Add Rotator Cuff 2. Fast Slow 3. Tap toes inward & outward 4. Fast Slow Shuffle 5. Out & In - Hold out – Toe Fans 6. Fast Slow in home position 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Invertors & Evertors • Gluteals • Balance • Ankle stability & mobility
<p>DOUBLE KICKS</p> 	<p>Slide feet forward, pull back behind knees. 10 X</p> <ol style="list-style-type: none"> 1. Push hands forward & pull back 2. Fast – push feet forward from home 3. Double Kick – moderate with arms 4. Fast – pull feet back from home 5. Double Kick – slow – fast - slow 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Quadriceps/Hamstrings • Walking • Sit & rise from a chair • Squat/bend down
<p>~ BREATHING BREAK ~</p>		
<p>ANKLE ROLLS</p> 	<p>Roll ankles inward and upward, alternate. 10 X</p> <p><i>Keep knees aligned with hips as much as possible.</i></p> <ol style="list-style-type: none"> 1. Alternate between fast and slow intervals - 2 X each 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Peroneal • Tibialis posterior • Ankle stability & mobility • May reduce chance of ankle sprains
<p>SWEEP IN & OUT</p> 	<p>Keep knees aligned with hips, slide feet to center then out to the sides. 10 X</p> <ol style="list-style-type: none"> 1. Lift and “kick” left and right foot in & out, 5-10 X each side 2. Fast, Kick in only, left & right 8-10 X 3. Fast, Kick Out only 8-10 X 4. Slow to fast, Sweep In & Out 5. Shuffle 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • External/internal hip rotators • Hip stability and mobility • May help reduce lower extremity (LE) injuries and low back pain • Twisting motion of LE as when golfing, dancing or swinging a tennis racquet

<p>ANKLE O's</p> 	<p>Lift toes, make circles. Repeat in the opposite direction. 10 X</p> <ol style="list-style-type: none"> 1. Wrist circles 2. Fast circles with Right foot and then Left. 8-12 X 3. Shuffle 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Dorsi-flexors • Invertor/evertors • Ankle flexibility • Better gait and balance • May decrease stiffness and pain
<p>LEG EXTENSION</p> 	<p>Scot forward on chair, extend right leg forward, hold 5-10 seconds. <i>(Place board ~ 8 inches in front of chair.)</i></p> <ol style="list-style-type: none"> 1. Pulse right leg forward fully 8-12 X 2. Hold forward fully 5-10 seconds 3. Repeat on Left side 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Quadriceps • Knee range of motion • Walking • Standing

Remove board.

Ready for seated stretch to enhance flexibility and mobility.