



FOREVERWELL

Bringing the Y's ForeverWell Initiative right to your home!

ARTHRITIS EXERCISE

This class is broken down into three 15-minute sections:

1. Walking warm-up
2. Stretching and leg exercises (12 reps)
3. Circle time moving all of your joints and cool down

Part 1: Walking Warm-up

Pick an area in your house where you can walk, for example, across your kitchen to the living room and back. Walk for 15 minutes while completing the following exercises:

1. **Walking forward:** heel-ball-toe using your whole foot
2. **Walking backwards:** toe-ball-heel
3. **Marching forward:** nice and tall high knees
4. **Toy soldier march:** straight arms and legs opposite arm with opposite leg
5. **Walk sideways:** straddle and step together
6. **Step and press:** step with your right foot and press your left heel back and switch step with your left and press your left heel

The following exercises can be completed by sitting in a chair, 8 repetitions for each leg:

1. **Elbow to opposite knee:** twisting at waist
2. **Toe touches:** opposite foot to opposite hand
3. **Heel touches:** same hand to same heel
4. **Wide knees:** knee raises out to your sides; press you same side hand as that knee comes up squeezing your obliques, or touch your right knee to right elbow then left knee to left elbow
5. **Ankle touches:** touch each hand with opposite ankle cross in front
6. **Can-can kicks:** right knee up tap the floor and kick forward, left knee up tap the floor kick forward and repeat.



Part 2: Stretching and Leg Work

Using the back of a chair, complete the following stretches and exercises, 8 reps each.

1. **Runners stretch:** right foot forward and lean towards the wall, then repeat with left foot
2. **Right foot:** in front of your left foot and bend down, repeat on left
3. **Right foot:** tap your foot side to side like a windshield wiper; then tap up and down; lift your foot up and circle your foot; point and flex your foot. Repeat sequence with left foot.
4. **Facing a wall:** stretch up on your toes nice and tall; down on your feet and roll back onto your heels and lean forward; feel the stretch in your legs, bottom and lower back. Complete 3 to 4 times.

For the following exercises, start with your right leg and repeat on your left leg, 8 repetitions:

1. **Knee to nose:** look down at your knee-kick back and look up to the lights.
2. **Rusty gate:** right knee up, out, in, and down; switch to the left.
3. **Circles forward:** out to the side and circle forward for 8; switch to left.
4. **Circles back:** out to the side and circle back for 8; switch to the left.

Circle Time:

Complete each exercise for 8-10 seconds for a total of 10 minutes.

1. **Cheerios:** touching each finger to your thumb and repeat.
2. **Touch:** each finger to your palm and repeat.
3. **Squeeze your hands:** to make 2 fists and extend hands 3x.
4. **Circle your hands:** in one direction and reverse direction.
5. **Circle thumbs:** in one direction and reverse direction.
6. **Arms out to your side and arm circles forward:** palms facing down; palms facing forward; palms facing up; palms facing back. Circle backwards and change palm positions.
7. **Shoulder rolls:** forward and backwards.
8. **Arms out to your side:** clap your hands forward-out to your side squeezing your shoulder blades and repeat 4x.
9. **Gerbil:** rolling your hands forward in a circular motion causing a whirlpool at your chest-speed up and reverse direction.
10. **Punch forward:** one arm at a time alternating-punch to your right-center-punch to your left-center-extend your hands and press forward in and out-press to your right-press center-press to your left-press center.
11. **Palms down arms extended:** push your arms down past your legs-turn palms up and bring arms up to the surface 4x.
12. **Hands on your hips and hula hoops to your right:** left-back and forth-side to side.



Cool Down:

Complete each exercise for 8-10 seconds for a total of 5 minutes.

1. **Free style stroke:** back stroke-breaststroke-reverse breaststroke
2. **Side down your right leg:** inhale-exhale and stretch a little farther- repeat on your left leg 2x
3. **Feet hip distance apart:** stretch up reaching up to the ceiling-sway to your right-back to the center-sway to the left
4. **Reach for the ceiling:** press back and squeeze shoulder blades together-place hands on you lower back and slide down to your bottom and hold for a moment.
5. **Release and let your hands float up in front:** squeeze you shoulders up to your ears-release-repeat again-drop your chin to your chest and roll to your right ear-roll back down to your chest-roll to your left ear-roll back to your chest-look up and inhale-look down and exhale
6. **Drop your chin to your chest and roll to your right ear:** roll back down to your chest-roll to your left ear-roll back to your chest-look up and inhale-look down and exhale-once again look up and inhale-look down and exhale, you are done!