



IN *The Villages*[®]

America's Healthiest Hometown

Arm Curl



WHAT YOU NEED: Hand-held weights or household items (bottles of water, soup cans, etc)

After a few weeks of doing this exercise for your upper arm muscles, lifting that gallon of milk will be much easier.

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, palms facing forward. Breathe in slowly.
3. Breathe out as you slowly bend your elbows and lift weights toward chest. Keep elbows at your sides.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.

Source: Go4Life from the National Institute on Aging at the National Institutes of Health