



IN *The Villages*<sup>®</sup>  
*America's Healthiest Hometown*

## Overhead Arm Raise



TARGETED MUSCLES: Shoulders and arms

WHAT YOU NEED: Weighted objects or hand-held weights

TIP: As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.

This exercise will strengthen your shoulders and arms. It should make swimming and other activities such as lifting and carrying grandchildren easier.

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weights at your sides at shoulder height with palms facing forward. Breathe in slowly.
4. Slowly breathe out as you raise both arms up over your head keeping your elbows slightly bent.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower your arms.
7. Repeat 10-15 times.
8. Rest; then repeat 10-15 more times.

VISIT: <http://go4life.niapublications.org/try-these-exercises/strength/overhead-arm-raise> to watch a video clip of this exercise

Source: Go4Life from The National Institute on Aging at NIH