



IN *The Villages*[®]
America's Healthiest Hometown

Side Arm Raise



TARGETED MUSCLES: Shoulders

WHAT YOU NEED: 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 make lifting groceries 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 hand weights straight down at your sides with palms facing inward. Breathe in slowly.
4. Slowly breathe out as you raise both arms to the side, shoulder height.
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.

Source: Go4Life from the National Institute on Aging at the National Institute of Health
<http://go4life.niapublications.org>