



IN *The Villages*[®]

America's Healthiest Hometown

Wrist Curl



WHAT YOU NEED: Hand-held weight

This exercise will strengthen your wrists. It also will help ensure good form and prevent injury when you do upper body strength exercises.

1. Rest your forearm on the arm of a sturdy chair with your hand over the edge.
2. Hold weight with palm facing upward.
3. Slowly bend your wrist up and down.
4. Repeat 10–15 times.
5. Switch to other hand and repeat 10–15 times.
6. Repeat 10–15 more times with each hand.

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