



## An Easy Exercise Snacking Menu for Senior Women

Working out can be manageable, no matter your energy level, experience, motivation, or physical condition. It's simply a matter of finding what fits for you. You don't need hours each day, either. Consider exercise "snacking," doing ten minutes of something each day. Gradually over time you can add more snacks throughout the day or combine them for a lengthier regime. Here are some ideas for exercise snacks, with options for [More Relaxed](#) or [More Rigorous](#) versions.

### Walking

More Relaxed: Go outside and do a gentle, slow paced, ten-minute walk. Use a smart watch, fitness tracker, or pedometer to measure how many steps you took. A more relaxed goal would be approximately 800 - 1,000 steps in ten minutes depending on whether you walk with low or moderate intensity.

More Rigorous: Step on a treadmill (or stay outdoors) and walk at a faster, higher intensity pace for ten minutes, with a goal of reaching 2,000 steps.

### Yoga

More Relaxed: Yoga is an amazing way to combine movement with breath and mindfulness. If you are unfamiliar with any of these poses, send me a note and I will be happy to set up a short complimentary video consultation to be sure you're using proper form and alignment. For a more relaxed version or if you have difficulty getting on the floor, try the following chair yoga postures:

- Seated twist - (first right, then left)
- Seated forward fold
- Eagle arms (first right, then left)
- Seated eye of the needle (first right, then left)
- Leg extensions (first right, then left)
- Shoulder rolls
- Box breathing (inhale through the nose for a count of 4, hold for 4, exhale for 4)
- Head rolls (first to the right, then to the left)
- Stretch out your wrists by placing your hands on your thighs or a hard surface (wrists bent) and rocking gently back and forth).
- Stretch out your feet by rolling the ball of your foot firmly across a tennis ball (do this seated in the chair if you're worried about balance or stand and hold onto the back of the chair).

More Rigorous: A simple Google search will show you photos of each of these poses if you need a demonstration. While yogis may be familiar with the English language names of these poses, I've also included the Sanskrit names, so you are more comfortable if you visit a studio and find that the instructor is using the traditional names.

- Sukhasana (Easy Pose) Arms start at heart center and then raise arms to the air with palms pressing.
- Balasana (Child's Pose)
- Parsva Balasana (Thread the Needle Arms) left arm under right
- Parsva Balasana (Thread the Needle Arms) right arm under left
- Bharmanasana (Tabletop Pose)
- Marjaisana and Bitilasana (Cat and Cow Poses)
- Adho Mukha Svanasana (Downward Facing Dog)
- Walk to front of mat and forward fold
- Utkatasana (Chair Pose)
- Uttanasana (Forward Fold) - halfway lift
- Step back right foot, step back left foot into plank
- Ashtanga Namaskara (Knees, Chest, and Chin Pose)
- Bhujangasana (Cobra Pose)
- Adho Mukha Svanasana (Downward Facing Dog), pedal out the feet
- Lunge right foot forward
- Utthita Ashwa Sanchalanasana (Lunge Pose)
- Left foot meets right
- Uttanasana (Forward Fold) - halfway lift
- Reverse swan dive to standing
- Uttanasana (Forward Fold)
- Step back left foot, step back right foot into plank
- Ashtanga Namaskara (Knees, Chest, and Chin Pose)
- Bhujangasana (Cobra Pose)
- Adho Mukha Svanasana (Downward Facing Dog), pedal out the feet
- Lunge left foot forward
- Utthita Ashwa Sanchalanasana (Lunge Pose)
- Right foot meets left
- Uttanasana (Forward Fold) - halfway lift
- Reverse swan dive to standing
- Uttanasana (Forward Fold)
- Step back right foot, step back left foot into plank
- Ashtanga Namaskara (Knees, Chest, and Chin Pose)
- Urdhva Mukha Shvanasana (Upward Facing Dog)
- Adho Mukha Svanasana (Downward Facing Dog)
- Walk to front of mat

- Uttanasana (Forward Fold) - halfway lift Reverse swan dive
- Hands to heart-center
- Breathe

### Arms with Light Weights

More Relaxed: Use weights of between 1 and 3 pounds. You can do these seated for ease or standing for a little more effort. Try the following sequence:

- Bicep Curls (10 reps)
- Hammer Curls (10 reps)
- Arnold Press (10 reps)
- Upright Row (10 reps)
- Static Lateral Arm Raise (10 reps) first right, then left
- Triceps Kickback (10 reps) first right then left.

If you've not reached ten minutes, repeat the sequence.

More Rigorous: To make the workout more rigorous, do the workout standing and increase both weight (between 4 and 8 pounds) and reps (15 reps for each exercise).

### Water Activities

More Relaxed: In a pool, walk the length of the pool as far as you can (which will vary depending on your height and the pool's depth). Turn and walk back. Repeat these laps for ten minutes. During the walking, swing your arms and take relatively big strides.

More Rigorous: Swim laps for ten minutes or do a rigorous water fitness routine. I personally like the [Fluid Running](#) system - most of these workouts are longer than ten minutes but you could queue up to your favorite part of the workout and do ten minutes. When swimming laps, consider wearing a mask and snorkel. I find this helps me swim longer.

### Jogging / Running

More Relaxed: Not much of a runner? Neither am I, but sometimes a run or jog can really get me moving. For the more relaxed version, don't do this every day or even too many consecutive days. You'll use muscles that are not accustomed to being used and will want a few days of recovery. For more relaxed running, try ten minutes on a treadmill. Walk for one minute (speed between 3.5 and 4.0 mph), jog for one minute (speed between 4.2 and 4.8 mph), run for one minute (speed between 4.8 and 6.0 mph). Repeat three times, then walk the last minute at under 3.0 mph to cool down.

More Rigorous: On a treadmill or outdoors, walk for a minute to warm up (speed between 3.5 and 4.0 mph; tread incline of between 1% and 2%), jog for two minutes (speed between 4.2 and 4.8 mph; tread incline at 2%), run for 6 minutes (speed between 4.8 mph and 6.0 mph; tread incline at 2%); cool down walk for one minute (speed under 3.5 mph; no incline).

## **Treadmill Hiking**

More Relaxed: For a more relaxed hike set the treadmill pace to anywhere between 3.5 and 4.0 mph and the incline between 2% and 5%.

More Rigorous: For a more rigorous treadmill hike, set the pace between 3.7 and 4.5 mph and the incline between 6% and 10%. You can also vary the pace and intensity, moving up and down within the suggested ranges.

## **Dancing**

More Relaxed: The intensity of a dancing exercise snack can be controlled by the music you select. For a more relaxed dancing routine, select mellow or instrumental music and glide around the room for ten minutes, focusing on gentle arm and leg movements.

More Rigorous: To make your dance snack more rigorous, play high energy music and add in jumps, leaps, and arm pumps for the full ten minutes. Another alternative is to find a Zumba routine on YouTube and dance to that.