

Elders in Motion

Recreation for Life!

*Active Living Exercise
Program (ALEP)
Activity Card*



Did you do your Elders in Motion exercises today?

Sunday	Monday	Tuesday	Wednesday
Thursday	Friday	Saturday	

Interested in hosting training in your community or in attending our conference? Contact us!

NWTRPA.ORG/ELDERS-IN-MOTION.HTM
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1



Walking from room to room

2



Wall push ups

3



Rising up on toes

4



Toe taps

5



Seat walk

6



Getting up from a chair

7



Leg lifts

8



Reaching

9



Standing stretch

10



Seated stretch

