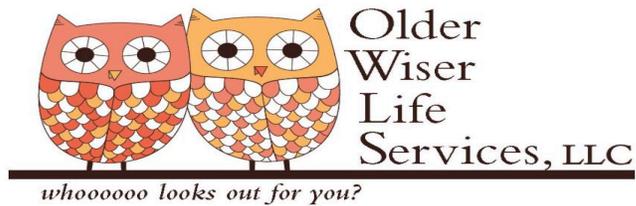


Spring 2015

Issue 6



Spring into Action!

Does anyone else remember saying 2014 was a winter to remember? Then 2015 happened. Yikes! Oh well, we all know northeast Ohio never fails to deliver interesting and challenging weather. We can now look forward to longer days filled with warmth and sunshine. Yay!

What better way to prepare for more active days than with a new routine of stretching and strengthening exercises – all manageable from any sturdy chair in your home.

Turn this page over to see a guide for ways to safely get those muscles used to moving and supporting us in our daily lives. As always, never push yourself to the point of pain, BREATHE, and avoid any movements a physician has told you to avoid for health reasons. If you cannot do a position on day one, work on it. Over time, your body will start responding and it will become easier to move.

While these are not traditional “yoga” positions, they are designed to get us moving and breathing and thinking about how our bodies need to stay strong and flexible.

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OWLS Companion in the Spotlight



Emily Jimerson has been with OWLS almost from our beginning. She says about her work “I’m thankful to be a part of a team helping to keep the clients independent while aging with dignity. OWLS has given me the opportunity to help clients stay within their home while allowing me to keep the needs of my family a priority.” Thank you for your dedication, Emily!

CHAIR "YOGA"

Forward Bend – eases tension in upper back and neck.



Breathe in and as you bend forward breathe out and let your head and arms hang over your knees. Relax into the position and hold for a few seconds while breathing normally. Breathe in as you slowly come back up to seated position.

Side Stretch – increases flexibility of the spinal column, improves respiration, and reduces waistline.



Sit facing forward with feet slightly apart, breathe in, and raise your arms out to the sides. Breathe out and bend to the left, reaching toward the floor with your left hand and your right hand pointing toward the ceiling. Breathe in come back to starting position. Repeat with your right side.

Knee Squeeze – relaxes lower back, improves digestion and respiration.



Breathe out completely then breathe in with both hands around the front of your knee pull your knee to your chest, while holding the in breath. Lower your head to your knee hold for a few seconds and release slowly while breathing out. Repeat with your right side.

Leg Lifts – strengthen legs and lower back, and improves circulation to your legs and feet.



Sit and hold each side of the chair for balance. Breathe out and breathe in as you lift your straightened left leg and flex your foot. Hold for a few seconds and then slowly breathe out while lowering your leg. Repeat the same for your right leg.

Older Wiser Life Services, LLC provides families with secure, reliable, trustworthy companion care. OWLS companions are available across Northeast Ohio.

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