

7 EASY EXERCISES FOR

Active
Life

Warm-Up



**1. Stationary March with
Arm Swing/Seated March**

Strength Exercises



2. Sit to Stand



3. Standing Hip Extension

Balance Exercises



4. Side Leg Raise



5. Single Leg Stand

Flexibility Exercise



6. Triceps Stretch

Cool Down



7. Standing Quadriceps Stretch

Source: <https://www.healthhub.sg/programmes/71/healthy-ageing-exercise>