

## Clinician Notes

The exercises in this handout will be helpful in maintaining bone health during survivorship. Performing these exercises in combination with a low impact aerobic exercise program of 30 minutes a day, 5 times a week, can help slow bone mineral loss. Examples of low impact aerobic exercise that will engage the cardiovascular system include: walking, dancing, hiking, gardening and elliptical training. Additional exercise options that are less taxing, but still beneficial for bone health are tai chi and yoga.

# Squat with Chair Touch

**REPS: 10**

**SETS: 3**

**DAILY: 1**

**WEEKLY: 4**

**1**



**2**



## Setup

Begin in a standing upright position in front of a chair.

## Movement

Lower yourself into a squatting position, bending at your hips and knees, until you lightly touch the chair. Return to the starting position and repeat.

## Tip

Make sure to maintain your balance during the exercise and do not let your knees bend forward past your toes.

If exercise is too hard, modify by holding onto a chair or counter for balance

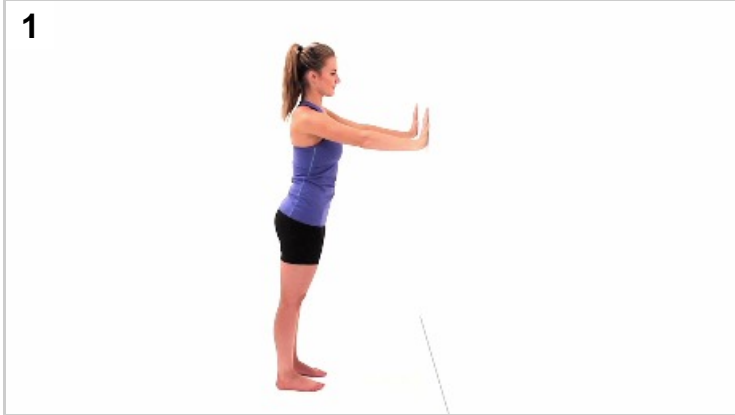
# Wall Push Up

**REPS: 10**

**SETS: 3**

**DAILY: 1**

**WEEKLY: 4**



## Setup

Begin in a standing upright position with your arms straight and your hands resting on a wall at shoulder height.

## Movement

Bend your elbows, leaning your body toward the wall, then push yourself back into the starting position and repeat.

## Tip

Make sure to bend only at the elbows and keep the rest of your body straight during the exercise

# Forward Step Up

**REPS: 10**

**SETS: 3**

**DAILY: 1**

**WEEKLY: 4**

**1**



**2**



## Setup

Begin in a standing upright position, with a step in front of you, holding onto a stable surface for support.

## Movement

Step forward onto the step with one foot, then step up with your other foot. Step back down to the ground in the reverse order.

## Tip

Try to make sure to start the movement by bending your knee first then lifting your foot up to the step. Maintain your balance during the exercise.

If exercise becomes easy, modify by performing step up without holding onto a stable surface

# Single Leg Stance

**SETS: 3**

**HOLD: 15  
SECONDS**

**DAILY: 1**

**WEEKLY: 4**



## Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

## Movement

Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

## Tip

Try not to move your arms away from your body or let your weight shift from side to side.

If exercise is too hard, modify by using 1-2 fingers on a counter or wall for balance

# Standard Plank

**SETS: 3**

**HOLD: 15  
SECONDS**

**DAILY: 1**

**WEEKLY: 4**

**1**



**2**



## Setup

Begin lying on your front, propped up on your elbows.

## Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

## Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

If exercise is too hard, modify by performing on knees

# Bird Dog

**REPS: 10**

**SETS: 3**

**DAILY: 1**

**WEEKLY: 4**

**1**



**2**



## Setup

Begin on all fours, with your arms positioned directly under your shoulders.

## Movement

Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

## Tip

Make sure to keep your abdominals tight and hips level during the exercise.

If exercise is too hard, modify by keeping arms on the ground and only straightening the legs

# Sidestepping

**REPS: 10**

**SETS: 3**

**DAILY: 1**

**WEEKLY: 4**

**1**



**2**



**3**



## Setup

Begin standing upright. Bend your hips and knees into a mini squat position.

## Movement

Slowly step sideways, then step back to the starting position in the opposite direction.

## Tip

Make sure to keep your feet pointing straight forward, your abdominals tight, and do not let your knees collapse inward during the exercise.

If exercise becomes too easy, modify by putting a resistance band around your knees