

# HEIDI WEINBERG

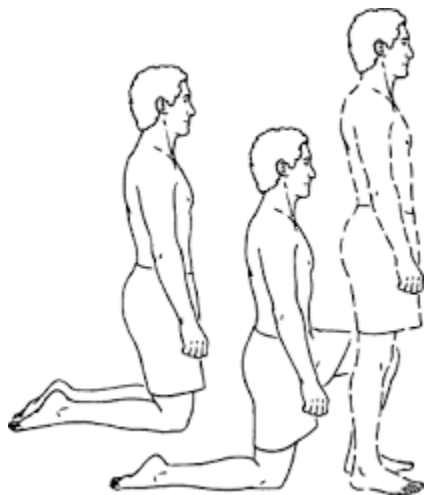
*personal Training*

PARKINSON'S  
& BEYOND

## GETTING UP FROM THE FLOOR - PART 2

THE OLDER YOU GET, THE BIGGER THE RISK OF FALLING, AND THE MORE CATASTROPHIC THE CONSEQUENCES. BEING ABLE TO GET UP AND DOWN OFF THE FLOOR IS AN IMPORTANT SURVIVAL SKILL (Dan John, Strength Coach).

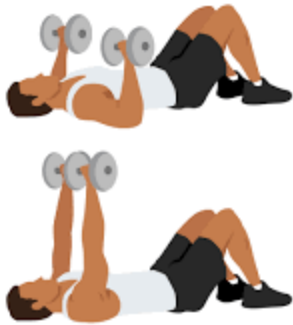
Here are some exercise options to get stronger:



KNEEL TO STAND EXERCISE - USE CHAIR IF NEEDED!



BIRD DOG - IMPORTANT FOR CORE STRENGTH



VectorStock® VectorStock.com/2084474 FLOOR PRESS - ARM STRENGTH TO HELP YOU PUSH OFF THE FLOOR



TRICEP SIDE LYING PRESS - HELPS YOU TO ROLL OVER - ON THE FLOOR IF YOU FALL OR GETTING OUT OF BED

Once again - do not get up until you assess injuries..

If you have any limitations, injuries, etc. a good trainer can work around those issues and still get you stronger! Doing nothing is never an option. We can always do something.

#### ADDITIONAL SUGGESTIONS:

- Power training moves
- Single leg exercises
- More core exercises

These additions can train your body and your mind to help prevent a fall. What you do in the gym should translate to everyday life outside the gym!