

Exercise of the Month: Timed Up and Go

Has your "get up and go" got up and went? Then get it back by doing the "Timed Up and Go" exercise. You probably already do this easy exercise without even knowing it. Practicing the timed up and go helps improve strength, speed, and balance.

What you'll need:

- Chair (with arms if needed)
- Spot on floor 10 feet away from the chair
- Stopwatch or clock with a second hand

What you'll be doing:

You will be timing how long it takes you to stand up, walk 10 feet to the spot, turn around, and sit back down.

How to do it:

Start the stopwatch

Stand Up

Walk to the spot and turn around

Walk back to the chair

Sit down

Stop the stopwatch.



You want to include the time it takes to stand up (at the beginning) and sit down (at the end).

Perform this 3-10 times, trying to improve your speed each time.

To Increase the difficulty try this:

"TUG + Manual"--Perform the above while holding steady a cup 1/2 full of water.

"TUG + Thinking"--Perform the above while saying the days of the week out loud backwards or counting backwards from 100.

You can see a video of the Timed Up and Go at youtube by searching "Timed Up and Go"

Or the link is: <http://www.youtube.com/watch?v=7TrtCMyUzno>