

Standing Exercises

Stretch, Relax, Strengthen

Seated Exercises



1. Leg Lift Balance

Lift one arm and the opposite leg at the same time. If necessary balance your arm against the wall. Hold for as long as possible. Relax. Repeat with the other arm and leg.

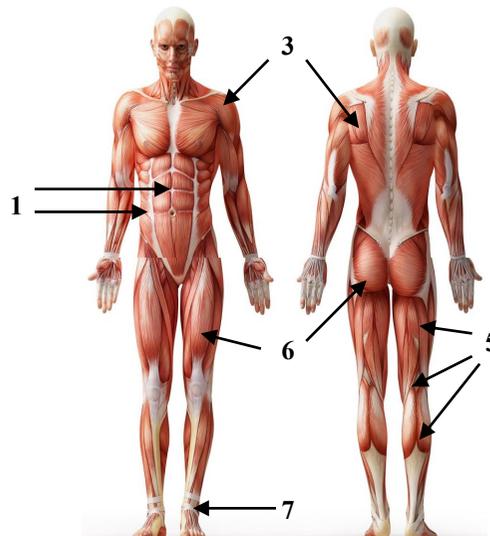
This exercise **improves** balance and co-ordination to help prevent falls. It **strengthens** your obliques & abdominals.



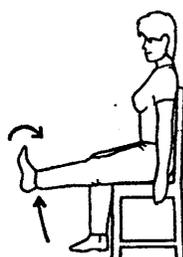
4. Shuttle Walking

Walk slowly between two markers. Repeat 10 times walking faster each time if you can.

This exercise **improves** your balance and your general fitness.



5. Sitting Quads



Hold one leg straight in front of you. Pull your toes up towards you. Tighten your thigh muscle and straighten your knees. Hold for 5 seconds. Relax. Repeat as many times as possible with each leg.

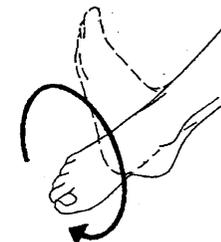
This exercise **increases stability** of your knee and reduces knee pain. It **strengthens** your knees, calf and thigh muscles.



6. Sit to Stand

Start from sitting in a chair. Stand up fully. Slowly sit back down again. Use your arms to help if needed. Try folding your arms as you improve. Repeat as often as you can

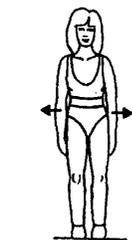
This exercise **strengthens** your legs by working your thigh, buttock and abdominal muscles.



7. Ankle Swivel

Slowly circle your ankles. Exercise one ankle at a time. This will improve your circulation. Repeat x 10 in each direction.

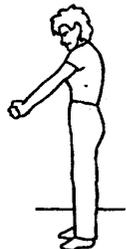
This exercise **improves** ankle movements and circulation. It **stretches, relaxes and strengthens** muscles in your feet.



2. Hip Glide

Stand with good posture. Move your hips slowly from right to left and back again. Hold your stomach in and keep your upper trunk still. Repeat slowly at least 10 times.

This exercise **improves** your hip and lower back movement.



3. Upper Body Stretch

Push your shoulders forward and stretch your arms diagonally towards the ground. Keep your chin to your chest. Hold for 4 seconds. Relax. Repeat 3 or 4 times.

This exercise **improves** your shoulder movement and **relaxes and stretches** muscles in your upper back.



8. Hand Stretches

Push your palms together stretching all your hand muscles. This will improve your circulation. Hold for 5 seconds. Relax. Repeat x2.

This exercise **stretches and relaxes** muscles in your hands, wrists and arms.

Ten Minute Exercises

If you feel a little pain, don't give up!
Stop, rest and try the next exercise.
You won't hurt yourself with this gentle programme.

Go at your own pace

Don't worry if you can't do them all.
Start with the exercises you can manage.
You will improve with daily practice.

Relax

Breathe deep and wide whilst exercising.

Repeat

Each one as many times as you feel able.

Posture

It is important to remember to keep good posture whilst doing your exercises.

Progress

Try moving onto:

Level 3 Progressive Resistance Exercises

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PILs:

Ten Minute Exercises Level 2

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These easy exercises will:

- Improve Your balance
- Strengthen your core muscles
- Improve your circulation
- Relieve Stress
- Improve wellbeing
- Use all your muscle groups

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Level 2 Exercises

Before You Begin

Stand up straight and tall for exercises 1-4.

Sit in a sturdy chair with good back support for exercises 5-8.

1. Breathing Is Key

Remember slow, deep breathing before, during and after your exercises.
Breathe in deep and wide through your nose.
Breathe out deep and wide through your mouth.

2. Practice Perfect Posture

Pull your shoulder blades down to the middle of your back.
Imagine a piece of string pulling you up to the ceiling from the centre of your head.



3. Shoulder Release

Tilt your head toward one shoulder until you feel a comfortable stretch on opposite side. Hold for 4 breath cycles. Repeat to other side. Repeat 3 times on each side.



4. Shoulder Release

Slowly roll your shoulders forwards, up and down and backwards. Repeat at least 10 times.