

Out & About

Mobility Advice & Sales

Strength & Balance Exercises for Healthy Ageing

in association with  ageUK



Jack Wilson – at home
in Chawton

Exercise should be comfortable and fun!

But remember: if there's no pain and strain – there is no gain!

- Check with your GP before beginning exercising.
- If you experience chest pain, dizziness or severe shortness of breath, *stop immediately* and contact your GP.
- If you experience pain in your joints or muscles, stop, check your position and try again. If the pain persists seek medical advice.
- Use a sturdy, stable chair.
- Wear comfy clothes and supportive shoes.
- Exercise bands can be bought from mobility shops and sports stores.

ALWAYS WARM UP FIRST USING THESE 8 EXERCISES...

Chair March



Sit tall, holding sides of chair. Move feet up and down with control. Keep going at a comfortable rate for 30 seconds.

Swing Your Arms



Sit tall, away from chair back with feet flat on the floor. With elbows bent, swing arms from the shoulder. Keep going at a comfortable rate for 30 seconds.

Roll Your Shoulders



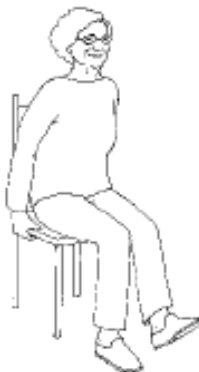
Sit tall, with arms at your side. Lift shoulders towards your ears, then back, then down. Repeat slowly 5 times

Let's Twist Again



Sit tall with feet flat on floor. Put right hand on left knee and right hand on back or side of chair. Sit tall and with control turn upper body and head towards left arm. Change sides and do the same again. Repeat both sides 5 times. Keep going at a comfortable rate for 30 seconds.

Loosen Your Ankles



Sit tall, away from chair back, hold sides of chair. Put one heel on the floor then lift and put toes on same spot. Repeat 5 times on each leg.

Stretch Your Chest



Sit tall, away from chair back. Reach both arms behind and hold chair back. Press chest forwards and upwards until you feel the stretch across your chest. Hold for 8 seconds.

Back Thigh Stretch



Move your bottom to the chair front. Put right foot flat on floor and stretch out left leg keeping your heel on the floor. Put both hands on right thigh and sit tall. Lean forwards and upwards until you feel the stretch on your left thigh and hold for 8 seconds.

Stand, holding the back of the chair with your feet pointing forward. Step back with one leg and press heel to floor until you feel your calf stretch. Hold for 8 seconds. Repeat for your other leg.

Calf Stretch



AND MOVING ON... THERE ARE 10 MAIN EXERCISES IN THIS SECTION.

Start by choosing 3 and choose different ones each time so that you do them all by the end of the week, building up gradually until you can complete all the exercises in one go.

Aim to do them three times a week.

FOR BONE AND MUSCLE STRENGTH



**Twist
Your
Wrists**

Fold or roll the band/towel/tights.
Hold with both hands, squeeze hard then twist by bringing both elbows close to your body and hold for a slow count of 5.
Repeat 8 times.



**Stand up!
Sit down!**

Sit tall near the front of the chair. Place your feet slightly behind your knees and lean slightly forward.
Stand up, using your hands on the chair if need be (progress to no hands over time).
Step back until your legs touch the chair. Stand tall then bend your knees and slowly lower yourself on to the chair.
Repeat 10 times.

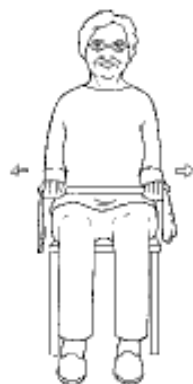


**Stretch
Your
Legs**

Place the band under the ball of your foot.
Sit tall, lift your knee a few inches and pull your hands towards your hips. Hold.
Straighten your knee by pushing down firmly against the band; hold and count aloud, slowly to 5 then bend the knee and release the arms.
Repeat 6 times – then change legs!

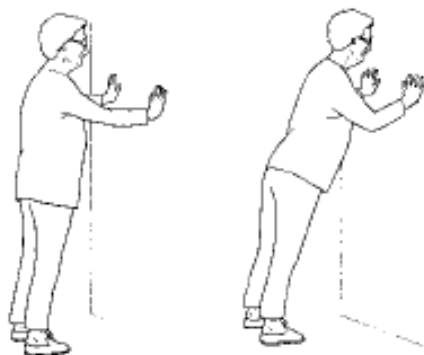
Hold the band with your palms facing up and wrists firm and straight.
Pull your hands apart then draw the band towards your hips and squeeze your shoulder blades together.
Hold for a slow, out-loud count of 5.
Release.
Repeat 6 times.

**The
Two-way
Stretch**



Up Against the Wall!

Stand at arms length from wall.
Place your hands on the wall at chest height, fingers upwards.
Keeping your back straight and tummy tight, bend your elbows lowering your body *with control* towards the wall.
Press back to your start position.
Repeat 8 times.



AND ON AGAIN... TO IMPROVE YOUR BALANCE



Sideways Stepping

Stand tall holding the chair. Take a step from side to side. When confident try holding the chair with only one hand. Continue for 30 seconds. Now try 2 steps to the side and back for 30 seconds.



Up on Your Toes!

Stand tall holding a sturdy table, chair or even the sink! Raise your heels taking your weight over the big toe and second toe. Hold for a second. Lower your heels to the floor *with control*. Repeat 10 times.



Back on your Heels!

Stand tall holding a sturdy table, chair or even the sink! Raise your toes taking your weight back onto your heels and without sticking your bottom out. Hold for a second. Lower your toes to the floor *with control and* Repeat 10 times.

On the Spot. March!



Stand to the side of the chair holding on with one hand. Stand tall. March on the spot swinging your free arm. Keep marching for 30 seconds. Turn slowly around then repeat using the other arm. Repeat 3 times.

Get in the Swing of it



Stand to the side of the chair holding on with one hand and stand tall. Swing the leg furthest away from the chair forwards and back *with control* perform 10 swings. Turn slowly to repeat on your other leg.

FINISH BY CHAIR MARCHING AT A RELAXED PACE FOR 1-2 MINUTES. THEN REPEAT THE LAST THREE STRETCHES FROM THE WARM-UP: CHEST STRETCH; BACK OF THIGH STRETCH; CALF STRETCH.

Illustrations by Marion Lefebvre

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Local Stockist for

DB Shoes

The perfect fit for wider feet!

