

How to prepare for exercise:

1. Wear comfortable, loose-fitting clothes, with flat-soled shoes.
2. Ensure your space is free of clutter, and things you could trip on. Remove uneven rugs and any cables and floor clutter etc.
3. Choose a chair that is firm and supportive e.g. a dining chair, NOT your couch.
4. Make sure the room is a good temperature. Exercise will make you warmer, so perhaps open a window to allow airflow.
5. Stay hydrated. Keep a glass of water or a water bottle nearby.

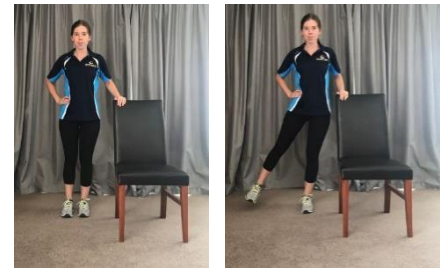
Try these exercises in your home:

STRENGTH - General Tips for Strength Exercises

- For each exercise, do all repetitions on one leg before doing them on the other leg. Then move to the next exercise.
- Your leg/legs should feel tired by the time you reach the last 2-3 repetitions. Aim for 5-10 repetitions to start with.
- All exercises should be performed slowly and smoothly. The muscle should do the work - not momentum! Remember to go slow in both directions.
- Aim to complete your workout 2-3 times per week.

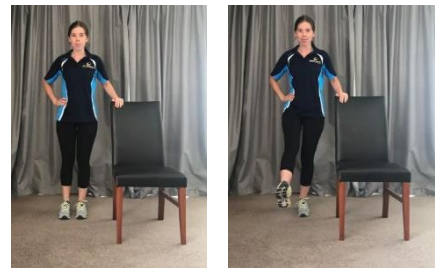
1) Side Leg Raise

- Mainly works the muscles around the hip and outer thigh.
- Stand behind a chair, or at your kitchen table, holding onto it for support.
- Lift one leg slowly out to the side – hold 2 seconds then slowly lower to the floor.
- As you lift the leg out, keep upright, with your leg straight and your foot pointing straight ahead.
- Keep the foot slightly off the floor in between repetitions.
- Repeat 8-10 times on one side, and then switch (move to the other side of chair).



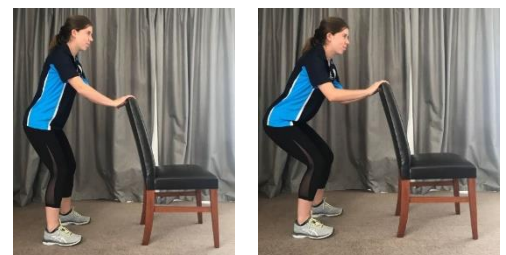
2) Front Leg Raise

- Mainly works the muscles at the front of the thigh - quadriceps and hip flexors.
- Stand side on to a chair, holding onto it for support.
- Stand tall as you lift your leg up – hold 2 seconds then slowly lower.
- Keep the foot slightly off the floor in between repetitions.
- Repeat 8-10 times on one side, and then switch (move to the other side of chair).



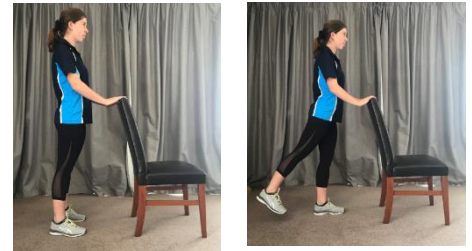
3) Squats

- Mainly works the bottom and front thigh muscles.
- Stand with feet hip-distance apart.
- Hold onto a chair in front of you for support.
- Bend your knees and push your bottom backwards as if to hover over a chair.
- Push through your legs and return to standing tall.
- Repeat 8-10 times.



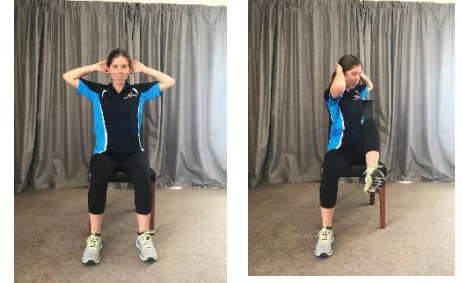
4) Rear leg raise

- This mainly works the muscles of the buttocks.
- Stand tall (don't lean forward) and pushing from the hips, move your leg straight back behind you without bending it. Squeeze the buttocks.
- Return to standing position and repeat 8-10 times per side.



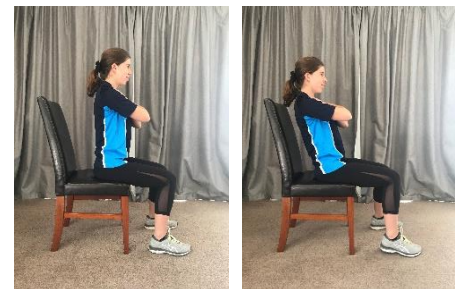
5) Seated Oblique Twists

- Sit tall in your chair and place your arms near your ears with elbows pointing outwards.
- Take your right elbow and twist your torso at the same time as raising your left knee up.
- Aim to get elbow close to knee.
- Return to upright position and repeat with opposite side. 8-10 times total.



6) Seated crunches

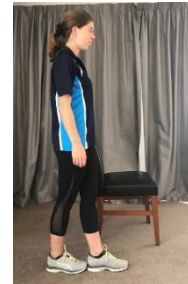
- Mainly works the stomach muscles
- Cross your arms in front of your chest and sit near the front of your chair.
- Lean back as far as comfortable while keeping feet firmly on the floor. You don't have to touch the back of the chair.
- Keep your abdominal muscles engaged by pulling your belly button towards the spine and your back straight throughout the movement.
- Return to the starting position, and repeat 8-10 times.



Balance:

1) Tandem stand

- Place one foot directly in front of the other
- Hold this position for at least 10 seconds.
- Swap feet around and repeat 2-3 times.
- As you improve increase the holds to 20-30 seconds.
- For an extra challenge, close your eyes or move your arms around.



2) One leg stand

- Carefully lift one foot off the ground, ensuring a chair or bench nearby
- Hold this position for up to 10 seconds
- Swap feet around and repeat 2-3 times.
- As you improve increase the holds to 20-30 seconds.
- For an extra challenge, close your eyes or move your arms around.



3) Toe and Heel walking

- Practice walking 10-12 steps on your tip-toes.
- Turn around and walk back on your heels.
- Try to keep your head up, eyes looking forwards to maintain balance.
- The hallway is a great place to practice this due to the safety of the walls around you.



**LIVE STRONGER
FOR LONGER**

PREVENT FALLS & FRACTURES