

**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.

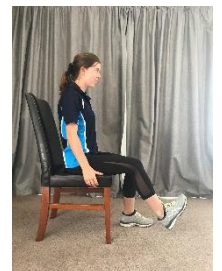
**1) Seated Marching**

- This helps to warm up your muscles and get yourself moving before the strength exercises
- Make sure to swing your arms and lift your feet
- Do this for 30 seconds



**2) Ankle mobility**

- This warms up the ankles for exercise
- Stretch one leg in front of you, and point your toes. Hold for 2 seconds
- Then flex your ankle bringing your toes to the ceiling. Hold for 2 seconds.
- Repeat 10 times on one foot, and then switch sides.



**3) Leg Extension**

- Mainly works the quadriceps – the big muscle group at the front of the thigh.
- Sit tall in a chair with your back well supported.
- Slowly raise your foot until the leg is straight – contract the thigh muscles for 3 seconds.
- Lower leg slowly towards the floor. Keep the foot off the floor in between repetitions – this means the muscle doesn't get the chance to rest which makes it more challenging.
- Repeat 5-10 times on one side, and then switch.



#### 4) Seated calf raises

- Mainly works the calf muscles in the back of the lower leg
- Sit in a chair with feet flat on the ground.
- Lean forward and rest arms (and the weight of your upper body) onto your thighs.
- Raise heels up – hold for 2 seconds then slowly lower them to floor.
- Repeat 5-10 times



#### 5) Torso twists

- Mainly works the stomach muscles
- Sit tall in a chair while engaging your abdominals.
- Fold your arms out in front of you.
- Rotate at the waist to one side while keeping upright.
- Repeat 5-10 times on each side.



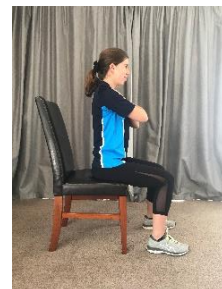
#### 6) Bicep curls

- Mainly works the bicep muscles in the front of the upper arm.
- Sit tall in your chair, and take a can of food (or other household item like a water bottle) in each hand.
- Bending at the elbow, bring the arms up towards your shoulders.
- Release down to your sides slowly, keeping elbows pinned to your sides.
- Repeat 5-10 times.



#### 7) Seated crunches

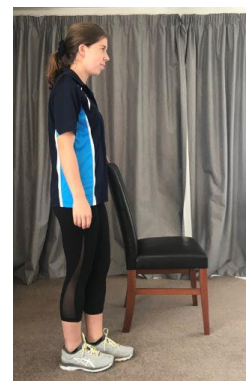
- Mainly works the stomach muscles
- Cross your arms in front of your chest and sit near the front of your chair.
- Lean back as far as comfortable while keeping feet firmly on the floor. You don't have to touch the back of the chair.
- Keep your abdominal muscles engaged by pulling your belly button towards the spine and your back straight throughout the movement.
- Return to the starting position.
- Repeat 5-10 times.



#### Balance:

#### 8) Semi-Tandem stand or tandem stand

- Place one foot slightly in front of the other (or 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.



**LIVE STRONGER  
FOR LONGER**

PREVENT FALLS & FRACTURES