

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.

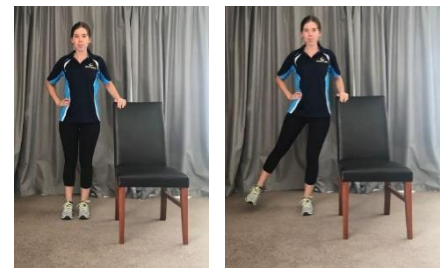
1) Leg Extension

- 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.



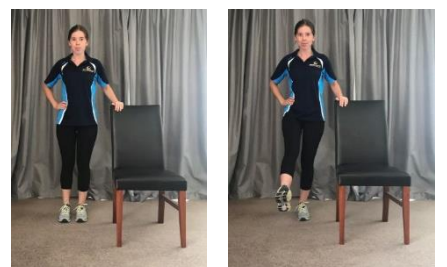
2) Side Leg Raise

- 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 (it's natural for toes to point towards the ceiling so focus on pointing them straight).
- Repeat 8-10 times on one side, and then switch (move to the other side of chair).



3) 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)



4) **Stand Up – Sit Down**

- Mainly works the bottom and front thigh muscles.
- Sit with your feet, knees and hips in line, with hands across chest.
- Lean forward, drive through your legs and stand tall.
- Stay standing for 3 seconds before pushing your bottom backwards and sitting down in a slow and controlled manner (don't just plonk or flop down).
- You can use hands to help yourself up if needed.



5) **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.



6) **Seated side bends**

- Mainly works the stomach muscles.
- Sit tall on front half of a chair with your hands down by your sides.
- Brace your abdominal muscles
- Slowly tilt your upper body to the left side. Keep your head and shoulders facing to the front throughout the movement.
- Return to the starting position, and go to the opposite side.
- Repeat 8-10 times each side.



7) **Calf raises**

- Stand tall with feet hip width apart.
- While holding onto a chair rise up onto your toes
- Hold for 2 seconds then slowly lower heels to floor.
- 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.



2) **One leg stand**

- Carefully lift one foot off the ground, ensuring a chair or bench nearby. Hover your hand over a chair for support, but try not to hold onto it.
- Hold this position for up to 10 seconds and then swap feet around.
- As you improve increase the holds to 20-30 seconds.



**LIVE STRONGER
FOR LONGER**

PREVENT FALLS & FRACTURES