

Please check with your GP if you have any medical concerns before commencing with the exercise programme.



1. Marching

This can be done either seated or standing. Lift tall through the spine and swing your arms as you march.

Try and march for 30 seconds.

This will help you warm up and get the legs moving.

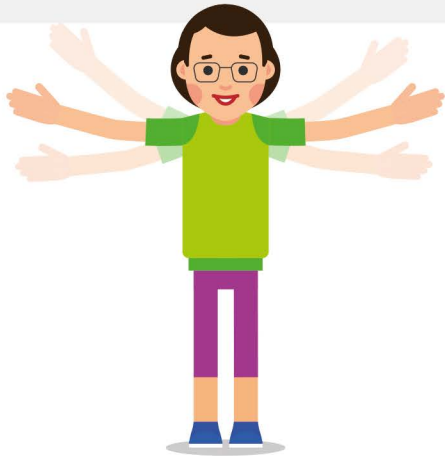
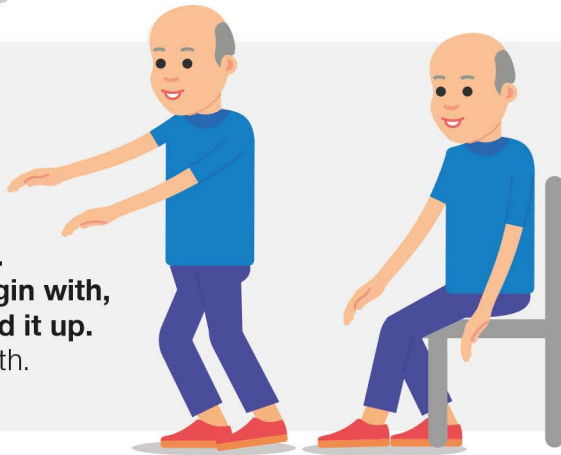
2. Sit to Stand

Start seated on a chair and then stand up. Slowly lower yourself back to the chair and repeat.

Aim for 10 of these if you can.

Don't worry if you can't to begin with, just do what you can and build it up.

Perfect for building up leg strength.



3. Shoulder Rolls

Rotate your shoulders, up, back and down. You can do one or both shoulders together. Gradually increase the movement to full arm circles.

Aim for 10 shoulder rolls.

Really good for mobility through the shoulder and easing tension.

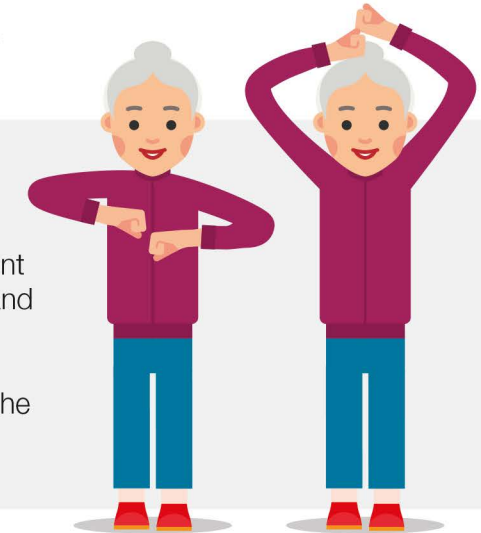


4. Calf Raises

This can be done either seated or standing. Raise your heels up and down. Use a chair to support yourself if you like.

Aim for 10 of these.

Excellent for improving strength in the lower leg and mobility through the foot.

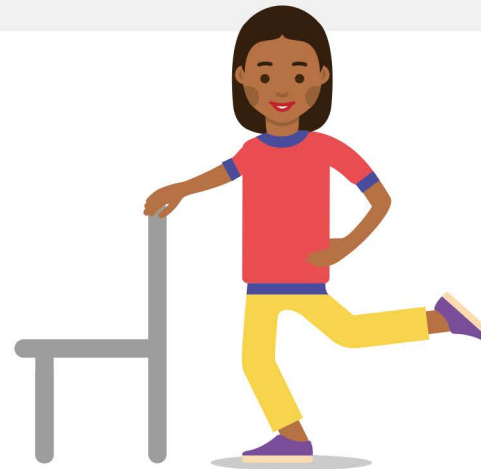


5. Arm Rolls

Like the action to 'wind the bobbin up', roll your hands around each other in front of you. Try in front of you, side to side and up and down.

Try 30 seconds of arm rolls.

This one is a good fun way to mobilise the arms and also improve coordination.



6. Balance

Holding a chair for support if you need it, stand on one leg and balance. Then try the other side and repeat.

Try and stand on one leg for 10 seconds and then change to the other side.

Ideal for improving core stability and leg strength.

Take your time doing each exercise and only do as much as you feel comfortable with. Repeat exercises daily to begin to feel the benefit.

Our safe keeping active exercises can help keep your independence, improve your mood and wellbeing, help manage existing conditions and even help you when you play with your children/grandchildren.