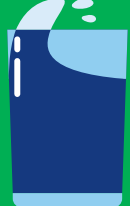


Exercise Manual and Logbook



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Exercise Manual and Logbook

This manual includes:

- Resistance (strength) training information
- Exercise safety information
- Warm up and cool down information
- Exercise circuit 1 instructions and logbook
- Exercise circuit 2 instructions and logbook

Resistance training

Resistance training, also known as strength training or weight lifting, can help to reduce your risk of diseases and improve your quality of life.

What is resistance training?

Resistance training is a type of exercise that strengthens your muscles and bones.

It involves using your muscles to lift, push or pull a weight or an immovable object. For example, lifting a weight several times or pushing against a wall.

Everyone should participate in resistance training regularly, no matter what your age!

Resistance training and older adults

As we age, our muscles and bones can become weaker and our strength can decrease.

When we become weaker, performing regular, daily activities such as walking up the stairs and lifting up grandchildren can become challenging.

Participating in resistance training can help you to improve your strength and keep you feeling strong and independent for longer.

Resistance training is an important way to help you maintain your quality of life as you age!

Benefits of resistance training

Resistance training has many health benefits including:

- Keeping your muscles strong so you can stay independent for longer
- Improving your endurance, power and fitness
- Improving your bone strength and reducing your risk of a fracture
- Improving your reactions and reducing your risk of falling
- Reducing your risk of chronic diseases

Resistance training can be used to prevent and treat many conditions such as heart disease, diabetes, cancer, osteoporosis, arthritis and dementia.

Remember

Regular resistance training is an important part of maintaining a healthy lifestyle, especially as you age. It's never too late to start resistance training!

Common myths about resistance training

"I need to buy equipment to do resistance exercise."

False – resistance training can be performed at home with basic equipment such as ankle weights, or by using your own body weight. Look at the next page to see what you can use and/or make at home.

"I'm too old or weak to start lifting weights."

False – resistance exercise is recommended for all adults, regardless of your age. Start small and progress slowly. The weaker you are the greater your benefits may be.

"I already do a lot of walking so I don't need to lift weights."

False – while walking is good aerobic (endurance) exercise, it doesn't focus on strengthening your muscles. It's important to do resistance exercise as well as aerobic exercise.

Progressing resistance exercises

The exercises in this manual are a great starting point – they focus on exercising your whole body!

For resistance training to be effective, it should be challenging. If you're finding these exercises easy, you can make them more challenging by adding weights.

The following page has some suggestions of what you can use to add weights to your exercise.

Weights



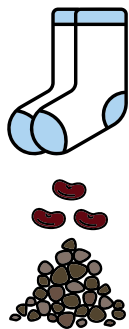
Lift canned goods

Canned goods that fit into your hands work well as simple hand weights. This is especially good if you are starting out and trying to build strength slowly. Use larger canned goods as heavier weights or medicine balls.



Use water bottles for hand weights

Fill bottles with water, pebbles or sand. When filling the bottles, weigh them to make sure the weights are the same for both hands.



Make wrist/ankle weights from socks

Fill a clean sock with dry beans. Alternatively, use pebbles or small craft rocks for a heavier weight. Use a scale to adjust the weight. Fill the sock as full as you want based on weight and then cut the excess fabric. If you want to make heavier weights but the inside material won't fit, use a larger sock.

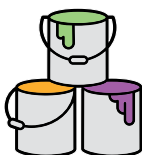
Sew or glue the open end of the sock closed. Then, sew the ends together to make a circle that you can place over your wrist or ankle. Alternatively, sew Velcro onto the ends of the sock so that you can easily attach it and remove it from your wrist or ankle.

When choosing a sock, make sure to choose one long enough to wrap around your wrist or ankle. If the sock is too long, fill it until it will wrap around your wrist or ankle, then cut the excess fabric before sewing the end closed.



Use packets of rice or beans

These packages are great for mini-weights if you are a beginner. You can use them right from the cupboard for arm curls and other small weight-lifting moves.



Use paint cans

Hold paint cans in your hands by their handles. Most paint cans are heavier than plastic bottles or cans of food, so you can use them as your strength increases.



Buy weights or join a gym

You can buy wrist and ankle weights or small hand weights in department stores and sport stores throughout NSW, or online.

Alternatively, you can join a local gym to use their weights or participate in their group classes. Many gyms have group classes tailored for older adults that include resistance exercises.

Exercise safety advice

If you haven't exercised for a while or have a chronic health condition, talk to your health professional (e.g. GP, exercise physiologist or physiotherapist) before starting an exercise program.

Exercise safety is important

You should not begin your exercise session if:

- You are not feeling well due to a cold, flu, or other medical condition
- If you have not taken your regular prescription medications (if you take any)

If you experience any of the following symptoms, STOP exercising and seek medical advice immediately:

- Dizziness, light headedness or feeling faint
- Chest pain
- Irregular, rapid, or a fluttery heartbeat
- Difficulty breathing
- Nausea
- Severe leg ache or pain
- If you have diabetes and present shakiness, tingling lips, weakness, or an irregular or rapid heartbeat

If you don't exercise regularly, it is normal to experience some muscle discomfort during the exercises, and muscle soreness after the first few sessions of exercise or when the exercises become more challenging.

Exercise should never be painful. If the exercise is painful or 'feels wrong', simply STOP, sit down on a nearby chair and rest.

Remember

The same safety considerations apply whether you are exercising at home or away from home.

Key points to remember when exercising:

- Ensure that you have a chair or something sturdy nearby that you can hold if you feel like you are losing your balance or might fall.
- Wear well-fitted comfortable shoes and clothing. Do not exercise with bare feet, socks or slippers.
- Review the exercise instructions and images if you are unsure how to complete an exercise or if you need refreshing.
- Avoid or modify any exercise that causes you pain or discomfort. Don't ignore your body's signals of fatigue, discomfort and pain.
- Keep your exercise log up-to-date and accurate, and note your improvements.
- Start each session with a warm up to prepare your body for exercise and finish each session with a cool down.
- Keep hydrated and drink water.



- You don't have to do all of your exercises in one go – being active in 10–15 minute bouts during the day works just as well.
- Try to mix up your activities to exercise different muscles and keep you interested.
- If you haven't exercised for a while, start slow and gradually build up.
- If you have any chronic health conditions talk to a health professional (e.g. GP, exercise physiologist or physiotherapist) before starting an exercise program.

What are the benefits of exercise and physical activity?

- Improve your balance and prevent falls (if you incorporate balance exercises).
- Improve your strength and fitness.
- Keep you independent and able to do the activities you enjoy, such as visiting friends and relatives.
- Prevent or reduce the impact of chronic diseases.
- Reduce stress, anxiety and depression.
- Improve your concentration, confidence and sense of wellbeing.
- Staying active is the single most important thing you can do to stay fit and healthy.

Remember

Age is no barrier! Research shows that exercise, at any age, is worth the effort.

Tip

Talk to your health professional (e.g. GP or physiotherapist) if you need help to start exercising.

Search for exercise programs here:
www.activeandhealthy.nsw.gov.au

What can I do right now?

- Start exercising with a friend/family member to keep you motivated.
- Set short-term fitness goals that you will aim to achieve every week.
- Choose the exercises that you enjoy and that are right for your physical and health condition.
- Aim towards reaching a total of at least 150 minutes of physical activity per week.
- Start slowly and build up over time.
- Try a new activity.

Important Tips

1. Don't hold your breath while exercising.
2. Holding your breath while straining can cause changes in your blood pressure.
3. Breathe in slowly through your nose and breathe out slowly through your mouth.

Warm up

Before you exercise you should perform a warm up to prepare your body for physical activity.

The aim of a warm up is to slowly increase your movement and breathing, to prepare your body for exercise.

A warm up should include gentle movement and should focus on your whole body.

Your warm up should last about 10 minutes.

Warm up activities

Warm up activities should be easier than the exercises included in your exercise program. They should be gentle movements that focus on moving each part of your body.

Some warm up activities you can perform before starting your exercise program include:

- Walking
- Marching
- Knee curls
- Arm circles
- Shoulder rolls

Why is a warm up important?

A warm up is important because it prepares your heart, lungs, muscles and joints for exercise. This helps to reduce your risk of injury during your exercise session.

Remember

You should complete a warm up every time you start an exercise session.

Example warm up

- 2 x laps of gentle walking around your backyard
- 10 x gentle knee curls (see page 18)
- 10 x gentle arm circles (see page 20)
- 10 x gentle marches (see page 39)
- 10 x shoulder rolls forwards and backwards
- 2 x laps of brisk walking around your backyard



Cool down

After exercising you should perform a cool down to slowly relax your muscles and body.

The aim of a cool down is to slowly bring your breathing and heart rate back to resting after exercise. A cool down also aims to stretch the muscles you have used during your exercise session.

A cool down should include gentle movement and stretching, and should focus on your whole body.

Your cool down should last about 10 minutes.

Cool down activities

A cool down should include light activities such as walking and stretching.

You should stretch the muscles that you have used during your exercise session. Hold each stretch for 20–30 seconds.

Why is a cool down important?

A cool down helps to gradually bring your breathing and heart rate back to resting. It helps your body recover after exercise. Stretching during your cool down helps to improve your flexibility.

Remember

You should cool down at the end of every exercise session.

Example cool down stretches

Chest stretch

- Stand with your feet shoulder width apart.
- Keep your back straight and clasp your hands behind your back.
- Gently lift your arms up until you can feel a stretch across your chest.

Shoulder stretch

- Stand with your feet shoulder width apart.
- Reach one arm across your body, keeping it straight.
- Use your other arm to gently pull your straight arm across your body until you feel a stretch in your shoulder.

Thigh stretch

- Balance on one leg using a wall or chair for support.
- Bend your opposite knee.
- Using the hand on the same side as your bent knee, pull your foot up to your bottom until you feel a stretch in the front of your thigh.

Hip stretch

- Take a step backwards with one leg, using a wall or chair for support if needed.
- Tuck your bottom under and push your hips slightly forward until you feel a stretch in the hip of the back leg.

Tip

You should only feel a slight discomfort during your stretches. Stretching should not be painful.



Circuit 1

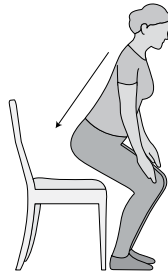
The images on the following pages are designed to show the correct movement and positioning of each exercise. Each person has a different level of mobility and flexibility. Please only do the movements as far as you comfortably can.

You don't have to do all the exercises in one go, you can snack on them throughout the day.

Circuit 1 overview

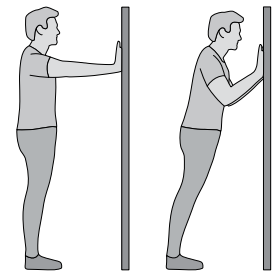
1. Sit to stand

Sit forward on the chair and practice standing up and sitting down.



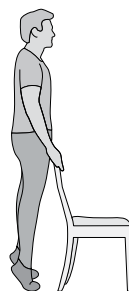
2. Wall push-up

Keep your body straight while you lower your chest towards the wall and then push back.



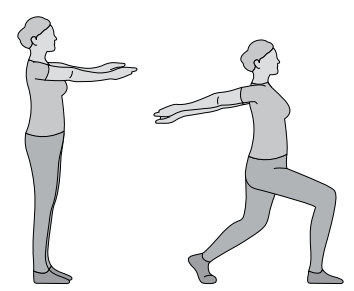
3. Calf raise

Raise your heels off the floor. Hold, then lower back down.



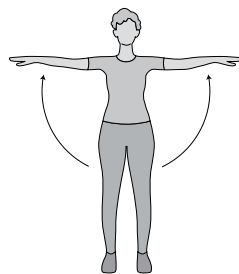
4. Reach and rock

Take a large step back with one foot and reach back.



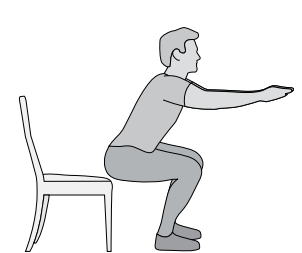
5. Arm raise

Raise your arms directly out to your side, then slowly lower down.



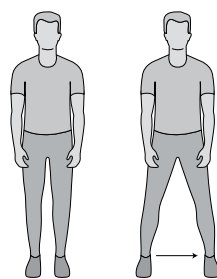
6. Squat

Bend your knees and lower your bottom to a seated position, then slowly stand up.



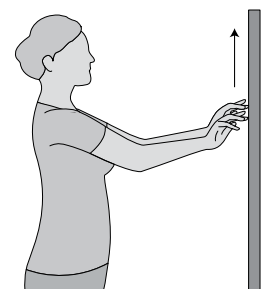
7. Side stepping

Practice walking sideways along a straight line.



8. Finger walk

Slowly walk your fingers up the wall until your arms are above your head.



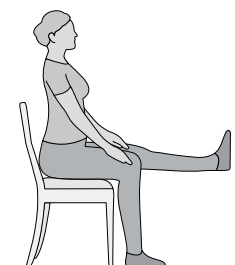
9. Knee curl

Bend one knee to bring your heel up towards your bottom. Hold and then lower.



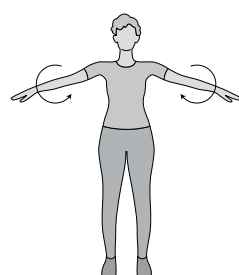
10. Knee extension

Slowly straighten one leg. Hold and then lower.



11. Arm circles

Extend your arms straight out and slowly make 10–20 circles with your arms.



12. Standing hip extension

Keep your body straight and extend one leg backwards.



Sit to stand

Aim:

To strengthen your leg muscles and improve your ability to stand up and sit down.

Instructions:

1. Sit forward on a sturdy chair, with your feet flat on the ground.
2. Practice standing up and sitting down, keeping your feet underneath your knees.
3. Ensure that your shoulders and knees move forward while you move between sitting and standing, and your weight is carried equally through both legs.

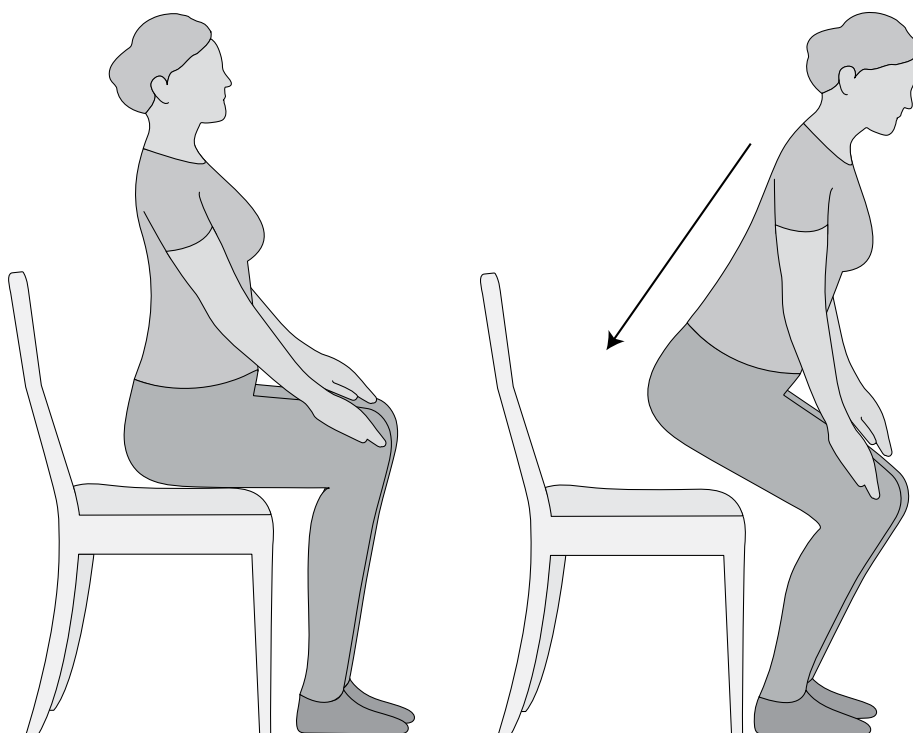
Progressions and variations:

Less advanced

1. Increase the height of the chair.
2. Push off using the arms of the chair when standing.

More advanced

1. Decrease the height of the chair.
2. Place your arms across your chest.



Wall push-up

Aim:

To improve your whole upper-body strength, especially your arms and chest.

Instructions:

1. Stand an arm's length away from the wall and put your hands (palms flat) against the wall at shoulder height and shoulder-width apart.
2. Keeping your body in a straight line, bend your elbows diagonally to your sides to slowly lower your chest towards the wall.
3. Pause, then slowly press through your hands to straighten your elbows and return to start.
4. Continue to keep your feet firmly planted with your back and hips straight throughout the push up.

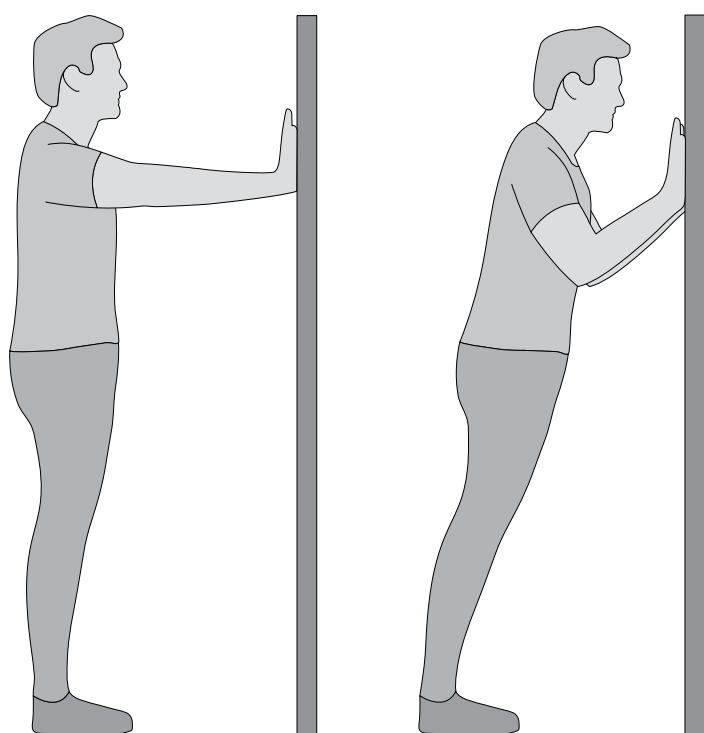
Progressions and variations:

Less advanced

1. Move closer to the wall.
2. Take longer breaks between each push up.

More advanced

1. Move further away from the wall.
2. Progress to a lower surface (e.g. counter edge or couch armrest).



Calf raise

Aim:

To strengthen your calf muscles.

Instructions:

1. Stand behind a sturdy chair, holding on with one hand for balance.
2. Start with your feet slightly apart and your heels on the ground.
3. Shift your weight onto your toes and raise your heels off the floor. Hold for 3 seconds and then slowly lower your heels back down to the ground.

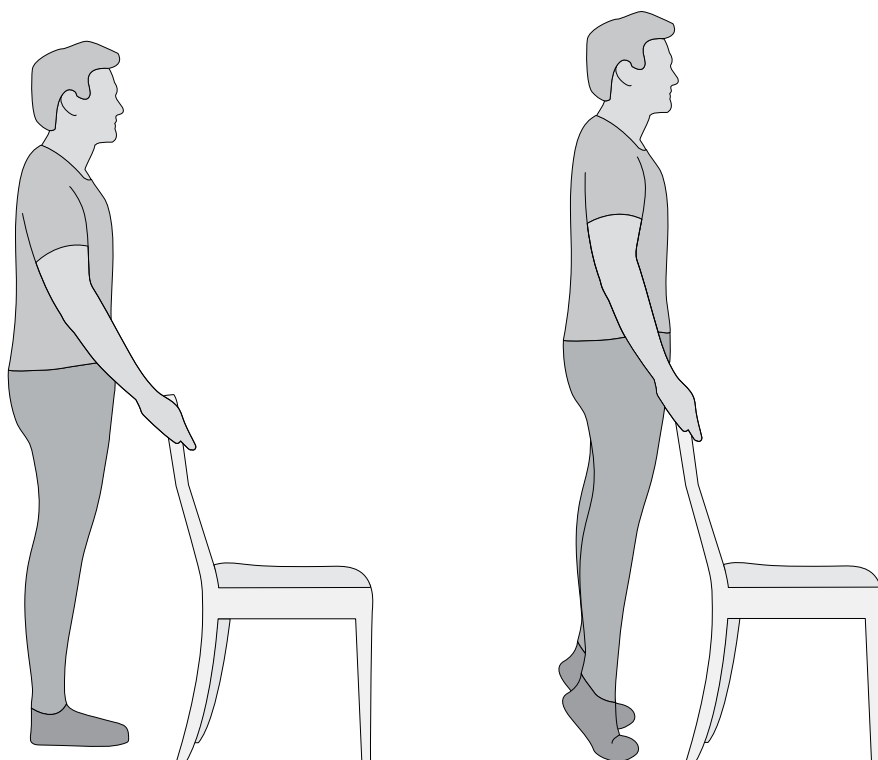
Progressions and variations:

Less advanced

1. Hold onto the chair with two hands.
2. Seated calf raise.

More advanced

1. Hold on with one finger or try no hand support.
2. Stand on one foot (unilateral calf raise) with or without hand support.



Reach and rock

Aim:

To improve your balance and strengthen your shoulders.

Instructions:

1. Stand with your feet shoulder width apart.
2. Stretch your arms out in front at shoulder height.
3. Take a large step back with one foot, while sweeping your arms back to reach behind you.
4. Step forward until your feet are even, while reaching both arms forward again at shoulder height.
5. Repeat the movement, stepping back with the other leg.

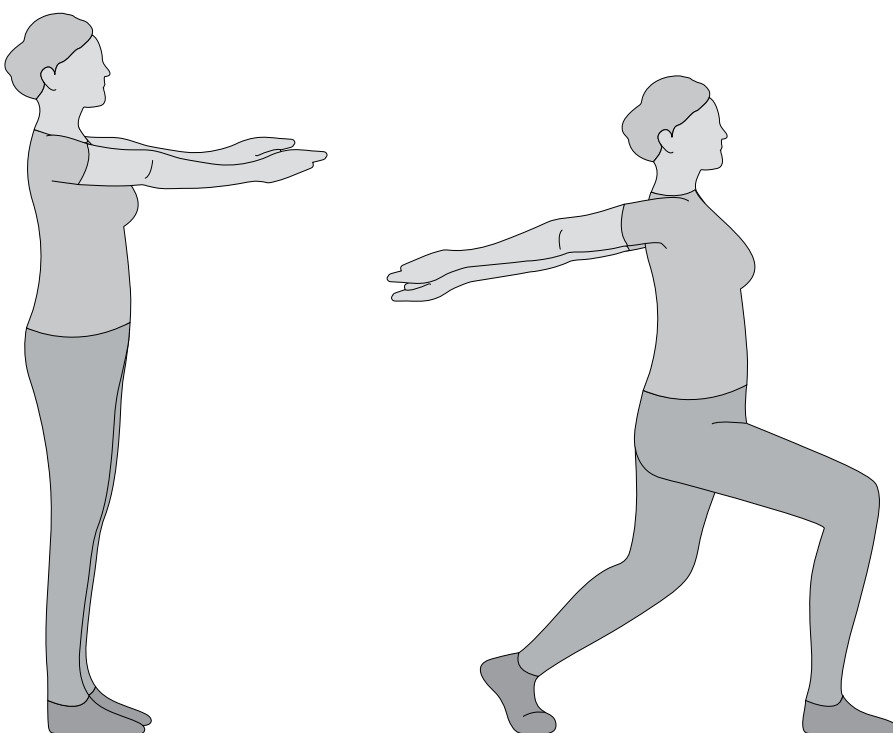
Progressions and variations:

Less advanced

1. Take a smaller step back.
2. Hold onto a chair and practice the steps only.

More advanced

1. Take a larger step back.
2. Use hand weights.



Arm raise

Aim:

To strengthen your shoulders and make movements like lifting, pulling and pushing easier.

Instructions:

1. Stand with your feet shoulder width apart and your arms by your sides with palms facing inward.
2. Keeping a slight bend in your elbow, raise your arms directly out to your side until they are at shoulder height, palms facing downward.
3. Slowly lower your arms back to the starting position.

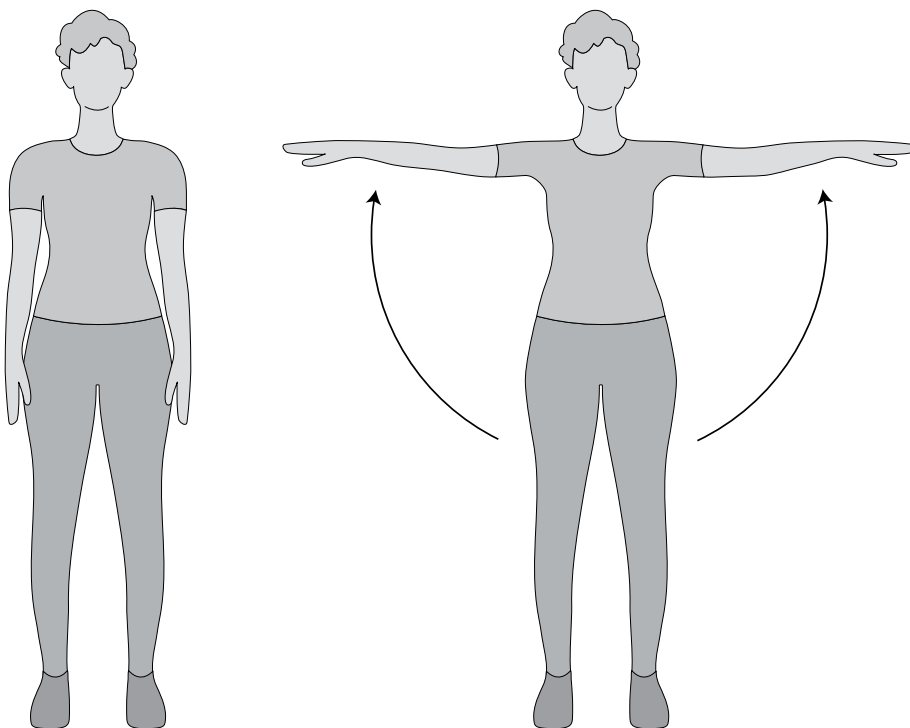
Progressions and variations:

Less advanced

1. Seated arm raise.
2. Raise your arms in front of your chest in a wide V.

More advanced

1. Raise your arms more slowly.
2. Use hand weights.



Squat

Aim:

To strengthen the muscles that straighten your legs.

Instructions:

1. Stand in front of a sturdy chair with your feet shoulder width apart and your toes pointing slightly outwards.
2. Bend your knees and lower your bottom to a seated position.
3. Try not to touch the chair. Keep your head up and your back slightly arched.
4. Slowly stand up straight again.

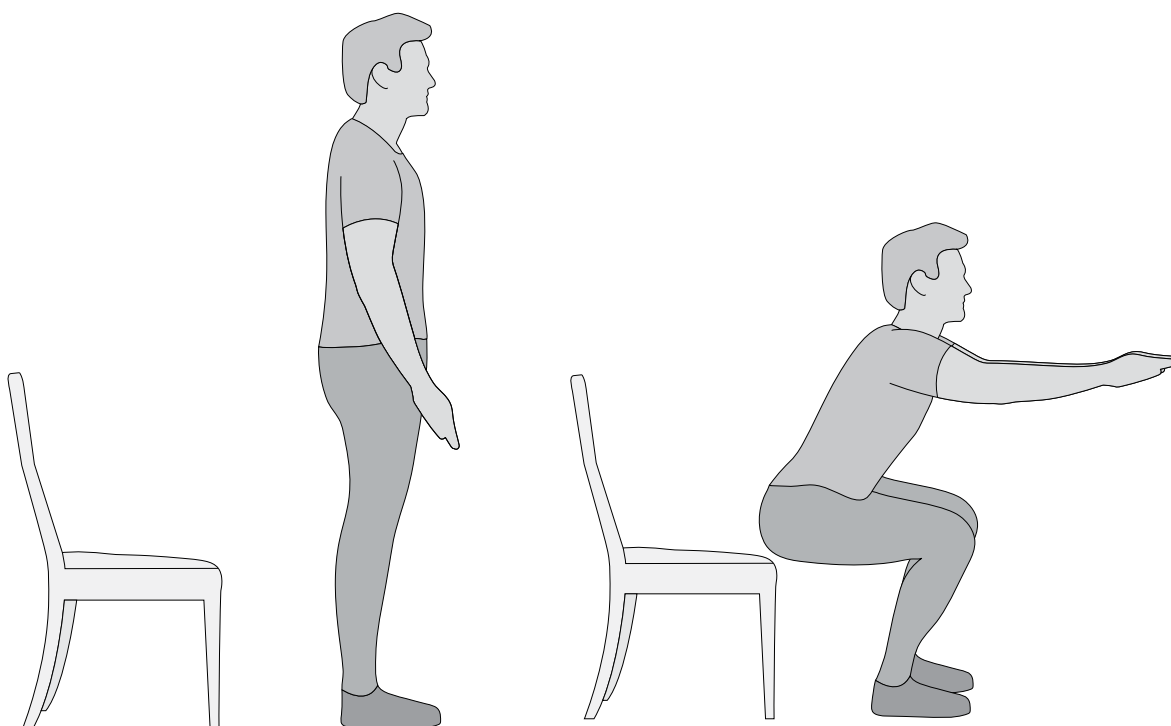
Progressions and variations:

Less advanced

1. Provide hand support for balance.
2. Lower your bottom to sit in the chair and then stand up again (sit to stand exercise).

More advanced

1. Hold the squat position for longer.
2. Use hand weights.



Side stepping

Aim:

To improve your ability to walk.

Instructions:

1. Stand with your feet slightly apart.
2. Practice walking sideways.
3. Keep both feet pointing forwards and keep your head up.
4. Take 5 steps in one direction and then return to starting position.

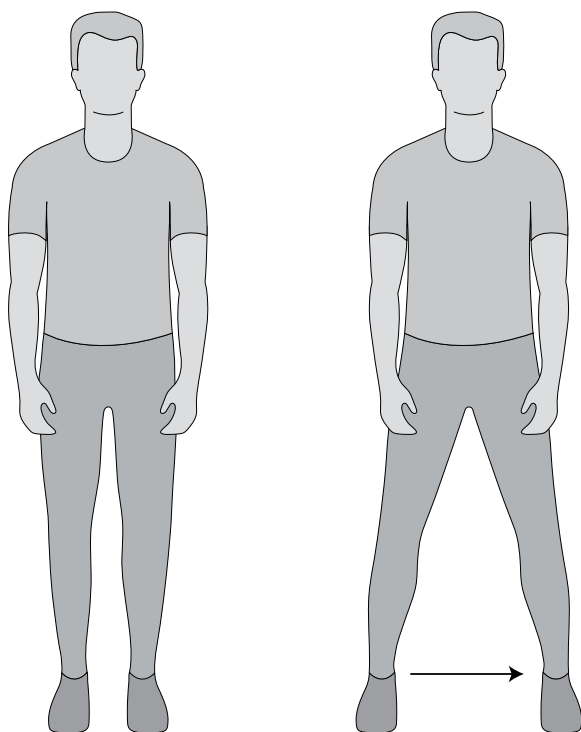
Progressions and variations:

Less advanced

1. Take smaller steps.
2. Side step on the spot.

More advanced

1. Take larger steps.
2. Use hand weights and raise your arms out to the side as you step.



Finger walk

Aim:

To strengthen your upper body and your hand grip and to increase the flexibility of your arms and shoulders.

Instructions:

1. Stand 30–45cm away from the wall with your feet shoulder width apart.
2. Raise your arms to shoulder level and slowly walk your fingers up the wall until your arms are above your head.
3. Hold for 2 seconds and then slowly walk your fingers back down the wall.

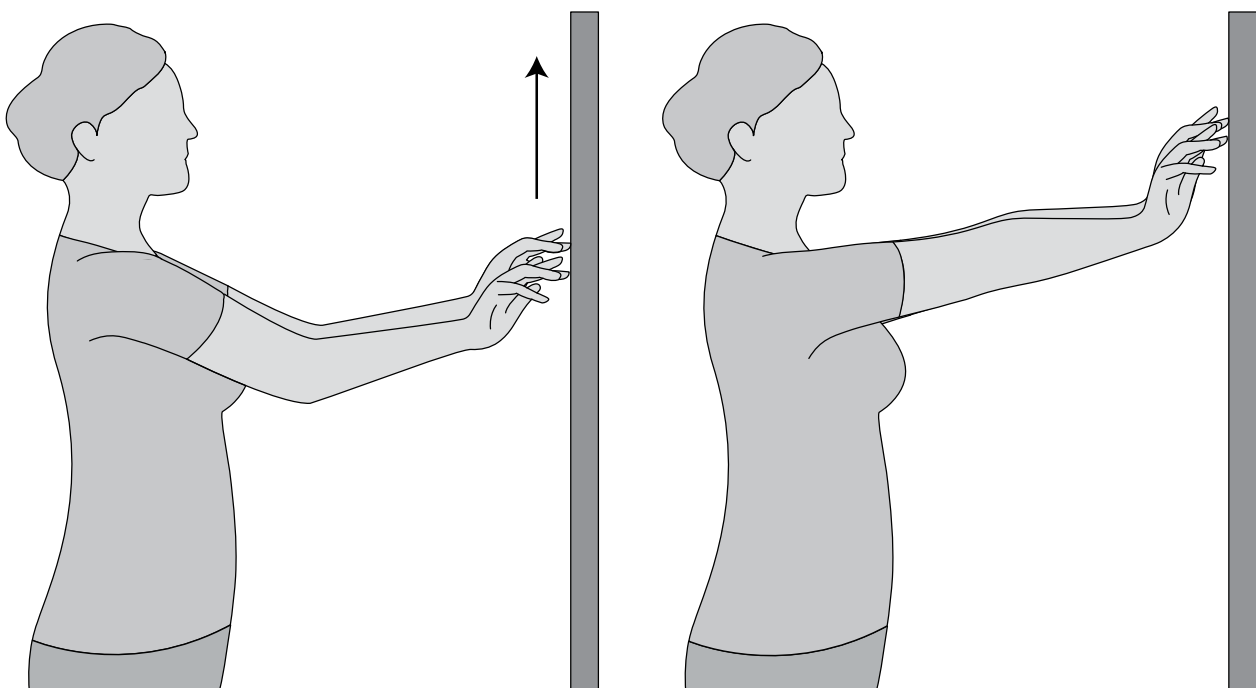
Progressions and variations:

Less advanced

1. Walk your fingers up the wall as far as comfortable.
2. Sit forward in a chair and imagine a wall directly in front of you. Walk your fingers up the imaginary wall.

More advanced

1. Move closer to the wall.
2. Increase the hold time.



Knee curl

Aim:

To strengthen the muscles at the back of the upper leg, to improve your ability to walk and climb stairs. It also improves your standing balance.

Instructions:

1. Stand behind a sturdy chair, holding on with one hand for balance.
2. Bend one knee to bring your heel up towards your bottom as far as possible.
3. Bend only from your knee and keep your hips still. The leg you are standing on should be slightly bent.
4. Hold the position for 2 seconds and then slowly lower your foot to the floor.
5. Repeat 5 times with one leg then swap to the other leg.

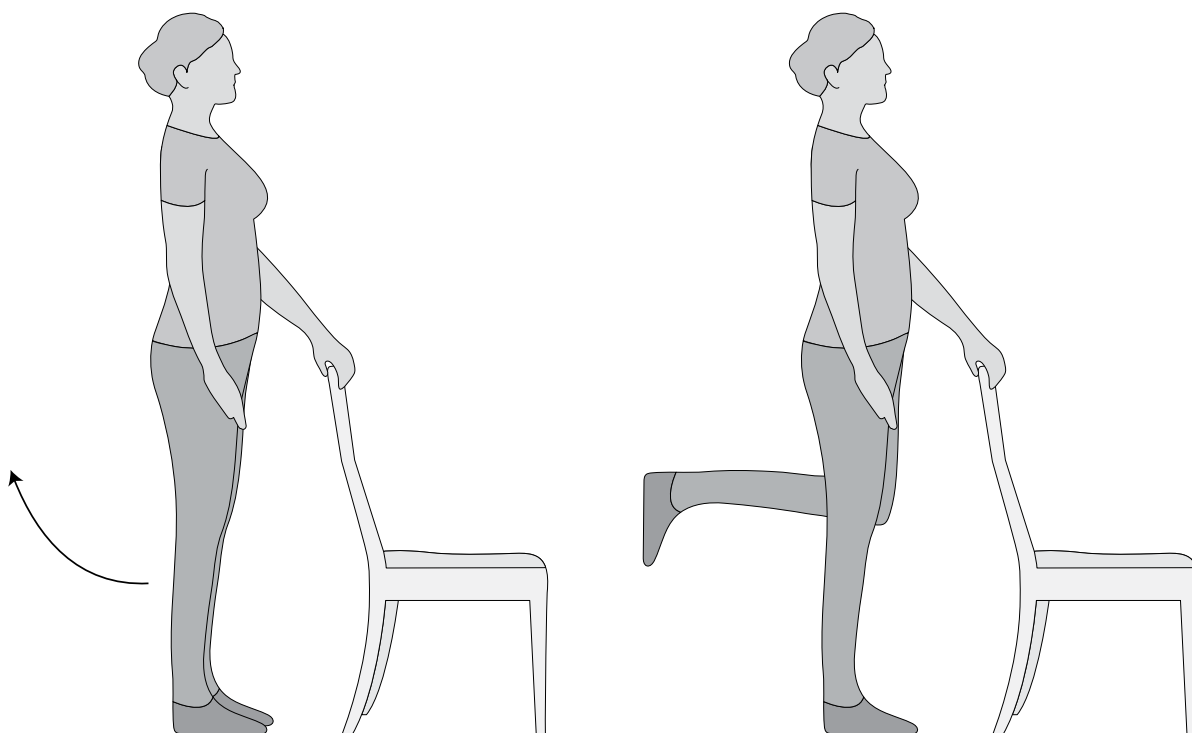
Progressions and variations:

Less advanced

1. Hold onto the chair with two hands.
2. Reach back with one leg, keeping your toes touching the ground.

More advanced

1. Hold on with one finger or try no hand support.
2. Use ankle weights.



Knee extension

Aim:

To strengthen the muscles at the front of the thigh and to strengthen weak knees.

Instructions:

1. Sit all the way back in a sturdy chair so that your feet barely touch the ground.
2. If your chair is too low, place a rolled up towel under your knees.
3. Slowly lift one leg and point your toes to the ceiling.
4. Hold this position for 5 seconds.
5. Slowly lower your foot back to the ground.
6. Repeat 5 times with one leg then swap to the other leg.

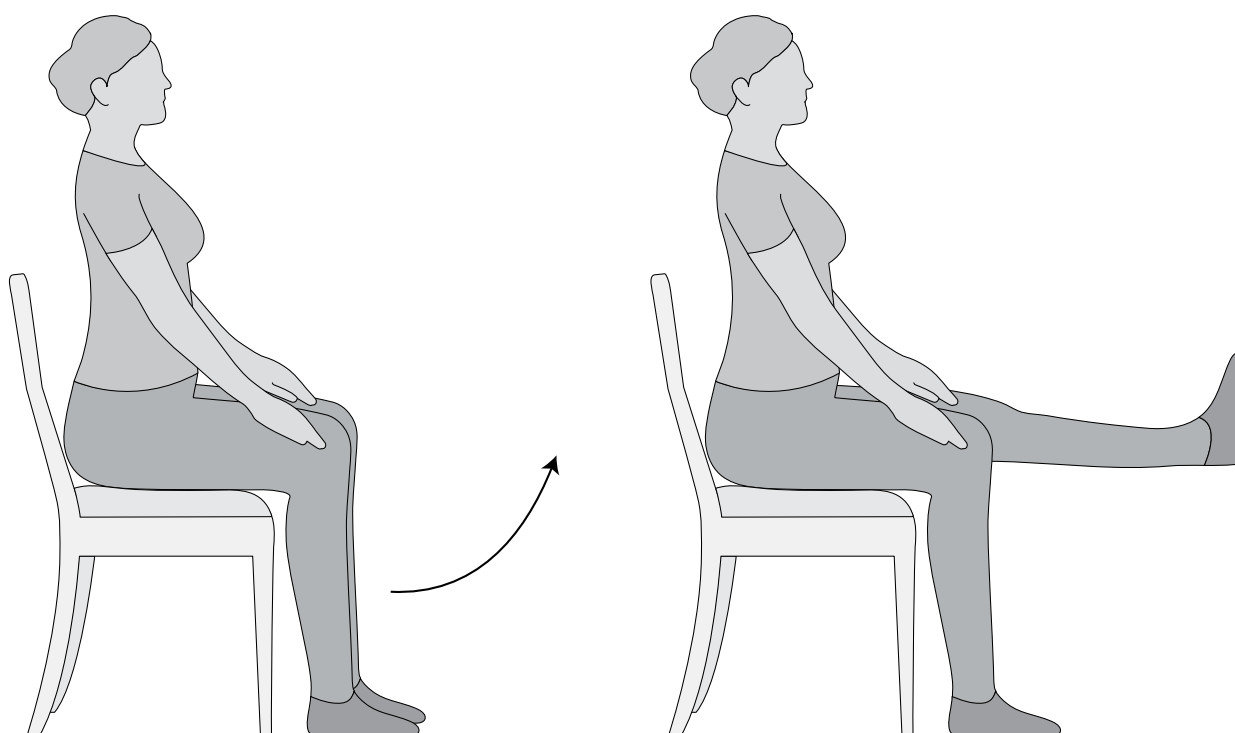
Progressions and variations:

Less advanced

1. Hold for 3 seconds.
2. Lift the leg off the ground as much as can be tolerated.

More advanced

1. Use ankle weights.
2. Increase the hold time.



Arm circles

Aim:

To strengthen your shoulders, arms and upper back.

Instructions:

1. Stand with your feet shoulder width apart. Keeping your arms straight, lift them out sideways until they are at shoulder height.
2. Slowly start to make circles with both outstretched arms.
3. Continue the circular motion for 10-20 circles.
4. Then reverse the movement, going in the opposite direction.

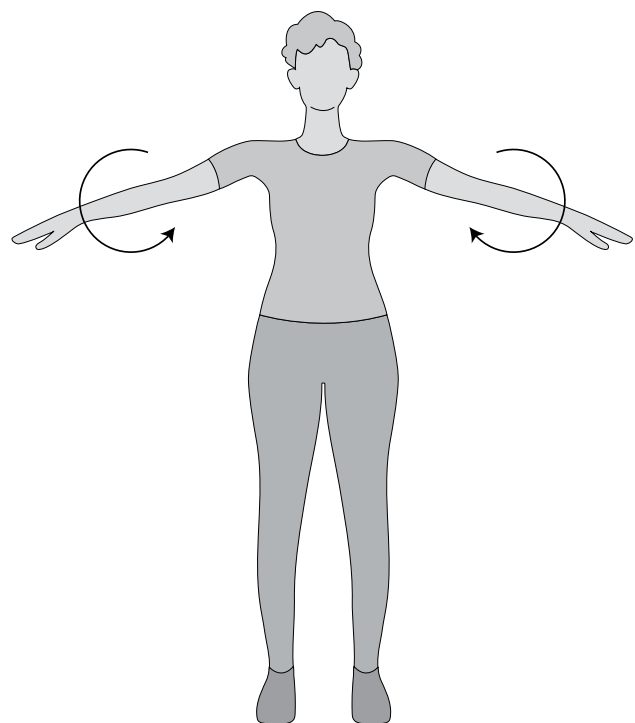
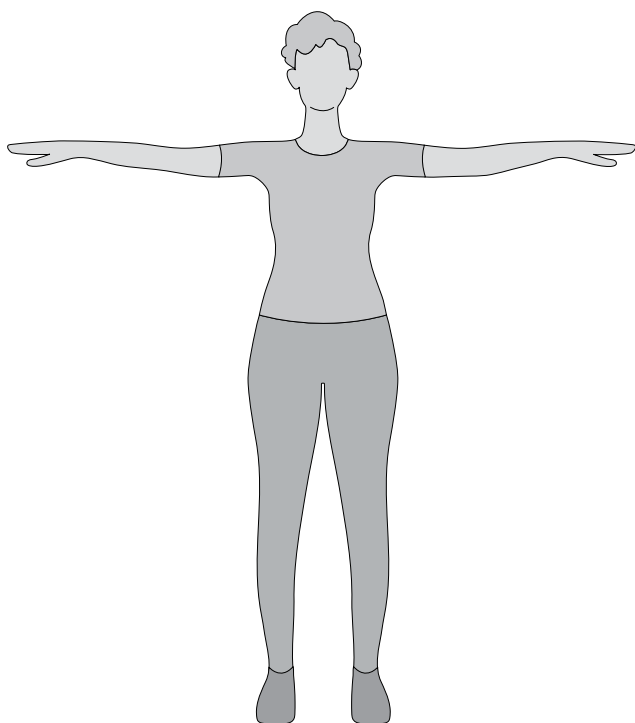
Progressions and variations:

Less advanced

1. Do arm circles with one arm at a time.
2. Lift your arms out sideways until they are at shoulder height and hold for 2 seconds, then return to the starting position (arm raise exercise).

More advanced

1. Move your arms faster.
2. Use hand weights.



Standing hip extension

Aim:

To strengthen your hip muscles to improve your ability to walk and propel yourself forward or up stairs.

Instructions:

1. Stand behind a sturdy chair, holding on with one hand for support.
2. Extend one leg backward, keeping your knee straight and toes off the floor. Hold for 3 seconds.
3. Keep your body straight and tighten your tummy muscles to keep your hips straight.
4. Repeat 5 times on one leg and then swap to the other leg.

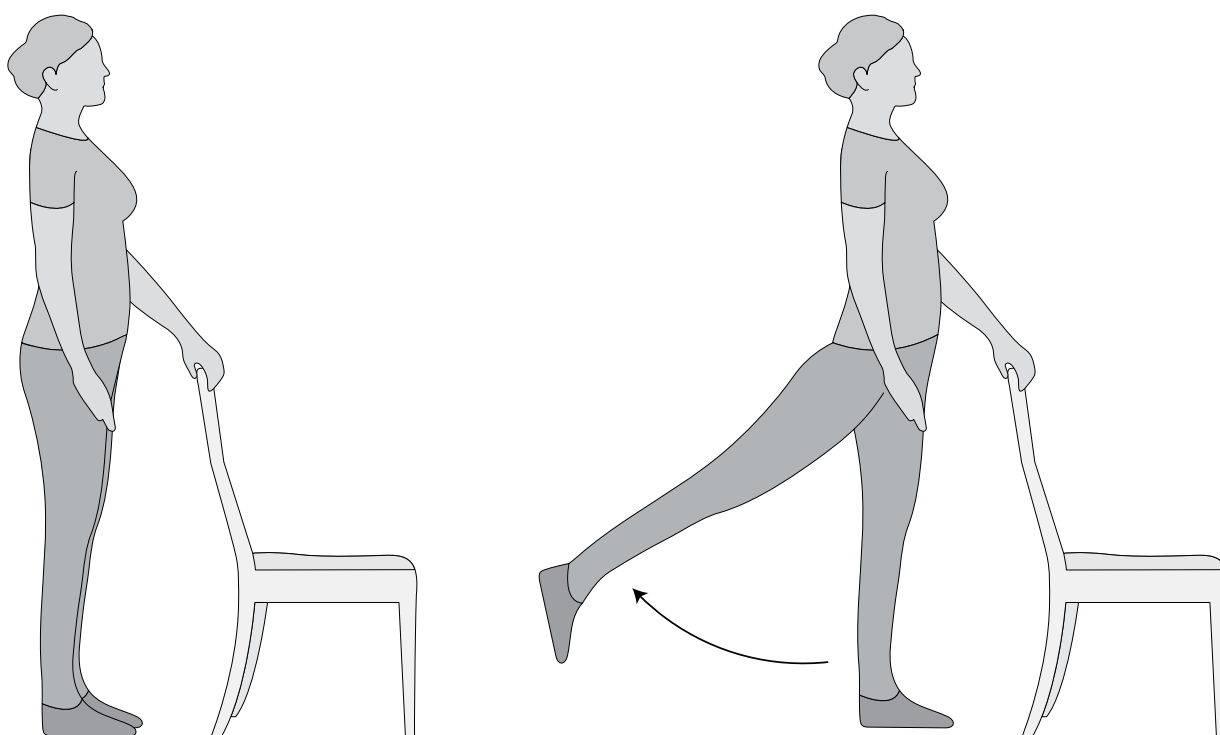
Progressions and variations:

Less advanced

1. Hold onto the chair with two hands for support.
2. Decrease the hold time.

More advanced

1. Remove hand support.
2. Use ankle weights.



Exercise log

You can use this table to record how many exercises you do each day. Try to do each exercise for one minute. Tick the box when you have completed that exercise on each day. Add another tick if you do it twice in one day.

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Sit to stand							
Wall push-up							
Calf raise							
Reach and rock							
Arm raise							
Squat							
Side stepping							
Finger walk							
Knee curl							
Knee extension							
Arm circles							
Standing hip extension							
Other exercise e.g. walking							

Notes:

Note your improvements and progress here.

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Finger walk							
Knee curl							
Knee extension							
Arm circles							
Standing hip extension							
Other exercise e.g. walking							

Notes:

Note your improvements and progress here.

Exercise log

You can use this table to record how many exercises you do each day. Try to do each exercise for one minute. Tick the box when you have completed that exercise on each day. Add another tick if you do it twice in one day.

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Sit to stand							
Wall push-up							
Calf raise							
Reach and rock							
Arm raise							
Squat							
Side stepping							
Finger walk							
Knee curl							
Knee extension							
Arm circles							
Standing hip extension							
Other exercise e.g. walking							

Notes:

Note your improvements and progress here.

Circuit 2

The images on the following pages are designed to show the correct movement and positioning of each exercise. Each person has a different level of mobility and flexibility. Please only do the movements as far as you comfortably can.

You don't have to do all the exercises in one go, you can snack on them throughout the day.

Circuit 2 overview

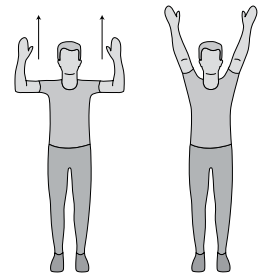
1. Lunge

Step backward and bend your knees to lower your body towards the ground.



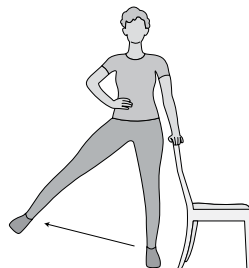
2. Overhead arm raise

Bend your elbows and raise your arms over your head.



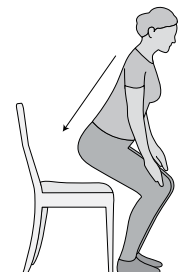
3. Side leg lift

Keep your body straight as you slowly lift one leg out to the side.



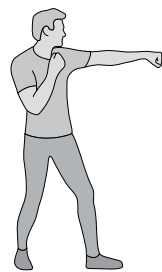
4. Sit to stand

Sit forward on the chair and practice standing up and sitting down.



5. Shadow boxing

Keep your knees slightly bent while you punch one arm out in front and then swap.



6. Hip adduction

Lift one leg out to the side and then bring it across the front of your standing leg.



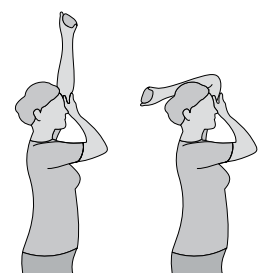
7. Heel to toe standing

Balance with one foot directly in front of the other.



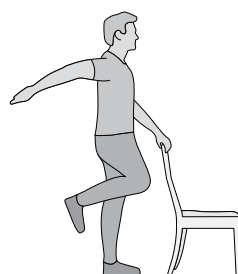
8. Elbow extension

Raise one arm toward the ceiling and then bend and straighten your elbow.



9. Clock reach

Stand on one leg and reach your arm forwards, out to the side and then behind.



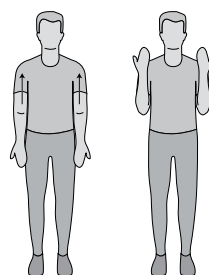
10. Heel stand

Slowly lift the front of your feet off the floor and hold for 5 seconds.



11. Elbow curl

Bend your elbows and lift your hands towards your shoulders.



12. Hip marching

Raise your right knee and left arm as high as you can. Lower and then swap sides.



Lunge

Aim:

To strengthen your thigh muscles and hips and improve your balance.

Instructions:

1. Stand with your hands on your hips and your feet shoulder width apart.
2. Step backwards as far as comfortable with one leg. Bend both knees to lower your body towards the ground. Keep your upper body straight.
3. Push back to the starting position.
4. Repeat 5 times with one leg then swap to the other leg.

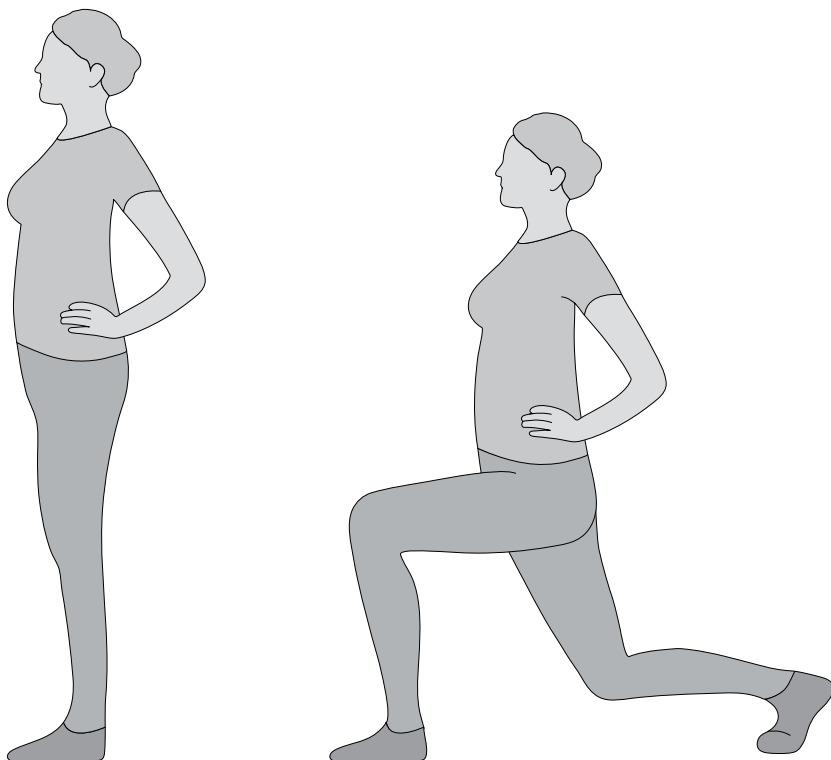
Progressions and variations:

Less advanced

1. Decrease the stepping distance.
2. Hold onto a chair for support.

More advanced

1. Take a larger step backwards and bend both knees to lower your body closer towards the ground.
2. Use hand weights.



Overhead arm raise

Aim:

To strengthen your shoulders, making movements like lifting, pulling and pushing easier.

Instructions:

1. Stand with your feet shoulder width apart. Lift your arms up so that your elbows are in-line with your shoulders (your elbows should be bent).
2. Keeping a slight bend in your elbow, raise both arms up over your head.
3. Hold for 1 second and then slowly lower your arms back to the starting position.

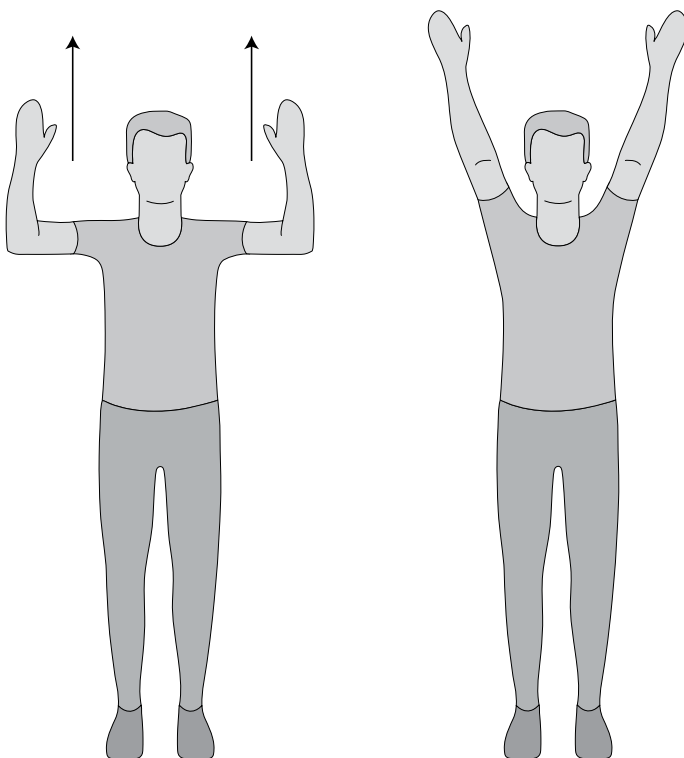
Progressions and variations:

Less advanced

1. Seated overhead arm raise.
2. Raise your arms in front of your chest in a wide V.

More advanced

1. Raise your arms more slowly.
2. Use hand weights.



Side leg lift

Aim:

To improve side hip strength to help with walking and standing.

Instructions:

1. Stand beside a sturdy chair, holding on with one hand for support.
2. Point your toes forward and slowly lift one leg out to the side, as high as comfortable, keeping your leg straight.
3. Keep your foot off the floor and hold for 1 second.
4. Keep your leg straight and your toes pointing forward. Make sure your body stays straight and upright throughout the movement (avoid leaning over to one side).
5. Repeat 5 times on one leg and then swap to the other leg.

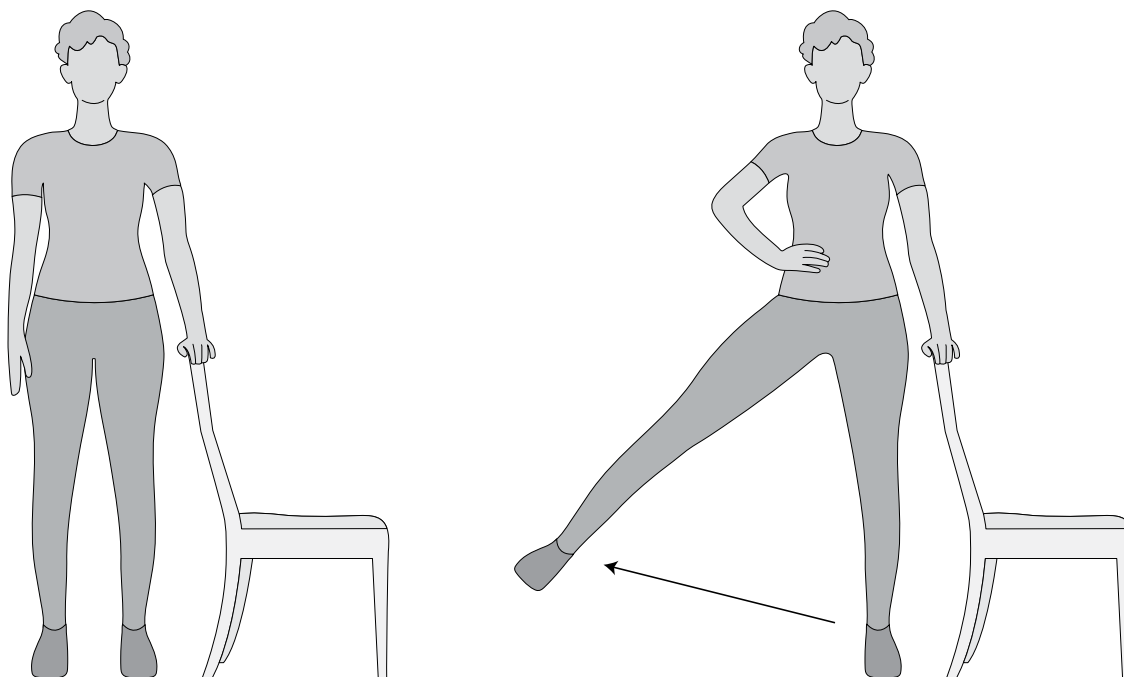
Progressions and variations:

Less advanced

1. Stand behind the chair and hold onto the chair with two hands for support.
2. Tap your toe on the floor instead of lifting your foot off the floor.

More advanced

1. Remove hand support.
2. Use ankle weights.



Sit to stand

Aim:

To strengthen your leg muscles and improve your ability to stand up and sit down.

Instructions:

1. Sit forward on the chair, with your feet flat on the ground.
2. Practice standing up and sitting down, keeping your feet underneath your knees.
3. Ensure that your shoulders and knees move forward while you move between sitting and standing, and your weight is carried equally through both legs.

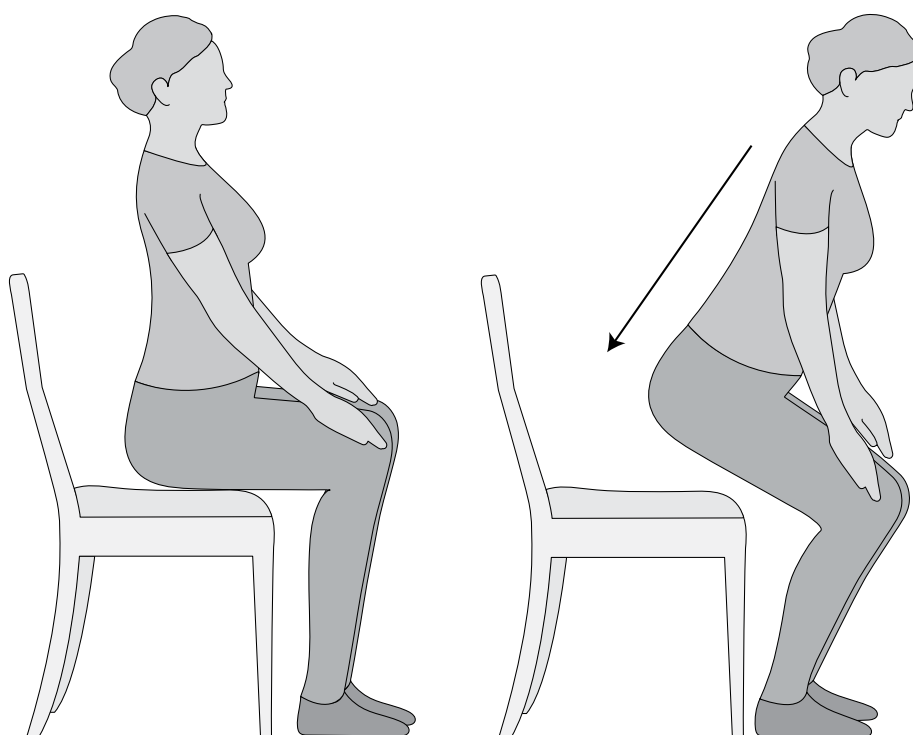
Progressions and variations:

Less advanced

1. Increase the height of the chair.
2. Push off using the arms of the chair when standing.

More advanced

1. Decrease the height of the chair.
2. Place your arms across your chest.



Shadow boxing

Aim:

To improve your upper body strength.

Instructions:

1. Stand with your knees slightly bent and one foot forwards.
2. Bend your elbows and position your closed fists under your chin.
3. Punch one arm out in front, then bend your elbow and bring your fist back to your chin.
4. Repeat with the other arm.

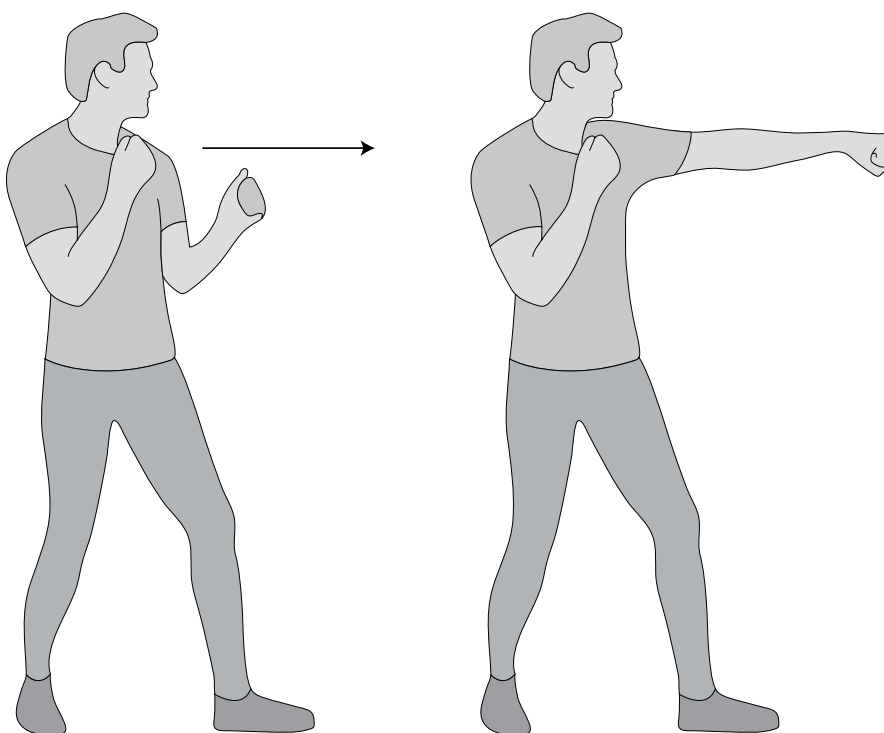
Progressions and variations:

Less advanced

1. Extend your arms as far as comfortable.
2. Shadow box in a seated position.

More advanced

1. Double punch with each arm.
2. Rotate between upper cuts and standard boxing.



Hip adduction

Aim:

To improve hip strength to help with walking and standing.

Instructions:

1. Stand beside a sturdy chair, holding on with one hand for support.
2. Point your toes forward and slowly lift one leg out to the side, as high as comfortable, keeping your leg straight.
3. Then, bring your leg back down and cross it in front of your standing leg as far as you can, keeping both legs straight.
4. Make sure your body stays straight and upright throughout the movement (avoid leaning over to one side).
5. Repeat 5 times on one leg. Then, stand on the other side of the chair, holding on with the opposite hand and repeat the movement with the other leg.

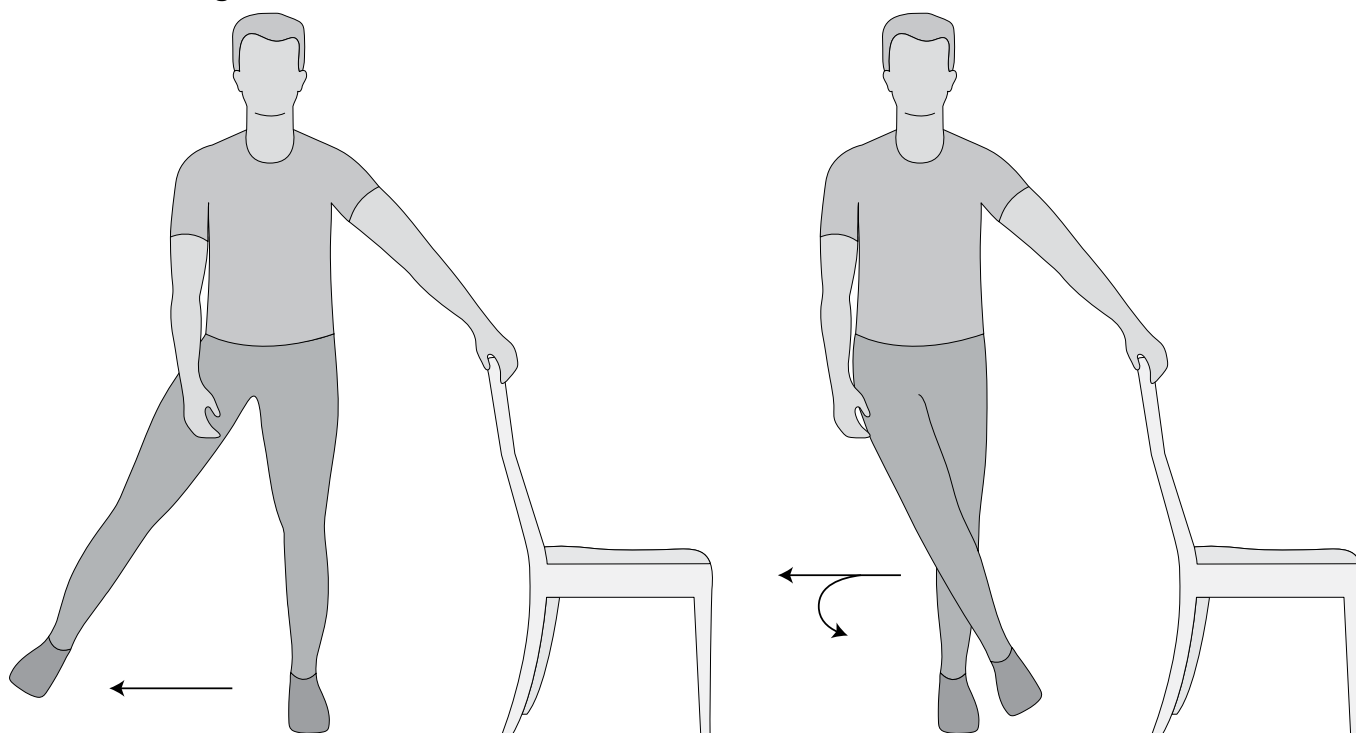
Progressions and variations:

Less advanced

1. Stand behind the chair and hold on with two hands for support.
2. Seated hip adduction (place a towel or pillow between your knees and squeeze).

More advanced

1. Remove hand support.
2. Use ankle weights.



Heel to toe standing

Aim:

To improve your balance.

Instructions:

1. Stand behind a sturdy chair, holding on with one hand for support.
2. Place one foot directly in front of the other, heel touching toes.
3. Hold for 10 seconds and then repeat with the other foot in front.

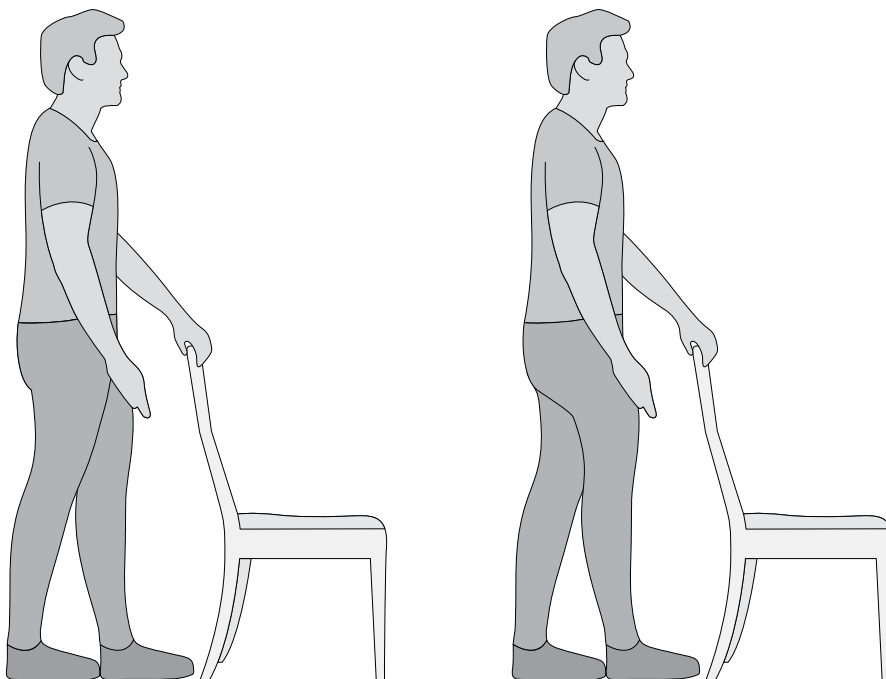
Progressions and variations:

Less advanced

1. Hold onto the chair with two hands.
2. Place feet in front of each other as close as comfortable.

More advanced

1. Remove hand support.
2. Shift your weight back and forth between your feet.



Elbow extension

Aim:

To strengthen your upper arms.

Instructions:

1. Stand with your feet shoulder width apart.
2. Raise one arm toward the ceiling and support the arm below the elbow with your other hand.
3. Slowly bend your raised arm at the elbow and bring your hand towards your shoulder.
4. Hold for 1 second and then slowly straighten your arm over your head. Be careful not to lock your elbow.
5. Repeat 10–15 times and then repeat with the other arm.

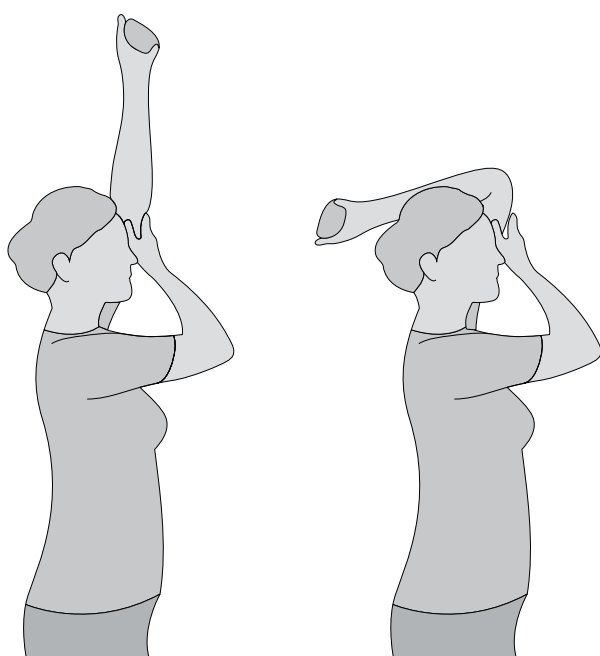
Progressions and variations:

Less advanced

1. Do this exercise while seated.
2. Bend your arm at the elbow and point your elbow towards the ceiling. Slowly straighten your arm and reach your hand back. Hold for 1 second.

More advanced

1. Use hand weights.
2. Increase weights and/or repetitions.



Clock reach

Aim:

To improve your balance.

Instructions:

1. Stand behind a sturdy chair, holding on with your left hand.
2. Imagine you're standing in the middle of a clock, with 12 o'clock in front of you and 6 o'clock behind you.
3. Stand on your left leg and bend your right knee to lift your right foot off the floor.
4. Raise your right arm and point forwards to 12 o'clock, reach sideways to 3 o'clock and then reach behind you towards 6 o'clock.
5. Repeat with the other side.

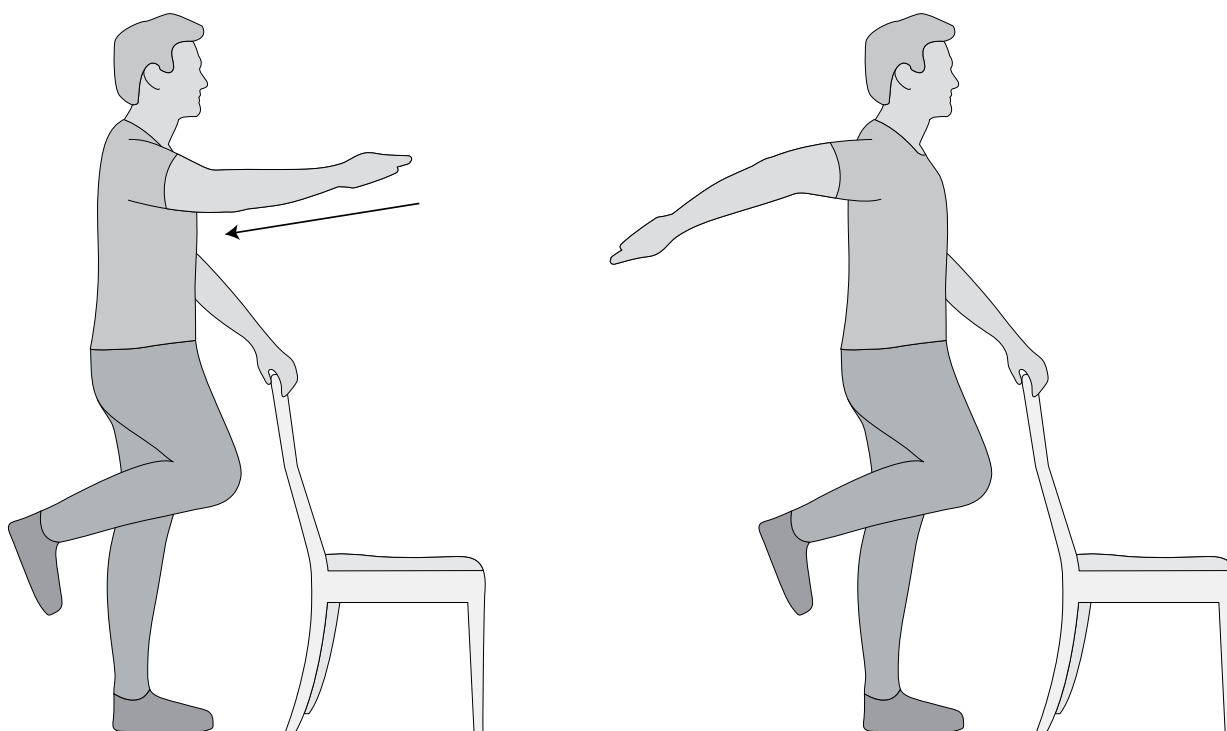
Progressions and variations:

Less advanced

1. Sit on the chair, lift your right leg and reach with your right arm. Repeat with the opposite side.
2. Stand with both feet on the floor and perform the arm movement only.

More advanced

1. Remove hand support.
2. Use ankle weights.



Heel stand

Aim:

To strengthen the front of your legs and improve your balance.

Instructions:

1. Stand behind a sturdy chair, holding on with one hand for support.
2. Slowly lift your toes and the balls of your feet off the floor. Keep your body straight and avoid leaning backwards.
3. Hold for 5 seconds and then slowly lower your toes and the balls of your feet back down to the floor.

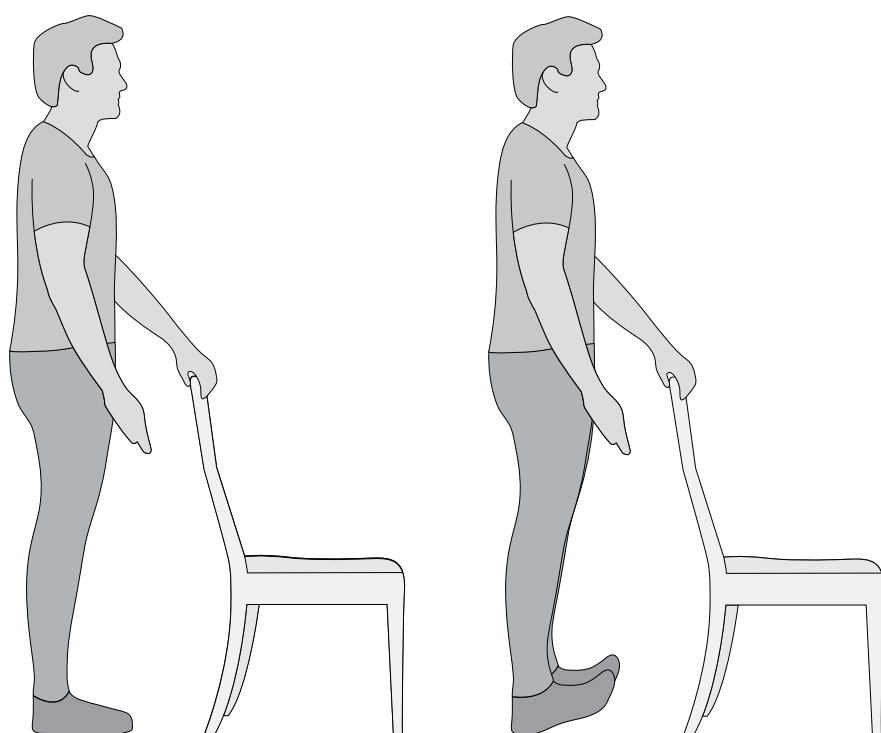
Progressions and variations:

Less advanced

1. Decrease the number of repetitions and/or hold time.
2. Seated heel stand.

More advanced

1. Increase the number of repetitions.
2. Use ankle weights.



Elbow curl

Aim:

To strengthen your upper arms.

Instructions:

1. Stand with your feet shoulder width apart.
2. Hold your arms straight down by your sides, palms facing forward.
3. Bend your elbows and lift your hands toward your shoulders, keeping your elbows at your side.
4. Hold for 1 second and then slowly lower your arms.
5. Repeat 10–15 times, rest and repeat again.

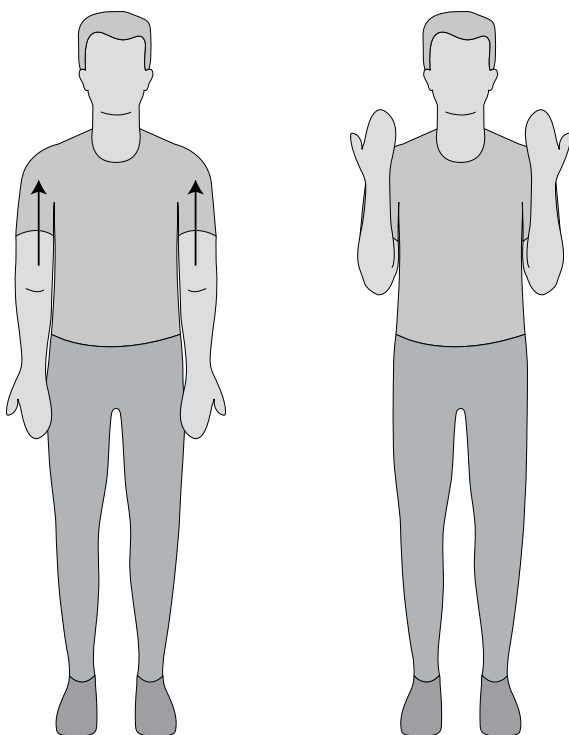
Progressions and variations:

Less advanced

1. Elbow curl while seated.
2. Do one arm at a time.

More advanced

1. Use hand weights.
2. Increase the weights and/or repetitions.



Hip marching

Aim:

To strengthen your leg muscles and improve your balance.

Instructions:

1. Stand with your feet shoulder width apart.
2. Raise your right knee and left arm as high as you can and then lower them back down.
Repeat with the opposite leg and arm.
3. Keep your back straight and your head up looking straight ahead.

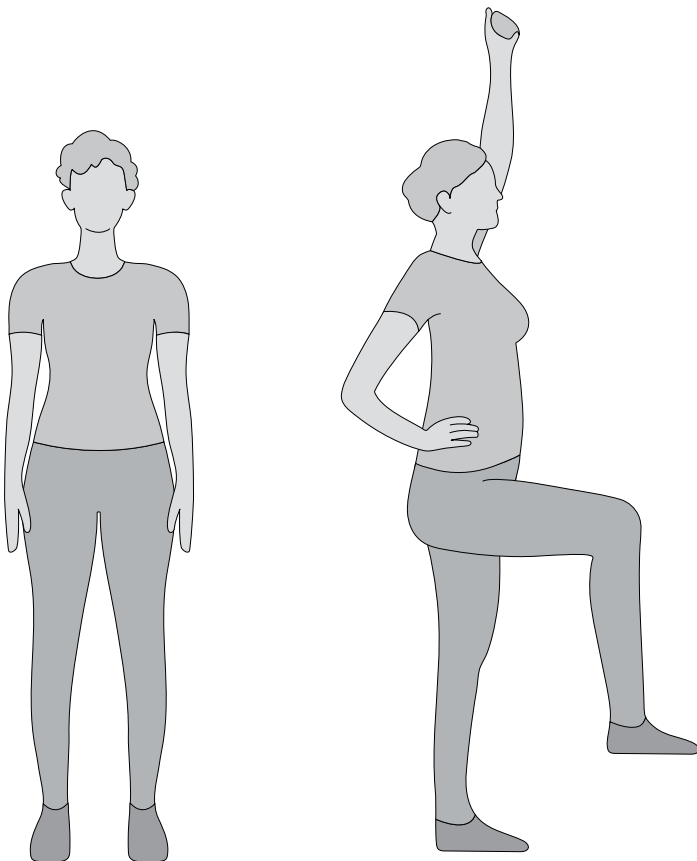
Progressions and variations:

Less advanced

1. Keep your hands on your hips.
2. Hip marching while seated.

More advanced

1. Increase the pace.
2. Use ankle weights.



Exercise log

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Overhead arm raise							
Side leg lift							
Sit to stand							
Shadow boxing							
Hip adduction							
Heel to toe standing							
Elbow extension							
Clock reach							
Heel stand							
Elbow curl							
Hip marching							
Other exercise e.g. walking							

Notes:

Add notes about your exercise here.

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Other exercise e.g. walking							

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