

# 2022

9 MONTH EDIT  
**FREE PDF**



# Join us for live movement snacks

Broadcasting 3 movement snacks everyday since March 2020



## Join our Make Movement Your Mission group

LIVE at 8am 12pm and 4pm or catchup on demand

A Facebook account is required to join the Make Movement Your Mission page. Either login to Facebook or create a new account if you don't already have one.



### STEP 1

Go to Facebook.com and either login or sign up

A screenshot of the Facebook login and sign-up interface. It shows a text box for 'Email address or phone number', a 'Password' field, a 'Log In' button, a 'Forgotten password?' link, and a 'Create New Account' button.

### STEP 2

Locate the search bar near the top left, and search for "Make Movement Your Mission"

A screenshot of the Facebook search bar with the text 'Search Facebook' and a magnifying glass icon.

### STEP 3

Click on Make Movement Your Mission (MMYM)

**Make Movement your Mission (MMYM)**  
Private group · 3.9K members

### STEP 4

On the resulting page click "Join Group"

**Make Movement your Mission (MMYM)**  
Private group · 4.0K members



**To join the live sessions:** A pop up notification will appear on the "Make Movement Your Mission" page. *Join live at 8am, 12pm and 4pm.*

**To catchup:** Simply visit <https://www.facebook.com/groups/MakeMovementYourMission/media> and click on "Videos"



## Subscribe to the Later Life Training YouTube channel

Selection of Movement Snacks uploaded weekly

You can view the playlist at <https://bit.ly/MMYMplaylist>. No account is required in order to watch, but if you'd like to be notified of when new Make Movement Your Mission videos are uploaded, subscribe to the Later Life Training YouTube channel.

# How to use this active calendar

**Disclaimer:** This is a calendar with information and suggested movements that most probably already feature in your activities of daily living. You take responsibility for your own use of this calendar. The authors and advisors of the activities in this calendar accept no liability. All content is provided for general information only and should not be treated as a substitute for the medical advice of your own GP or any other health care professional.

Each month shows a vital everyday movement that can help improve your mobility, strength and balance, add them throughout your day at a time in the day that's best for you:

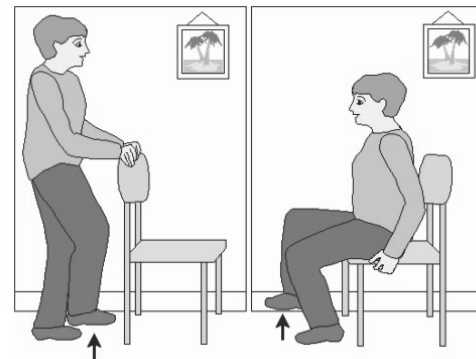
- Get into the habit of doing 1-2 minutes of circulation boosting each hour of your day if you've been seated a lot or inactive.
- Check your progress every month with our **THREE progress checks**
- Each day of the year in your calendar has three circles. These circles are for you to tick ✓ the number of times you "crowbarred" additional movement minutes into your day, or joined in with a movement snack on Facebook.

TUESDAY	WEDNESDAY
<b>1</b> St. David's Day	<b>2</b>
<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>

**Start every one of your movement snacks with 1-2 minutes of circulation boosting:**

## CIRCULATION BOOSTING - ARM AND LEG MARCH

- Stand (or sit) tall
- Hold the back (or sides) of the chair
- March with control
- Build to a rhythm that is comfortable for you
- Continue for 1-2 minutes
- You should feel the need to take a few comfortable deeper breaths by the end of this



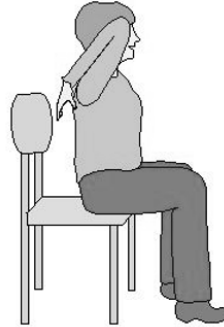
# Your progress checks

## SHOULDER MOBILITY

(CAN YOU REACH THAT ITCH BETWEEN YOUR SHOULDER BLADES?)



- Whilst keeping your head and neck upright, progress to touch the back of your head and then your neck
- If possible, lower your hand towards the shoulder blade and make a note of how far your fingers can reach



How far can I comfortably reach? (try with left then right arm)

1

I can touch my ear

2

I can touch the back of my head

3

I can touch the base of my neck

4

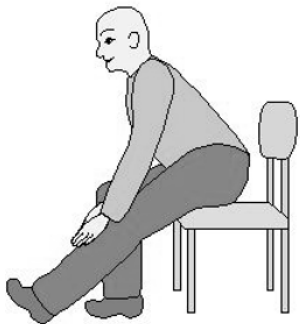
I can touch the top of my shoulder blade

Record how far you can comfortably reach below

JAN	FEB	MAR	APR	MAY	JUN
_____	_____	_____	_____	_____	_____
JUL	AUG	SEP	OCT	NOV	DEC
_____	_____	_____	N/A	N/A	N/A

## BACK OF THIGH

(IS IT GETTING EASIER TO PUT YOUR SHOES AND SOCKS ON?)



- Sit towards the front of the chair with one foot flat on the floor and the other leg extended (straight) with the foot flexed (toe pointing up)
- Slowly reach forward, keeping the back straight, hinging at the hips and slide the hands (one on top of the other with the tips of the middle fingers even) down the extended leg in an attempt to touch the toes or reach beyond them.
- Keep the extended knee as straight as possible, but not locked out.

How far can I comfortably reach? (try left and right legs)

1

I can reach my knee

2

I can reach the top of my shin

3

I can reach my mid shin

4

I can reach my toes

5

I can reach beyond my toes

Record how far you can comfortably reach below

JAN	FEB	MAR	APR	MAY	JUN
_____	_____	_____	_____	_____	_____
JUL	AUG	SEP	OCT	NOV	DEC
_____	_____	_____	N/A	N/A	N/A

## ⌚ 4 POINT BALANCE PROGRESS CHECK

- Stand next to a stable fixed surface or object (to use for additional support, if you need)
- In comfortable shoes, try to hold each position below. Build up to 10 seconds over time - record your progress in each of these 4 positions over time.



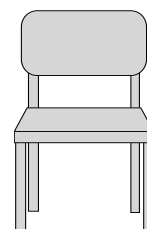
HOW LONG CAN YOU HOLD EACH POSITION BUILDING UP TO 10 SECONDS MAXIMUM?

Record your best monthly scores below

	JAN	FEB	MAR	APR	MAY	JUN
Position 1	secs	secs	secs	secs	secs	secs
Position 2	secs	secs	secs	secs	secs	secs
Position 3	secs	secs	secs	secs	secs	secs
Position 4	secs	secs	secs	secs	secs	secs
	JUL	AUG	SEP	OCT	NOV	DEC
Position 1	secs	secs	secs	N/A	N/A	N/A
Position 2	secs	secs	secs	N/A	N/A	N/A
Position 3	secs	secs	secs	N/A	N/A	N/A
Position 4	secs	secs	secs	N/A	N/A	N/A

## ⌚ CHAIR RISE PROGRESS CHECK

- Sit in a hard chair of knee height (such as a dining room chair)
- Hip walk forward so your bottom is just past the centre
- Bring heels back and down in preparation to stand



**Alternative:** If you are not yet confident to stand, count the number of 'jockey lifts' instead - just raising your buttocks from the chair and returning to sit

HOW MANY TIMES CAN YOU STAND AND SIT IN 30 SECONDS WITH CONTROL?

Record your best monthly scores below

JAN	FEB	MAR	APR	MAY	JUN
_____	_____	_____	_____	_____	_____
JUL	AUG	SEP	OCT	NOV	DEC
_____	_____	_____	N/A	N/A	N/A

## ! LLT RECOMMENDED RESOURCES

### ADL LifeCurve™ App

The easy to use LifeCurve™ App helps you find out how you are ageing. It provides specific exercises and advice to help you maintain or improve your abilities. This can help you to stay more independent. You can download the app for free at:

<https://www.adlsmartcare.com/Home/LifeCurveApp>

### KOKU App

Keep On Keep Up (KOKU) is an award-winning, NHS approved app which enables older adults to access a tailored evidence-based strength and balance exercise programme to prevent functional decline and falls. For a brief introduction on KOKU see website:

<https://kokuhealth.com/>

# Morning mobility routine

JANUARY

These movements can be done in sitting or standing positions. These are beneficial because we rarely take the time to move our joints through their full range of motion. Improving mobility makes everyday tasks easier; like washing, dressing, reaching and bending required in daily life.



## START

with 1-2 minutes of circulation boosting (See "How to use this calendar" for a reminder)



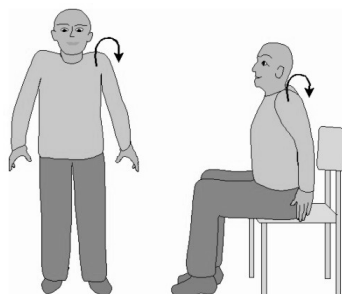
## CHOOSE YOUR AMOUNT

1, 3 or 5 times of each movement as part of your morning routine

### HOW TO DO IT

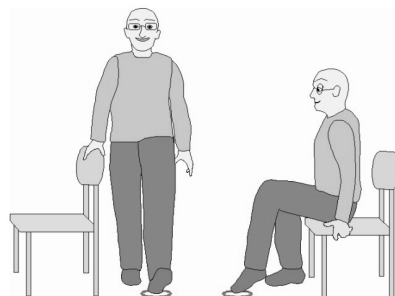
#### SHOULDER RAISE AND ROLL

- Stand or sit tall with your feet hip width apart
- Lift your shoulders up towards your ears
- Roll them backwards and squeeze your shoulder blades together
- Complete a circular motion of the shoulders, smooth and controlled



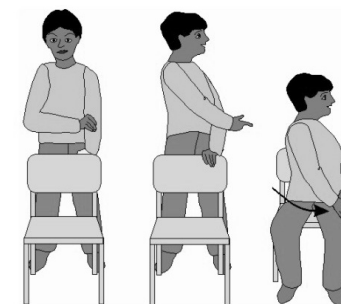
#### ANKLE ACTIVATOR

- Stand side on to (or sit tall at the front of) a sturdy chair or fixed support
- Stand taller, 'grow taller' between your hips and ribs
- Lightly hold the back (or sides) of the chair or fixed support
- Place the heel of one foot on the floor then lift it and put the toes down on the same spot



#### TRUNK TURNING

- Stand or sit tall with your feet shoulder width apart
- Turn your upper body (trunk, neck and head) to the left as far as you can slowly keeping hips facing forward
- Repeat on the opposite side
- If doing in standing, keep the hips facing forwards in the movement



#### SIDE BENDS

- Stand or sit with your feet shoulder width apart
- If in standing, be close to a fixed external support if needed
- Bend to the side and maintain weight even across feet (or buttocks if seated)
- Maintain shoulders facing forwards
- Return back to upright sitting, pause.
- Repeat to the other direction
- Move smoothly and with control
- Be sure to pause in the centre each time



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div>1</div> <div>New Years Day</div> <div>○○○</div>
<div>2</div> <div>○○○</div>	<div>3</div> <div>Bank Holiday</div> <div>○○○</div>	<div>4</div> <div>Bank Holiday (SCO)</div> <div>○○○</div>	<div>5</div> <div>○○○</div>	<div>6</div> <div>Epiphany</div> <div>○○○</div>	<div>7</div> <div>○○○</div>	<div>8</div> <div>○○○</div>
<div>9</div> <div>○○○</div>	<div>10</div> <div>○○○</div>	<div>11</div> <div>○○○</div>	<div>12</div> <div>○○○</div>	<div>13</div> <div>○○○</div>	<div>14</div> <div>○○○</div>	<div>15</div> <div>○○○</div>
<div>16</div> <div>○○○</div>	<div>17</div> <div>○○○</div>	<div>18</div> <div>○○○</div>	<div>19</div> <div>○○○</div>	<div>20</div> <div>○○○</div>	<div>21</div> <div>○○○</div>	<div>22</div> <div>○○○</div>
<div>23</div> <div>○○○</div>	<div>24</div> <div>○○○</div>	<div>25</div> <div>Burns Night (SCO)</div> <div>○○○</div>	<div>26</div> <div>○○○</div>	<div>27</div> <div>○○○</div>	<div>28</div> <div>○○○</div>	<div>29</div> <div>○○○</div>
<div>30</div> <div>○○○</div>	<div>31</div> <div>○○○</div>	<div>Make notes here about your progress/which activities are feeling easier etc:</div>				

# Rising from a chair (sit to stand)

FEBRUARY

Breaking up long periods of sitting is hugely beneficial for anyone regardless of age. The movement of standing up and sitting down helps to keep the legs strong. Decline in leg strength is mainly due to disuse and not disease!



## FREQUENCY

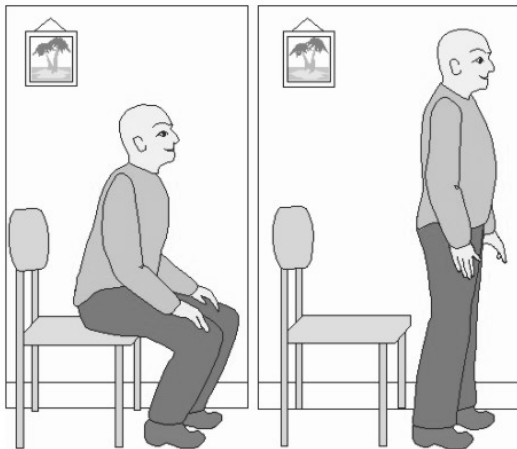
Every hour if you have been inactive/sitting for too long



## CHOOSE YOUR AMOUNT

Repeat 1, 3 or 5 times

## HOW TO DO IT



- Walk your hips forwards to just past centre of the chair (easier to stand)
- March the feet a bit to boost circulation
- Bring your heels back a little, but keep your heels flat on the floor
- Sit tall, hinge your trunk forwards
- Power up to stand
- Stand tall and move your feet a bit to pump the blood
- Step back a bit and feel for chair on back of legs
- Bend the knees, lead with your buttocks, sit down with control
- Feel your legs getting stronger over time as you sit



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Chinese New Year	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>13</b>	<b>14</b> Valentines Day	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>27</b>	<b>28</b> Maha Shivaratri (Hindu) Isra and Mi'raj (Muslim)					
○ ○ ○	○ ○ ○					

Make notes here about your progress/which activities are feeling easier etc:

# A new daily stretch routine

MARCH

Taking a few minutes to slowly stretch and lengthen muscles after activity not only feels great, but improves the range of movement at joints, which in turn affects mobility and activities like walking, putting on socks, gardening, reaching etc.



## FREQUENCY

Daily, best done after you have been active and are a bit warm



## CHOOSE YOUR AMOUNT

Move in and out of the stretch positions slowly with control, build to the time shown and repeat 2-3 times across your day

### HOW TO DO IT

#### CHEST STRETCH

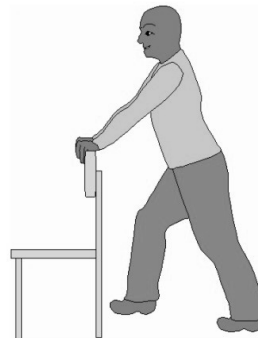
- Sit tall away from the back of the chair
- Reach behind with both arms and grasp the chair back or place your hands on your hips
- Press your chest upwards and forwards until you feel the stretch across your chest
- Build over time to hold for 10-20 seconds



#### CALF STRETCH

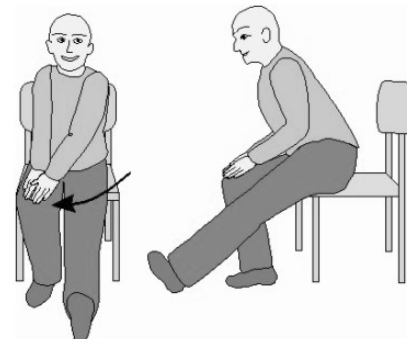
**If you are not yet feeling confident to do this standing stretch position, focus on the back thigh stretch**

- Stand behind a chair or fixed support, holding on with both hands
- Step back with one leg and press the heel down
- Lean forward a bit on the bent leg
- Check that both feet face directly forwards
- Feel the stretch in your calf
- Build over time to hold for 10-20 seconds
- Repeat on the other leg



#### BACK THIGH STRETCH

- Make sure you are right at the front of the chair
- Straighten one leg placing the heel on the floor
- Place both hands on the other leg then sit really tall
- Lean forwards with a straight back until you feel the stretch in the back of your thigh
- Build over time to hold for 10-20 seconds
- Repeat on the other leg



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> St. David's Day (WAL) Shrove Tuesday	<b>2</b> Ash Wednesday	<b>3</b>	<b>4</b>	<b>5</b>
		○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>13</b>	<b>14</b> Commonwealth Day	<b>15</b>	<b>16</b>	<b>17</b> St. Patrick's Day (IRE) Bank Holiday (N.IRE/IRE)	<b>18</b> Holi (Hindu)	<b>19</b>
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> MMYM's 2nd Birthday!	<b>24</b>	<b>25</b>	<b>26</b>
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>27</b> Mothering Sunday British Summertime Starts	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○		

Make notes here about your progress/which activities are feeling easier etc:

# Sideways stepping and seated side step

APRIL

The muscles and the hip joint are used for stepping sideways, regaining balance and turning. We all need this movement to easily get out of the car or bath, for example. If this is easy, you can progress it by stepping sideways over an invisible (or small) object.

## FREQUENCY

Build into daily routines when standing at kitchen surfaces, garden walls, waiting in queues, or if sat for too long

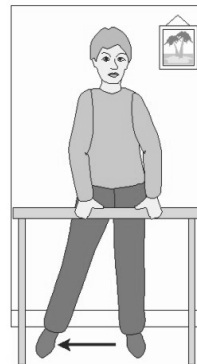
## CHOOSE YOUR AMOUNT

1, 3 or 5 in each direction

### HOW TO DO IT

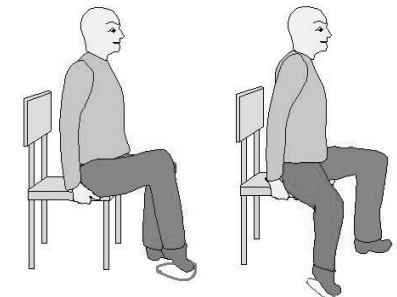
#### SIDEWAYS STEPPING

- Stand upright
- Keep the hips and toes facing forward and the knees soft
- Step sideways and put the toe down first, then the heel
- Bring the other foot to join it
- Choose a fixed/taller surface if you need more support



#### SEATED SIDE STEP

- Walk your hips forwards to just past centre of the chair
- Sit taller in an active sitting position, feet flat on the floor at hip width
- Put your hands lightly on the side of the chair for support if needed
- Push one heel up to lift the foot from the floor and thigh just off the chair to take a small sideways step
- Step back to start position and repeat on the other leg



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					○○○	○○○
3 First Day of Ramadan (Muslim)	4	5	6	7	8	9
○○○	○○○	○○○	○○○	○○○	○○○	○○○
10 Palm Sunday	11	12	13	14	15 Good Friday	16 Passover (Jewish) 1st Day of
○○○	○○○	○○○	○○○	○○○	○○○	○○○
17 Easter Sunday	18 Easter Monday Bank Holiday (Excl. SCO)	19	20	21	22	23 St. George's Day (ENG)
○○○	○○○	○○○	○○○	○○○	○○○	○○○
24	25	26	27	28 Laylat al-Qadr – Night of Destiny (Muslim)	29	30
○○○	○○○	○○○	○○○	○○○	○○○	○○○

Make notes here about your progress/which activities are feeling easier etc: \_\_\_\_\_

# Heel Raises, Toe Raises

MAY

Balance reactions rely on strong ankles to take extra steps and to walk over uneven surfaces and walk in the sand in summer!

## FREQUENCY

Daily routine - when you are waiting for kettle to boil, standing in queues, at the cash point or cleaning your teeth

## CHOOSE YOUR AMOUNT

1, 3 or 5 per time. Repeat across your day

### HOW TO DO IT

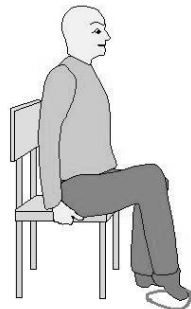
#### HEEL RAISES IN STANDING

- Stand tall holding a sturdy chair, table or the sink
- Raise your heels taking your weight over your big toes
- Hold for a second
- Lower your heels with control



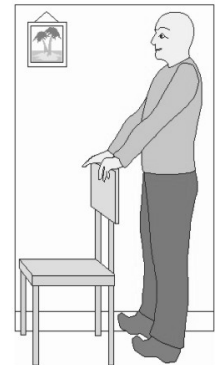
#### HEEL RAISES IN SEATED

- Raise your heels taking your weight over your big toes
- Hold for a second
- Lower your heels with control



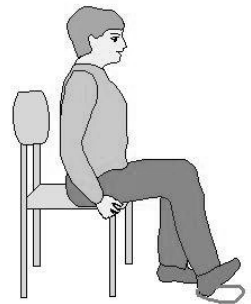
#### TOE RAISES IN STANDING

- Stand tall holding your support
- Raise your toes taking your weight back into your heels without sticking your bottom out
- Hold for a second
- Lower your toes with control (you may find it easier to do this with a wall behind you)



#### TOE RAISES IN SEATED

- From active sitting position, move the foot slightly in front of the knee
- Keep the heel on the floor and raise the toes/foot
- Hold for a second
- Lower your toes with control





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <div>○○○</div>	<div>2</div> <div>Bank Holiday Eid al-Fitr (Muslim)</div> <div>○○○</div>	<div>3</div> <div>○○○</div>	<div>4</div> <div>○○○</div>	<div>5</div> <div>○○○</div>	<div>6</div> <div>○○○</div>	<div>7</div> <div>○○○</div>
<div>8</div> <div>○○○</div>	<div>9</div> <div>○○○</div>	<div>10</div> <div>○○○</div>	<div>11</div> <div>○○○</div>	<div>12</div> <div>○○○</div>	<div>13</div> <div>○○○</div>	<div>14</div> <div>○○○</div>
<div>15</div> <div>○○○</div>	<div>16</div> <div>○○○</div>	<div>17</div> <div>○○○</div>	<div>18</div> <div>○○○</div>	<div>19</div> <div>○○○</div>	<div>20</div> <div>○○○</div>	<div>21</div> <div>○○○</div>
<div>22</div> <div>○○○</div>	<div>23</div> <div>○○○</div>	<div>24</div> <div>○○○</div>	<div>25</div> <div>○○○</div>	<div>26</div> <div>○○○</div>	<div>27</div> <div>○○○</div>	<div>28</div> <div>○○○</div>
<div>29</div> <div>○○○</div>	<div>30</div> <div>○○○</div>	<div>31</div> <div>○○○</div>				

Make notes here about your progress/which activities are feeling easier etc:

# Upper Back Strengtheners

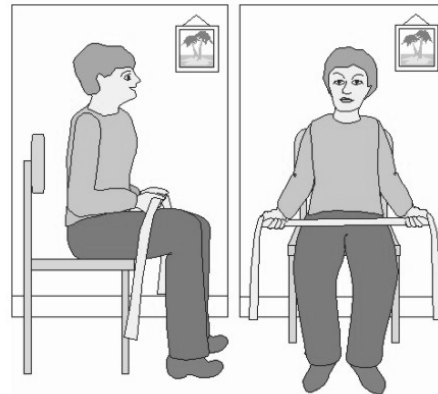
JUNE

This movement can be performed with or without a tea towel and helps with activities in daily life requiring us to 'pull' open doors for example and helps strengthen the muscles that hold us upright.

-  **FREQUENCY**  
Build into weekly routines, 3 days of the week, for example when you take out the rubbish or prepare the recycling
-  **CHOOSE YOUR AMOUNT**  
1, 3 or 5 per day

## HOW TO DO IT

- ▶ Hold a tea-towel (or a resistance band if you have one) with your palms facing upwards and your wrists straight
- ▶ Pull your hands apart then draw the tea towel towards your hips and squeeze your shoulder blades together
- ▶ Keep your hands and the tea towel at belly button height
- ▶ Keep the wrists firm, maintain usual breathing
- ▶ Return to start position, pause, release the grip
- ▶ Repeat





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Spring Bank Holiday	3	4
			○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
5 Feast of Weeks (Jewish) Whit Sunday	6 Bank Holiday (Eire)	7	8	9	10	11
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
12 Trinity Sunday	13	14	15	16 Corpus Christi	17	18
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
19 Fathers Day	20	21	22	23	24	25
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
26	27	28	29	30		
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○		

Make notes here about your progress/which activities are feeling easier etc:

# Knee Bends in 3 Positions

JULY

During standing activities in daily life we constantly need to change the position of our feet for bending and reaching tasks. This movement practices moving feet across 3 positions and will help to feel more confident over time. If you feel a bit wobbly, take as many extra steps as you need to regain your balance. We need to practice balance to improve balance.



## FREQUENCY

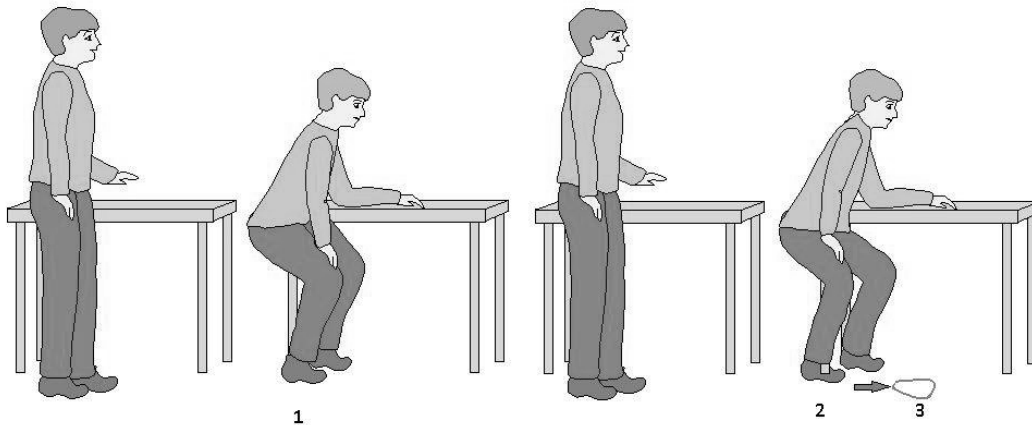
Practice a couple of times each day when stood near a fixed stable support



## CHOOSE YOUR AMOUNT

Practice the knee bends 3-5 times in each position

### HOW TO DO IT



Stand upright and steady with hand lightly on a fixed support

#### ➤ Position 1 - feet placed hip width apart

Keeping the trunk lifted, slightly hinge at the hips, bend the knees for a moment and return to upright position

#### ➤ Position 2 - change the foot position so that feet are now shoulder width

Repeat the knee bend, stand up and return to hip width stance

#### ➤ Position 3 – change the foot position stepping the outside leg slightly forwards and repeat the knee bend

Return to stand and hip width

In all 3 positions maintain equal weight across both feet during a shallow knee bend



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					○○○	○○○
3	4	5	6	7	8	9 Eid al-Adha (Muslim)
○○○	○○○	○○○	○○○	○○○	○○○	○○○
10	11	12 Bank Holiday (N. Ireland)	13	14	15	16
○○○	○○○	○○○	○○○	○○○	○○○	○○○
17	18	19	20	21	22	23
○○○	○○○	○○○	○○○	○○○	○○○	○○○
24	25	26	27	28	29	30 Al-Hijra/Muharram (Muslim) Islamic New Year (1444)
○○○	○○○	○○○	○○○	○○○	○○○	○○○
31	<div> <div></div> <div>           Make notes here about your progress/which activities are feeling easier etc:           <div></div> </div> </div>					
○○○						

Make notes here about your progress/which activities are feeling easier etc:

# Wall press and wrist strengthener

AUGUST

Keeping wrists strong helps with gripping, lifting, carrying and opening jars. Along with the wall press these movements enable us to push our own body weight required for things like having a bath, moving around in bed and push up out of chairs and from the floor.

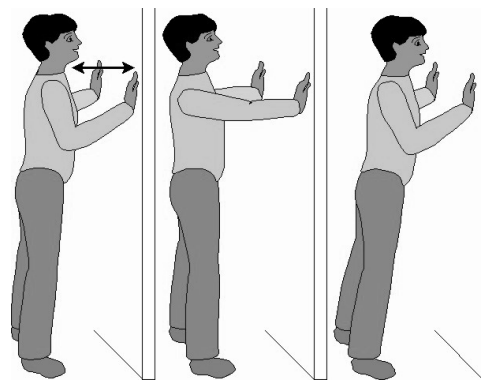
-  **FREQUENCY**  
Build into weekly routines, 3 days of the week, for example when you take out the rubbish or prepare the recycling
-  **CHOOSE YOUR AMOUNT**  
1, 3 or 5 repetitions

## HOW TO DO IT



### WRIST STRENGTHENER

- Fold or roll your resistance band or tea towel into a tube shape
- Sit tall then squeeze the band tightly with both hands, hold for a slow count of 5 then release
- Make this more challenging by squeezing then twisting your band before holding for 5 seconds
- Repeat this 6-8 times



### WALL PRESS

- Place palms on the wall in line with the shoulders
- Walk feet backwards a few inches, keeping heels on the floor
- Keep your back straight and tummy muscles firm
- Bring your chest towards the wall slowly and with control
- Push back again firmly with control

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Summer Bank Holiday (SCO & IRE)  ○ ○ ○	<b>2</b>  ○ ○ ○	<b>3</b>  ○ ○ ○	<b>4</b>  ○ ○ ○	<b>5</b>  ○ ○ ○	<b>6</b>  ○ ○ ○
<b>7</b>  ○ ○ ○	<b>8</b>  ○ ○ ○	<b>9</b>  ○ ○ ○	<b>10</b>  ○ ○ ○	<b>11</b> Raksha Bandhan (Hindu)  ○ ○ ○	<b>12</b>  ○ ○ ○	<b>13</b>  ○ ○ ○
<b>14</b>  ○ ○ ○	<b>15</b>  ○ ○ ○	<b>16</b>  ○ ○ ○	<b>17</b>  ○ ○ ○	<b>18</b> Janmashtami (Hindu)  ○ ○ ○	<b>19</b>  ○ ○ ○	<b>20</b>  ○ ○ ○
<b>21</b>  ○ ○ ○	<b>22</b>  ○ ○ ○	<b>23</b>  ○ ○ ○	<b>24</b>  ○ ○ ○	<b>25</b>  ○ ○ ○	<b>26</b>  ○ ○ ○	<b>27</b>  ○ ○ ○
<b>28</b>  ○ ○ ○	<b>29</b> Summer Bank Holiday (Excl. SCO)  ○ ○ ○	<b>30</b> Ganesh Chaturthi (Hindu)  ○ ○ ○	<b>31</b>  ○ ○ ○			

Make notes here about your progress/which activities are feeling easier etc:

# Directional stepping (in sit and stand)

SEPTEMBER

'Stepping out' in all directions from the hip is all part of reactions to balance challenges and turning/changing directions on our feet. The seated option also helps with moving out of a chair when sat at a table for example.

## FREQUENCY

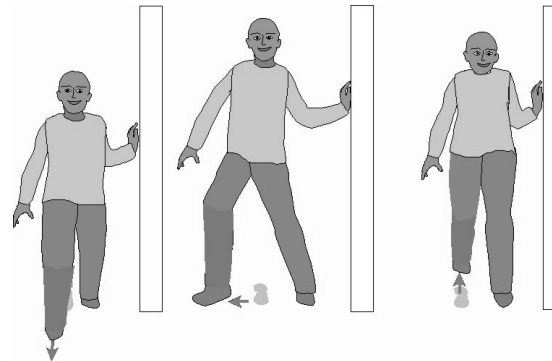
Best done daily

## CHOOSE YOUR AMOUNT

Repeat 1, 3 or 5 times

### HOW TO DO IT

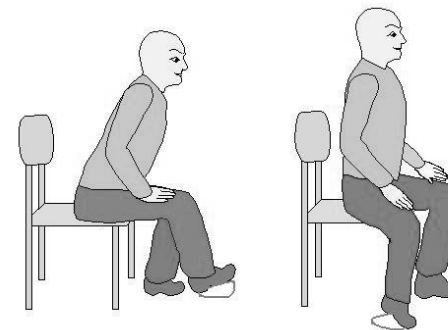
- Stand close to a wall with space around you
- Take a fairly large step forward and then push back to upright
- Take a step out sideways and push back to upright
- Take a step out behind you and push back to upright
- Start with smaller steps and build to larger ones over time
- Keep your body upright and stay looking forward



### SEATED ALTERNATIVE

- Walk your hips forwards to just past the centre of the chair
- Sit taller in an active sitting position, feet flat on the floor at hip width
- Put your hands lightly on the side of the chair for support if needed
- Step one foot forward planting the heel first and rolling through to the ball of the foot, take a small hip hinge and shift weight slightly forward as you step
- Return to tall sit position as you lift off the toe first and step back to start position
- Push the heel up to lift the foot from the floor to step to the side, focus on replacing the foot leading with the ball of the foot first

This seated option prepares the feet for forward stepping (heel strike first) and also sideways stepping (where the ball of the foot lands first)

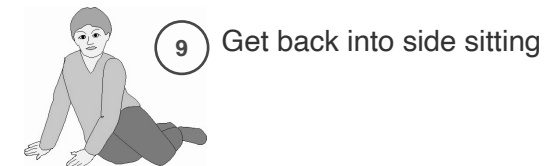
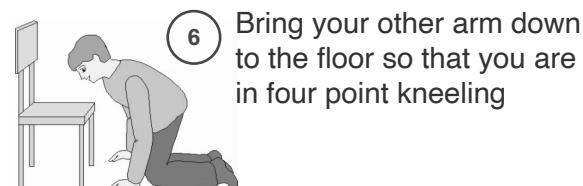
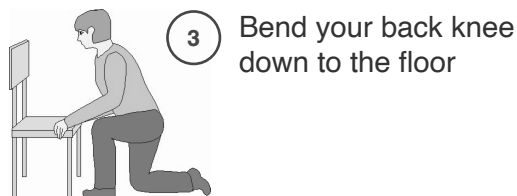
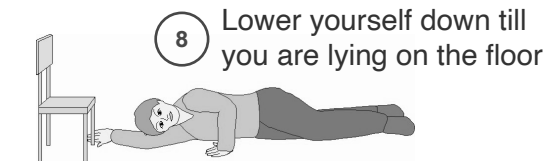
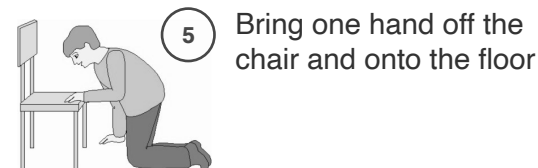
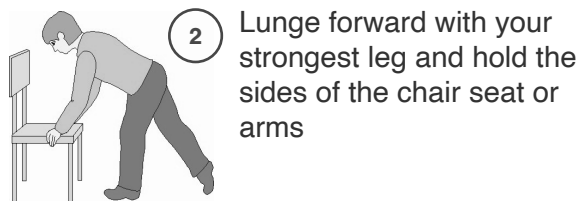
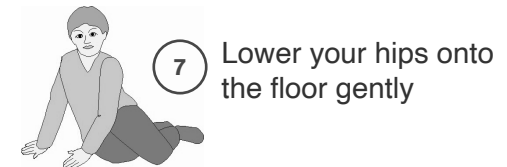
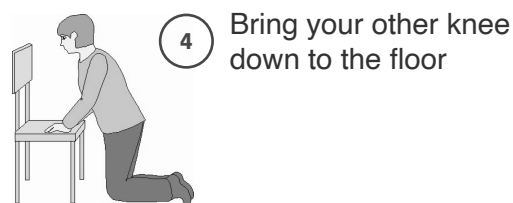


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				○○○	○○○	○○○
4	5	6	7	8	9	10
○○○	○○○	○○○	○○○	○○○	○○○	○○○
11	12	13	14	15	16	17
○○○	○○○	○○○	○○○	○○○	○○○	○○○
18	19	20	21	22	23	24
○○○	○○○	○○○	○○○	○○○	○○○	○○○
25	26 Jewish New Year (5783) Navaratri (Hindu)	27	28	29 Michaelmas Day	30	
○○○	○○○	○○○	○○○	○○○	○○○	

Make notes here about your progress/which activities are feeling easier etc:

# A resource to help with getting up from the floor

Getting up from the floor is a vital skill at any point in life. It requires mobile joints and strong muscles to be able to get up from the floor without too much concern. If you know you can already get down and up from the floor, the message is “keep rehearsing this vital skill” (it’s good to do it whilst others are around). If you are unsure about whether you are able to get up from the floor, making plans to improve mobility, flexibility and strength will certainly help. Many of the movements in this calendar can help with that, frequent movement is key. We have provided information here about the sequence of movements you could work towards and a credible resource providing quality and accurate information about this topic.



Link: [NHS Inform - What to do if you fall \(https://bit.ly/2GWwkCW\)](https://bit.ly/2GWwkCW).

This link provides useful advice and a series of videos of older people getting up from the floor showing options to help you







*Dedicated to*

*Helen Skelton & Alan Skelton*

designer of the original LLT  
active calendar and creator  
of all the illustrations  
in this calendar

first administrator in the  
early years of LLT and  
passionate supporter of  
the LLT Team and mission

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