



# Welcome to

## YOUR ACTIVE CALENDAR

**Thank you** for buying this calendar, or, **congratulations** on being the owner of this little piece of movement magic. We hope you enjoy the gift of movement. It's also great for keeping track of important dates!

We are proud to feature **Make Movement Your Missions 4<sup>th</sup> birthday** and **Later Life Trainings 21<sup>st</sup> birthday** in this edition.

Small changes over-time to break up long periods of inactivity are hugely beneficial at any age.

This calendar provides prompts and ideas and a way of recording your progress and supports you to develop your movement/mobility habits. In making a commitment to moving more it's a good idea to think about why and how this could help you get back to the things you enjoy or maybe you are looking forward to a big event or an important day. Is there a hobby you would like to return to, a task you wished felt easier?

**Planning 'when' to move more is an essential first step in creating new habits and It's never too late to start.**

“

*Motivation is what gets you started. Habit is what keeps you going*

**Jim Ryun**

”

**laterLife  
training™**

Not for profit since 2003



# 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 **FOUR 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 movement snack with 1-2 minutes of circulation boosting:**

## CIRCULATION BOOSTING - ARM AND LEG MARCH

- Stand, or sit tall, using hands for support as you need
- March steadily with control
- Build to a rhythm that is comfortable for you
- Continue for 1-2 minutes, you should feel the need to take deeper breaths (not out of breath)



# Your progress checks

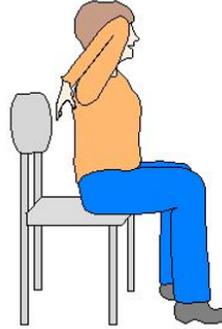
Why not track your progress at the end of each month?

## 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)

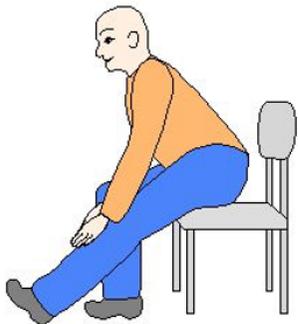
1	2	3	4
I can touch my ear	I can touch the back of my head	I can touch the base of my neck	I can touch the top of my shoulder blade

Record how far you can comfortably reach below

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

## BACK OF THIGH STRETCH

(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	2	3	4	5
I can reach my knee	I can reach the top of my shin	I can reach my mid shin	I can reach my toes	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
_____	_____	_____	_____	_____	_____

## 4 POINT-BALANCE PROGRESS CHECK

- Stand next to a stable fixed surface or object
- In comfortable shoes, aim to balance in each foot position shown here. Build up to 10 seconds over time - record your progress.



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
<b>Best level (foot position) reached</b>	_____	_____	_____	_____	_____	_____
<b>Time (in seconds) at this level</b>	_____	_____	_____	_____	_____	_____

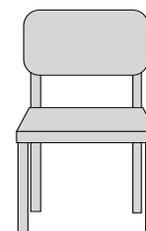
	JUL	AUG	SEP	OCT	NOV	DEC
<b>Best level (foot position) reached</b>	_____	_____	_____	_____	_____	_____
<b>Time (in seconds) at this level</b>	_____	_____	_____	_____	_____	_____

## 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
- **Progression 1** - Increase difficulty and effort by positioning 1 foot slightly forward of the other (and still hip width apart)
- **Progression 2** - when you feel you've reached your ceiling of number of chair rises 30s, now slow down as you sit and add a 1-3 second hold/hover at the mid-point! (You'll be doing less of them but progressing your leg strength)

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
_____	_____	_____	_____	_____	_____

NB: Add an \* if your chair rises were completed slowly with a hold

**Alternative:** Count the number of 'jockey lifts' instead - just raising your buttocks from the chair and returning to sit

### 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)

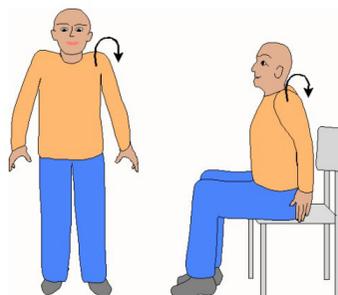
## 🕒 **CHOOSE YOUR AMOUNT**

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

### HOW TO DO IT

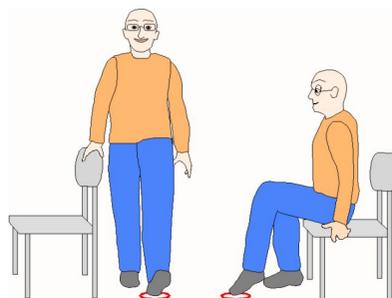
#### SHOULDER RAISE AND ROLL

- ▶ 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



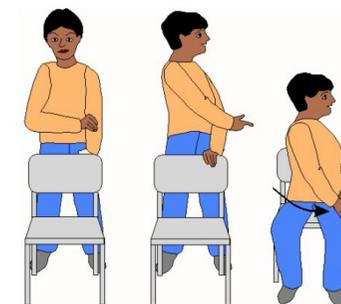
#### ANKLE ACTIVATOR

- ▶ 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
	<b>1</b> New Years Day	<b>2</b> Bank Holiday (SCO)	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> Epiphany
	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>14</b>	<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> Burns Night (SCO)	<b>26</b>	<b>27</b>
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○			

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

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# 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!

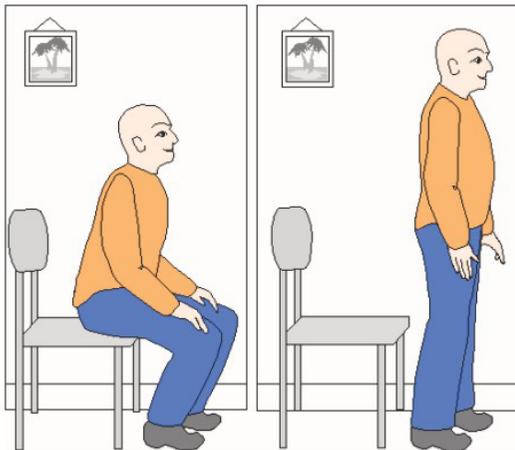
## **FREQUENCY**

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
- ▶ 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				○○○	○○○	○○○
4	5	6 Isra and Mi'raj (Muslim)	7	8	9	10 Chinese New Year
○○○	○○○	○○○	○○○		○○○	○○○
11	12	13 Shrove Tuesday	14 Valentines Day Ash Wednesday	15	16	17
○○○	○○○	○○○	○○○	○○○	○○○	○○○
18	19	20	21	22	23	24
○○○	○○○	○○○	○○○	○○○	○○○	○○○
25	26	27	28	29		
○○○	○○○	○○○	○○○	○○○		

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

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# A daily stretch routine

MARCH

Change your routine over time to add some slow, controlled stretches after you have been moving around, this can improve movement and make everyday activities feel easier.

## 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

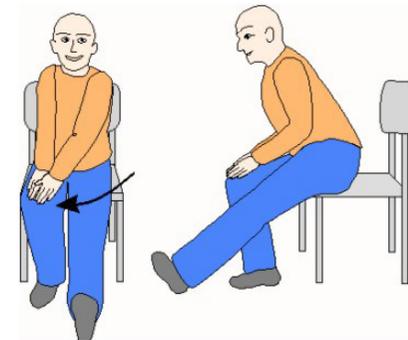
**If you are not yet feeling confident to do this standing stretch position, focus on the back thigh stretch**

- ▶ Stand behind a chair or fixed support, holding on with both hands
- ▶ Step back with one leg and press the heel down
- ▶ Keep standing upright
- ▶ Check that both feet face directly forwards
- ▶ Feel the stretch in your calf muscles
- ▶ 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)	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> Maha Shivaratri (Hindu)	<b>9</b>
○○○	○○○	○○○	○○○	○○○	○○○	○○○
<b>10</b> Mothering Sunday	<b>11</b> Commonwealth Day First Day of Ramadan (Muslim)	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
○○○	○○○	○○○	○○○	○○○	○○○	○○○
<b>17</b> St. Patrick's Day (IRE)	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> MMYM's 4th Birthday!
○○○	○○○	○○○	○○○	○○○	○○○	○○○
<b>24</b> Palm Sunday	<b>25</b> Holi (Hindu)	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> Good Friday	<b>30</b>
○○○	○○○	○○○	○○○	○○○	○○○	○○○
<b>31</b> Easter Sunday	<p><b>Make notes here about your progress/which activities are feeling easier etc:</b></p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>					
○○○						

# Sideways stepping and seated side step

APRIL

The muscles and the hip joint are used for stepping sideways, regaining balance and turning. 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

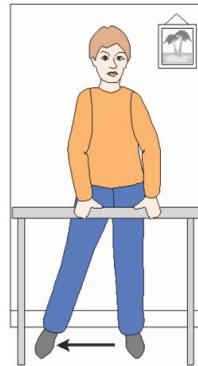
## CHOOSE YOUR AMOUNT

1, 3 or 5 in each direction

### HOW TO DO IT

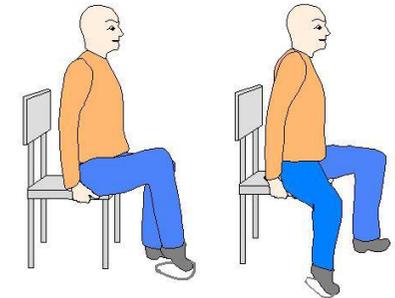
#### SIDEWAYS STEPPING

- 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
- Use your hands to hold the side of the chair if needed
- Take a small sideways step, keep the knees low and focus more on using your feet and ankles to step sideways
- Step back to start position and repeat on the other leg



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Easter Monday  ○ ○ ○	<b>2</b>  ○ ○ ○	<b>3</b>  ○ ○ ○	<b>4</b>  ○ ○ ○	<b>5</b>  ○ ○ ○	<b>6</b> Laylat al-Qadr – Night of Destiny (Muslim)  ○ ○ ○
<b>7</b>  ○ ○ ○	<b>8</b>  ○ ○ ○	<b>9</b>  ○ ○ ○	<b>10</b> Eid al-Fitr (Muslim)  ○ ○ ○	<b>11</b>  ○ ○ ○	<b>12</b>  ○ ○ ○	<b>13</b>  ○ ○ ○
<b>14</b>  ○ ○ ○	<b>15</b>  ○ ○ ○	<b>16</b>  ○ ○ ○	<b>17</b>  ○ ○ ○	<b>18</b>  ○ ○ ○	<b>19</b>  ○ ○ ○	<b>20</b>  ○ ○ ○
<b>21</b>  ○ ○ ○	<b>22</b> Passover (Jewish) 1st Day of  ○ ○ ○	<b>23</b> St. George's Day (ENG)  ○ ○ ○	<b>24</b>  ○ ○ ○	<b>25</b>  ○ ○ ○	<b>26</b>  ○ ○ ○	<b>27</b>  ○ ○ ○
<b>28</b>  ○ ○ ○	<b>29</b>  ○ ○ ○	<b>30</b>  ○ ○ ○				

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

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# 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

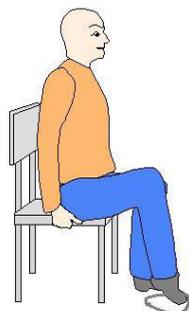
#### HEEL RAISES IN STANDING

- ▶ 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
			1	2	3	4
			○○○	○○○	○○○	○○○
5	6 Bank Holiday	7	8	9	10	11
○○○	○○○	○○○	○○○	○○○	○○○	○○○
12	13	14	15	16	17	18
○○○	○○○	○○○	○○○	○○○	○○○	○○○
19 Whit Sunday	20	21	22	23	24	25
○○○	○○○	○○○	○○○	○○○	○○○	○○○
26 Trinity Sunday	27 Spring Bank Holiday	28	29	30 Corpus Christi	31	
○○○	○○○	○○○	○○○	○○○	○○○	

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

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# Walking Prompts

JUNE

If you enjoy walking, it will be important to you to 'keep on walking'. Here are some ideas for you to continue to progress your walking confidence over time and don't forget to compliment your walking activities with some strength and balance practise

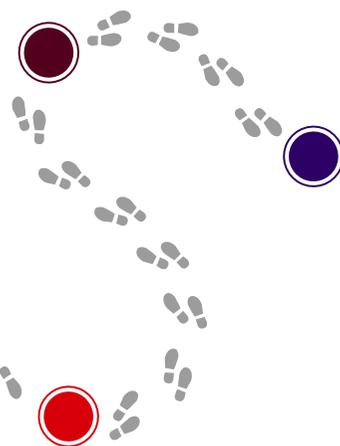
## **FREQUENCY**

Regularly

## **CHOOSE YOUR AMOUNT**

Add some walking prompts into your existing walks

### HOW TO DO IT



Vary Stride Length

### VARY STRIDE

- ▶ Break up your usual stride length with some slower but longer strides periodically throughout you walk
- ▶ When you take longer strides, focus even more on striking the ground heel first
- ▶ You will need more arm swing to aid balance
- ▶ Shorten stride when going uphill/up slopes

### VARY CADENCE/EXPLORE YOUR GEARS

- ▶ Use landmarks to add variety and changes of effort.
- ▶ Practice slower, longer strides aswell as short but quicker strides
- ▶ Be sure to focus on picking up the feet and knees
- ▶ Increase arms swing from the shoulders to help with balance

### STEP CHANGE PROMPTS

These are just 2 of LLTs 12 step change prompts taken from our walk-ways to strength and balance education modules. For more information about the walkways to strength and balance modules, visit [laterlifetraining.co.uk/courses/cpd](https://laterlifetraining.co.uk/courses/cpd)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 ○○○
2 ○○○	3 Bank Holiday (Eire) ○○○	4 ○○○	5 ○○○	6 ○○○	7 ○○○	8 ○○○
9 ○○○	10 ○○○	11 Feast of Weeks (Jewish) ○○○	12 ○○○	13 ○○○	14 ○○○	15 ○○○
16 Fathers Day ○○○	17 ○○○	18 ○○○	19 Eid al-Adha (Muslim) ○○○	20 ○○○	21 ○○○	22 ○○○
23 ○○○	24 ○○○	25 ○○○	26 ○○○	27 ○○○	28 ○○○	29 ○○○
30 ○○○	<p><b>Make notes here about your progress/which activities are feeling easier etc:</b></p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>					

# Knee Bends in 3 Positions

JULY

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. Practice balance to improve your balance.

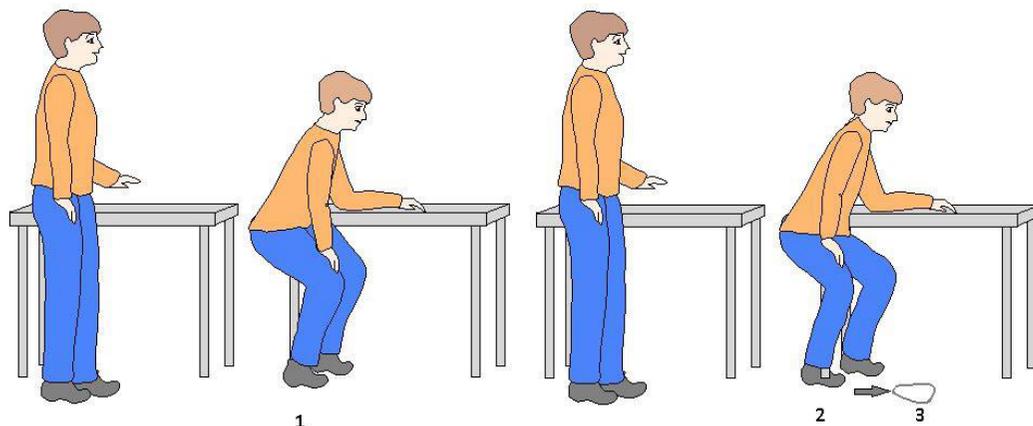
## FREQUENCY

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
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>7</b> Islamic New Year Al-Hijra/Muharram (Muslim)	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> Bank Holiday (N. Ireland)	<b>13</b>
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>14</b>	<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>	<b>29</b>	<b>30</b>	<b>31</b>			
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○			

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

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# 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 you to push your 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

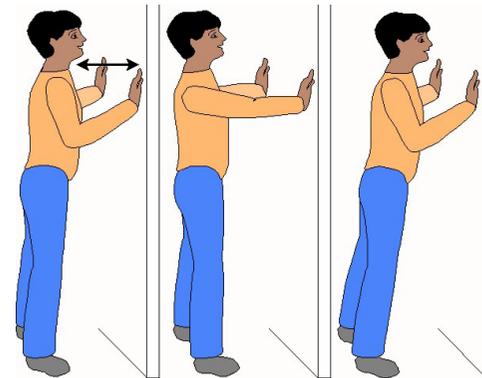
1, 3 or 5 repetitions

### 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
				1	2	3
				○○○	○○○	○○○
4	5 Summer Bank Holiday (SCO & IRE)	6	7	8	9	10
○○○	○○○	○○○	○○○	○○○	○○○	○○○
11	12	13	14	15	16	17
○○○	○○○	○○○	○○○	○○○	○○○	○○○
18	19 Raksha Bandhan (Hindu)	20	21	22	23	24
○○○	○○○	○○○	○○○	○○○	○○○	○○○
25	26 Summer Bank Holiday (Excl SCO) Janmashtami (Hindu)	27	28	29	30	31
○○○	○○○	○○○	○○○	○○○	○○○	○○○

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

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# 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

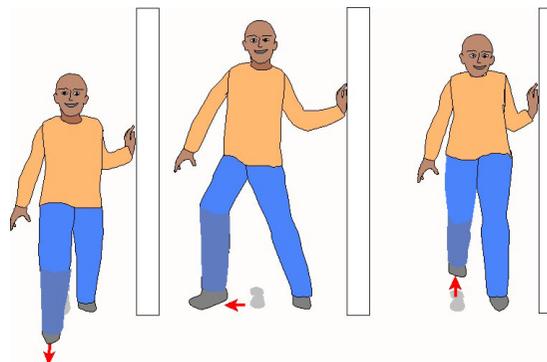
Best done daily

## CHOOSE YOUR AMOUNT

Repeat 1, 3 or 5 times

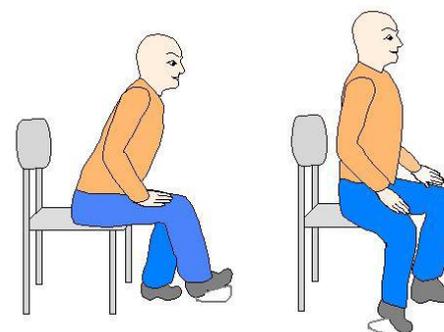
### HOW TO DO IT

- 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
- Now 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 lands 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 Ganesh Chaturthi (Hindu)   ○○○	7    ○○○
8    ○○○	9    ○○○	10    ○○○	11    ○○○	12    ○○○	13    ○○○	14    ○○○
15 Prophet's Birthday (Muslim)   ○○○	16    ○○○	17    ○○○	18    ○○○	19    ○○○	20    ○○○	21    ○○○
22    ○○○	23    ○○○	24    ○○○	25    ○○○	26    ○○○	27    ○○○	28    ○○○
29 Michaelmas Day   ○○○	30    ○○○					

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

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# Upper Back Strengtheners

OCTOBER

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

## **FREQUENCY**

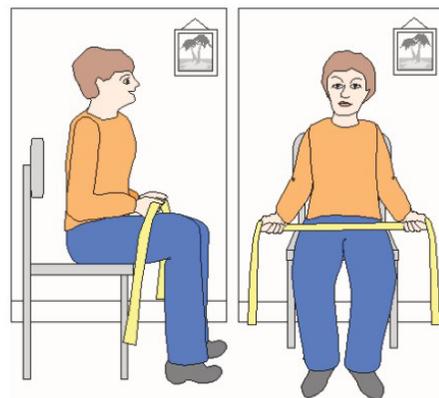
Build into weekly routines, 3 days of the week, for example when you take out the rubbish or prepare the recycling

## **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
		<b>1</b> International Day for Older Persons	<b>2</b>	<b>3</b> Jewish New Year Navaratri (Hindu)	<b>4</b>	<b>5</b>
		○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> Day of Atonement (Jewish)	<b>12</b> Dussehra (Hindu)
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> Tabernacles (Jewish) 1st day of	<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> British Summertime ends	<b>28</b> Bank Holiday (Eire)	<b>29</b>	<b>30</b>	<b>31</b> Halloween		
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○		

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

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# Daily movement routine

NOVEMBER

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.

## FREQUENCY

Try the sequence of movements two or three times a week during this month

## CHOOSE YOUR AMOUNT

As stated in the month they appear

### HOW TO DO IT

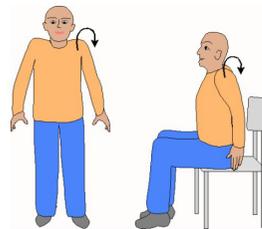
#### 1. CIRCULATION BOOST

(FROM THE START OF THE CALENDAR)



#### 2. SHOULDER ROLLS

(FROM JANUARY)



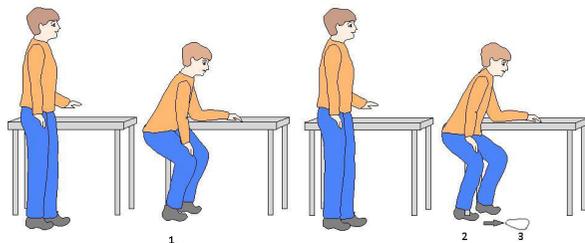
#### 3. WALL PRESS OR WRIST STRENGTHENER

(FROM AUGUST)



#### 4. KNEES IN THREE POSITIONS

(FROM JULY)



#### 5. CHEST STRETCH

(FROM MARCH)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					○○○	○○○
3	4	5 Guy Fawkes Day	6	7	8	9
○○○	○○○	○○○	○○○	○○○	○○○	○○○
10 Remembrance Sunday	11	12	13	14	15	16
○○○	○○○	○○○	○○○	○○○	○○○	○○○
17	18	19	20	21	22	23
○○○	○○○	○○○	○○○	○○○	○○○	○○○
24	25	26	27	28	29	30 St. Andrew's Day (SCO)
○○○	○○○	○○○	○○○	○○○	○○○	○○○

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

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# 'Flamingo swing' in standing position (and a seated alternative)

DECEMBER

We have two movements to choose from; the flamingo swing will challenge your balance in standing and the seated hip hinge will challenge your seated posture.

**Standing Flamingo Swing** is beneficial because it can improve balance and strengthen around the hip. It's usual to feel a bit wobbly when doing balance activities, this is how we improve

## **FREQUENCY**

Best done daily

## **CHOOSE YOUR AMOUNT**

Repeat 1, 3 or 5 times

### **HOW TO DO IT**

- ▶ Stand beside a fixed stable support
- ▶ Stand 'taller' with hand on external support to start
- ▶ Lift the leg furthest from the support
- ▶ Swing with control forwards and back
- ▶ Maintain strong standing leg during the swing



**Seated hip hinge and functional reach** is beneficial to maintain strong postural muscles used for reaching and carrying activities

## **FREQUENCY**

Rehearse throughout the day

## **CHOOSE YOUR AMOUNT**

1, 3 or 5 times in different directions

### **HOW TO DO IT**



- ▶ Walk hips forward so feet are flat to the floor
- ▶ Sit 'taller' ribs away from hips (breathe normally)
- ▶ 'Hinge' the trunk forwards as you reach the arm forwards
- ▶ Keep the posture lifted, back is straight

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 Christmas Eve   ○○○	25 Christmas Day   ○○○	26    ○○○	27    ○○○	28    ○○○
29    ○○○	30    ○○○	31    ○○○				

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

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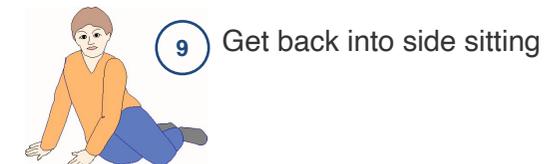
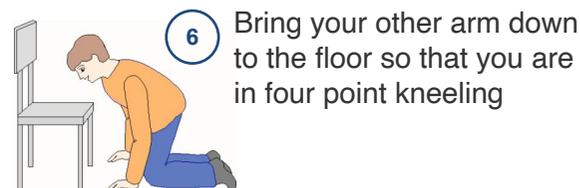
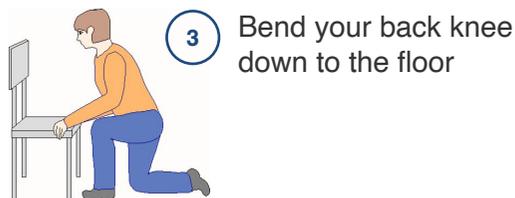
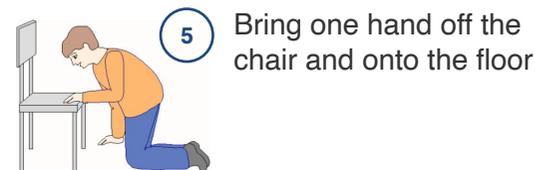
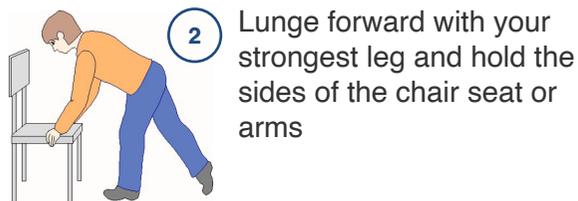
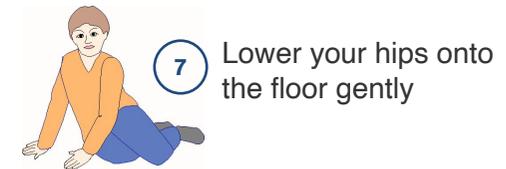
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# A resource to help with getting up from the floor

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

# Join us live (you can see us, we can't see you!)

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

Email address or phone number

Password

Log In

### STEP 2

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

Search Facebook

### 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"

**Read about how MMYM came about:** <https://laterlifetraining.co.uk/the-mmym-story>



## 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.



*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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