



fitter folk

BETTER BALANCE





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Ensure that:

- the chair you use is stable, strong and tall enough
- you are wearing comfortable clothing and supportive shoes
- you have adequate space to perform the exercises

When you start exercising, you may use muscles that have not been used to exercise. This may result in you initially feeling a little stiff, but this stiffness will ease as your body becomes accustomed to the exercise.

Remember

If you experience any discomfort, pain, dizziness, severe shortness of breath or your medical condition changes STOP immediately, and seek medical advice before recommencing!

Posture and movement checks!



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Warm up:

Always begin with, and complete, all the warm up exercises in this section to help warm the muscles and boost circulation!

If you feel uncomfortable doing the exercises in the standing position, complete them sitting down!

Safety advice

Throughout all the exercises:

- keep the breathing regular and natural
- hold onto the sides of the chair if sitting and onto the back if standing. As you progress and feel more confident, you can reduce your support from 2 hands to 1 hand, to 1 finger, to no support

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Arm swings

- Standing tall, bend your elbows keeping your arms close to your body
- Swing your arms from the shoulder, maintaining the bend at the elbow
- Swing gently for 30-60 seconds

Seated

- Sit tall and follow instructions for standing



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Marching

- Stand tall and begin marching your legs
- Avoid lifting your knees too high
- March gently for 30-60 seconds

Seated

- Sit tall and follow instructions for standing



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Arm swings and leg marches

- Standing tall, march your legs and swing your arms at the same time
- Continue for 30-60 seconds

Seated

- Sit tall and follow instructions for standing



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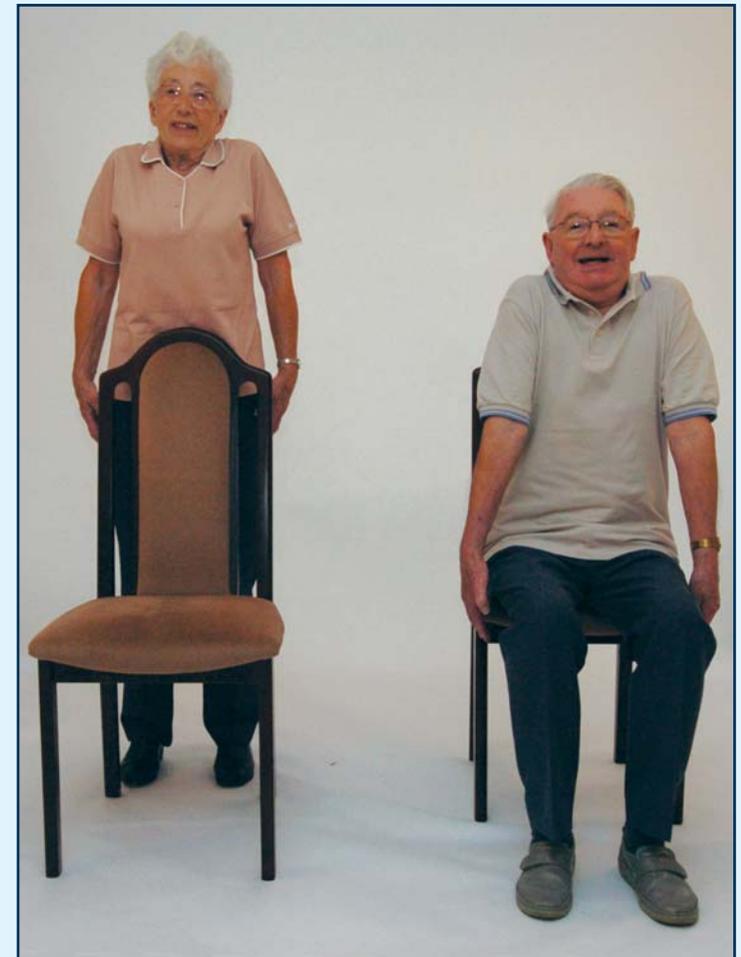


Shoulder lifts

- Stand tall with your arms resting loosely by your side
- Lift both shoulders up towards your ears
- Draw your shoulders down away from your ears as far as possible
- Repeat slowly 4 times

Seated

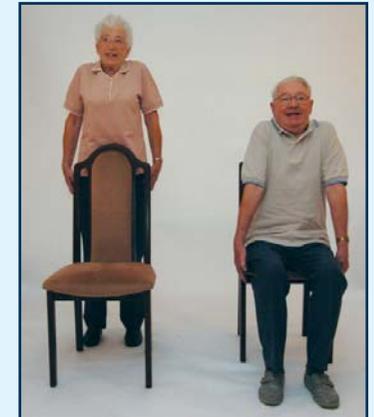
- Sit tall with your arms resting loosely by the sides of the chair
- Follow instructions for standing





Shoulder rolls

- Stand tall with your arms resting loosely by your side
- Circle your shoulders forward, up, backwards and down
- Repeat slowly 4 times



Seated

- Sit tall with your arms resting loosely by the sides of the chair
- Follow instructions for standing



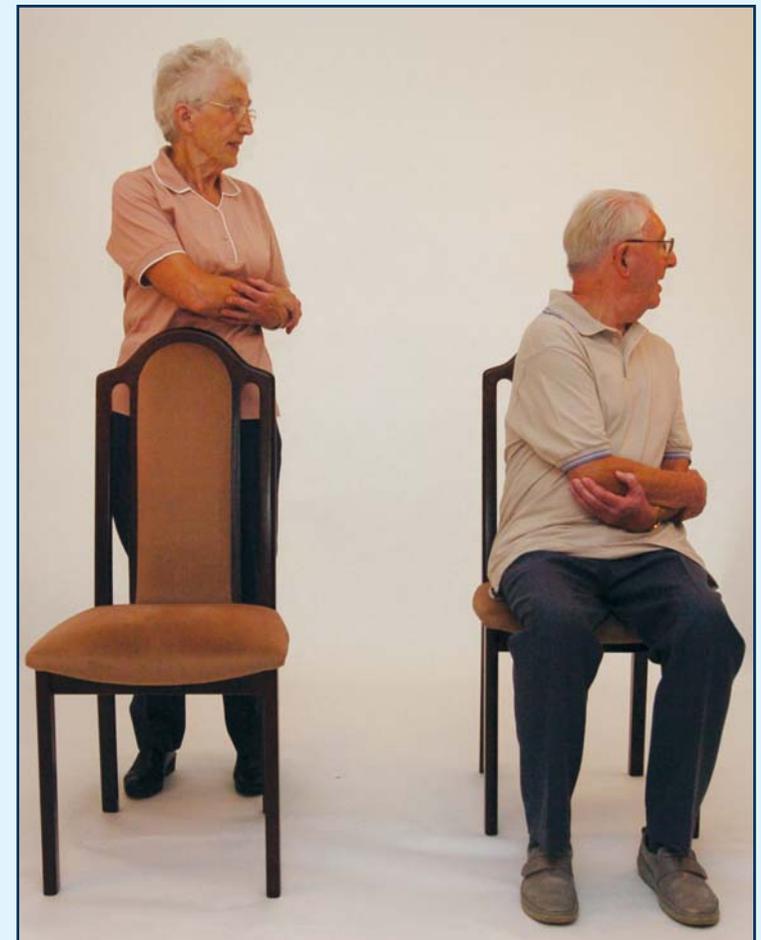


Trunk twist

- Stand tall and fold your arms loosely in front of your chest
- Slowly turn your head and shoulders to the left, keeping your hips facing forward
- Return slowly to the centre, repeat on other side
- Repeat 4 times

Seated

- Sit tall keeping both thighs firmly on the seat
- Follow instructions for standing



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Side bends

- Stand tall then slide your right arm down your leg (maintain the same distance between your ear and shoulder)
- Return to centre, repeat on the other side
- Repeat 4 times

Seated

- Sit tall then slide your right hand down your side towards the floor, ensure that both buttocks remain on the seat
- Follow instructions for standing





Ankle mobilisers

- Stand tall and take one leg forward and place your heel on the floor
- Lift your knee and replace the heel with the toe, aim for the same spot
- Repeat 4 times on each ankle

Seated

- Sit tall and follow instructions for standing



Calf stretch

- Stand tall, step back with one foot and place it flat on the floor
- Make sure your front knee is bent, the back knee is straight
- Lean forward, until you feel a mild stretch
- Hold for 8 seconds, repeat on other side

Seated

- Sit tall, straighten one leg resting your heel on the floor
- Pull the toes towards you and slide the heel forward until you feel a mild stretch
- Hold for 8 seconds, repeat on other side





Back of thigh stretch

- Stand tall at the side of the chair, slide the leg nearest to the chair forward
- Keeping your chest lifted, ease your hips backwards and down until a mild stretch
- Hold for 8 seconds, repeat on other side

Seated

- Sit tall, straighten one leg out in front, rest your heel on the floor
- Place both hands on your other leg just above your knee
- Lean forwards and upwards until you feel a mild stretch
- Hold for 8 seconds, repeat on other side



Chest stretch

- Stand tall, place your hands on the top of your bottom
- Draw the elbows and shoulder blades together until you feel a mild stretch
- Hold for 8 seconds

Seated

- Sit tall, reach behind with both arms and hold onto the back of the chair
- Lift your chest, draw the shoulder blades together until you feel a mild stretch
- Hold for 8 seconds



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Back of arm stretch

- Stand tall, place your right hand on your right shoulder
- Using your left hand, gently ease your elbow towards the ceiling, walking your fingers down your back until you feel a mild stretch
- Hold for 8 seconds, repeat on other side

Sitting

- Sit tall and follow instructions for standing



MAIN EXERCISES

There are 12 exercises in this section. Try each exercise and gradually build up to the recommended time / number of repetitions. Aim to complete all the exercises three times per week

Remember throughout the exercises:

- keep the breathing regular and natural
- hold onto the sides of the chair if sitting and onto the back if standing. As you progress and feel more confident, you can reduce your support from 2 hands to 1 hand, to 1 finger, to no support
- **Only** progress with each exercise when you feel confident to do so



Endurance marching

- Stand tall and begin to march your legs
- If you feel steady, reduce your hand support and swing your arm(s)
- March more energetically, by lifting your knees a little higher and making the arm swings bigger
- Alternate between the moderate and easy effort marches, building up to 2 minutes. Progress gradually increasing to 5 minutes

Seated

- Sit tall and follow instructions for standing





Side steps

- Stand tall, take a small side step to the right then bring the left leg close beside it
- Return to starting position, repeat in the opposite direction
- Repeat for up to 2 minutes
- Progress by gradually widening your steps from hip to shoulder width apart and take 2 steps in each direction

Seated

- Sit tall and follow instructions for standing, but remain on single side steps no wider than hip width apart





Side taps

- Stand tall, tap the toe of your right foot forward and out to the side, then bring it back to the start position. Repeat on other side
- If you feel steady, reduce your hold on the chair and curl the arm(s)
- Repeat for up to 2 minutes

Seated

- Sit tall and follow instructions for standing, but ensure that your taps are no wider than hip width



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Tandem stance

- Stand tall, sideways to the chair
- Place one foot directly in front of the other, to form a straight line
- Hold the position up to 10 seconds and repeat on the other leg.
Progress by reducing your hand support

Seated

- Sit tall and follow instructions for standing



Heel lifts

- Stand tall with your feet shoulder width apart
- Lift your heels slowly then lower again
- Repeat 5 times, build up to 10

Toe raises

- Stand tall with your feet shoulder width apart
- Raise your toes slowly then lower again
- Repeat 5 times, build up to 10

Seated

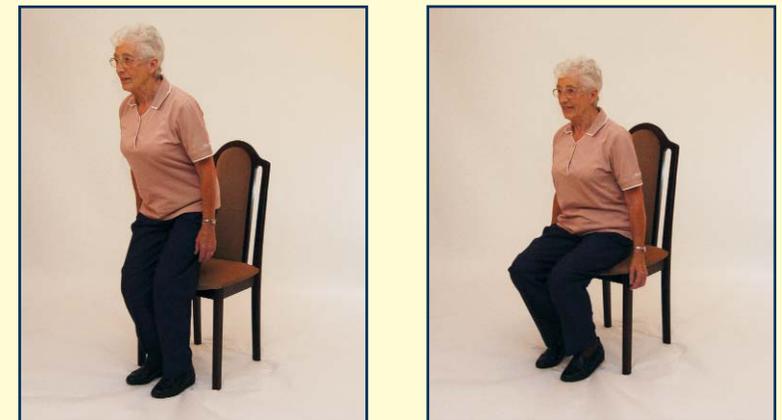
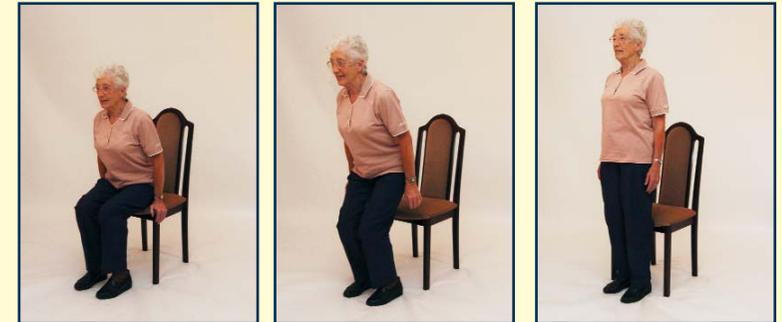
- Sit tall, keep your feet hip width apart and under your knees, follow instructions for standing





Sit to stand to sit

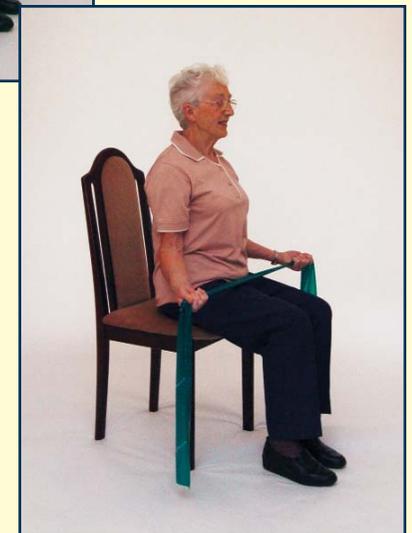
- Sit tall and take your feet slightly back
- Lean forward, push down through your hands, thighs and feet and come up to standing
- Complete a short foot pedal
- Move backwards until the backs of your knees are touching the chair
- Bend your knees and hips and take your bottom backwards to lower into the chair
- Return to start position. Repeat 5 times, build up to 10
- Progress by placing hands on your thighs instead of your chair





Upper back strengthening

- Sit tall and hold the band in your hands, palms facing upwards with a small gap between each hand
- Raise your arms to elbow height and pull the band apart
- Slide both elbows backwards
- Squeeze the shoulder blades together and hold for up to 5 seconds
- Return to start position, release tension
- Repeat 5 times, build up to 10





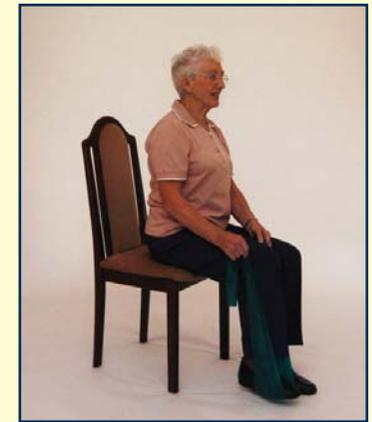
Hip and outer thigh strengthening

- Sit tall with your feet together and lay the band across your lap
- Lift your heels and wrap the band around your thighs. Secure with your hands
- Move your feet and knees to hip width apart
- Press your thighs outwards and hold for a count of 5
- Return to start position
- Repeat 5 times, build up to 10



Front & back of knee strengthening

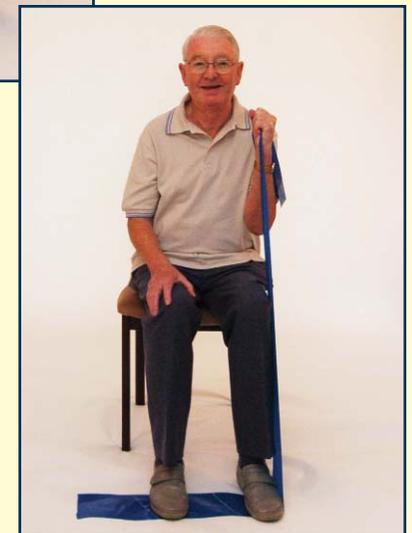
- Sit tall and slide one leg forward. Lift your toes and loop the band around the ball of your foot
- Move your foot back and walk your hands down the band to knee level
- Lift your knee slightly then pull the band, resting hands on hips
- Straighten your knee and hold for 5 seconds
- Return to the start position
- Repeat 5 times on each leg, build up to 10





Front of arm strengthening

- Sit tall, lay one end of the band on the floor and place your feet on top of it
- Hold the band tight with your thumb facing upwards
- Slowly bend your elbow bringing your hand towards your shoulder then lower
- Repeat 5 times, build up to 10



Back of arm strengthening

- Sit tall, lay one end of the band on the floor and place your feet on top of it
- Hold the band tight with your thumb facing forwards
- Take your hand backwards as far as possible leading with the little finger
- Hold for up to 5 seconds then return to start position
- Repeat 5 times on each arm, build up to 10





Wrist strengthening

- Sit tall, fold or roll your band into a tube
- Grip your band placing one fist on top of the other
- Squeeze the band and hold for 5 seconds. Reverse hand and repeat
- **Progression 1**- Squeeze as before and twist bringing your elbows back towards your body
- **Progression 2**- Squeeze and twist, then pull your fists apart
- Repeat 5 times, build up to 10



Cool down

Always end the session with a cool down, to help promote relaxation and gradually return the circulation to a pre-exercise state. It will also help to stretch muscles and improve flexibility

Arm swing (Page 4) Swing arms at a relaxed pace for 2 minute

Marching (Page 5) March at a relaxed pace for 2 minutes

Calf stretch (Page 12) Make the stretch a little deeper, hold for 10-15 seconds

Back of thigh stretch (Page 13) Make the stretch a little deeper, hold for 15-20 seconds, repeat twice

Chest stretch (Page 14) Make the stretch a little deeper, hold for 10-15 seconds

Back of arm stretch (Page 15) Make the stretch a little deeper, hold for 8-10 seconds

Lifestyle

You have often heard the saying, 'a little goes a long way' but do you know that this can be applied to your general fitness level. Here are some simple things that you can build into your daily routine:

Go for walks with friends

Take stairs rather than lifts/escalator

Hide your remote control

Get off the bus a stop earlier

Walk to the shops

Healthy walking

In addition to completing the exercises 3 times a week, we recommend that you try to go for a walk 2 days a week (or 5 days a week without completing the programme). Walking will help to improve your breathing, balance and strengthen your muscles

Helpful Hints

- Ensure that you wear appropriate clothing and footwear
- Ensure that your chosen route has as even a ground surface as possible
- Gradually build up the distance and time you spend walking. For example, walk 10 minutes 3 times a day, building up until you can eventually walk 30 consecutive minutes

Would you like some company and make new friends?

Why not consider joining a local walking club?

Contact your local leisure centre for information

What should I do if I fall?

No one wants to fall, but in the event of a fall, it is essential that you know how to deal with it. The following advice should be followed:

- Don't panic - try to stay calm
- Assess the situation - if you are hurt or feel unable to get up, follow the **REST AND WAIT PLAN** (page 33)
- If you are unhurt and know you are able to get up, follow the **UP AND ABOUT PLAN** (page 34)

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Rest And Wait Plan

Try to summon help

- Use a pendant alarm if you have one
- Bang on the wall
- Call out for help
- Crawl towards your phone and dial 999
- Move to a soft surface such as carpet

Keep warm

- Try to reach for something (blanket / clothing) to cover yourself
- Try to move out of draughts

Keep moving

- Do not lie in one position for too long, as you may get cold or could develop a pressure sore
- Roll from side to side and move your arms and legs if possible - this will help to keep you warm. (If you have hurt yourself keep the injured area still)
- If you need to empty your bladder while on the floor, use something such as tissues or an item of clothing to soak up the wet. If it is not too painful for you, move away from the wet area.

Up And About Plan

Remember, do not try to get up from the floor if you suspect that you are injured, as you may do further damage.

1. Roll onto your hands and knees and crawl to a stable piece of furniture such as a bed, stool or chair
2. With hands on the support, place one foot flat on the floor, bending your knee in front of your tummy

3. Lean forward, push on your hands and feet, and bring your feet close together
4. Turn and sit on the seat. Rest for a while before slowly getting up.

Arrange now to see your GP, as it is important to try and find out the reason why you fell. Action can then be taken, to reduce your risk of future falls



With thanks to - Late Life Training Ltd and Barry Ricketts, Shared Vision, for the use of the adapted exercise text and photographs used in the booklet. www.laterlifetraining.co.uk

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