



30 Second Chair Rise



Improving upper leg strength

Rising from a chair

Getting onto the bus

Picking up something from the floor

Using my stairs

Getting down and up from the floor

**Why would
you find this
movement
helpful?**



Single Leg Stance



Ankle strength and balance

Reaching up to a shelf

Getting onto the bus

Picking up something from the floor

Using my stairs

Getting up from the floor

Confidence in walking over uneven ground

**Why would
you find this
movement
helpful?**



Handgrip Strength



Hand and forearm strength

Open a jam jar

Using a hand rail

Carrying my shopping

Opening a door

Wringing out a towel

Using a screwdriver

Gardening

**Why would
you find this
movement
helpful?**



8 Foot Up and Go



Balance, agility and coordination

Answering the door

Getting up to make a cup of tea

Avoiding a lamp post

Stepping around a puddle

Playing with the grandchildren

**Why would
you find this
movement
helpful?**



Back Scratch



Suppleness and flexibility

Brushing your hair

Getting dressed

Hanging out the washing

Reaching into a cupboard

Maintain my swimming strokes

**Why would
you find this
movement
helpful?**



Chair Sit and Reach



Flexibility in upper legs

Cutting my toenails

Better stride when walking

Putting on socks and shoes

Good posture

Avoiding lower back pain

**Why would
you find this
movement
helpful?**



Six minute walk test



Stamina in walking

Getting to the bus stop

Visiting my neighbour

Collecting grandchildren from school

Doing my own shopping

Visiting the park in spring

**Why would
you find this
movement
helpful?**