

- ▶ This booklet is intended for those aged 60 and over. Start by trying these exercises two or three times a week and slowly build up to doing some everyday if you like.
- ▶ Exercise is not without its risks. In undertaking any activity based on this exercise booklet you assume the risk of injury resulting from performing the movements. If you are unsure of the movements please ask your instructor.
- ▶ Always start any exercise programme slowly, never force or strain. If you feel any pain, discomfort or other unexpected symptoms during exercise stop immediately and seek medical advice.
- ▶ For the exercises that require a chair, chose one that is stable or perform the exercises in the kitchen so you can find support on kitchen worktops. Avoid chairs with arms if possible as this will restrict your movement.
- ▶ Wear comfortable clothes and footwear.

Warm-up exercises

Always begin with warm-up exercises to prepare your body for the main exercises.

Marching

- ▶ Stand;
- ▶ March on the spot for 1-2 minutes.



Shoulder Rotations

- ▶ Stand;
- ▶ Roll your shoulders forwards and then backwards;
- ▶ Repeat 10 times.



Trunk Rotations

- ▶ Stand feet hip width apart;
- ▶ Knees soft;
- ▶ Rotate to right/left hand side;
- ▶ Repeat 5 times each side.



Ankle Rotations

- ▶ Seated roll ankle clockwise/anti clockwise;
- ▶ Repeat 10 times each direction on each leg.



Lower Back Extension

- ▶ Stand feet hip width apart and knees soft;
- ▶ Place hands on the lower back;
- ▶ Push shoulders and elbows back;
- ▶ Breath in and straighten your upper body, hold for 12 seconds, breathe out and relax.



Calf Stretch

- ▶ Sit on a chair, place one leg in front of the other with your knee slightly bent, toes raised;
- ▶ Lean forward keeping your back straight;
- ▶ You should feel a light stretch on the back of your lower leg;
- ▶ Hold for 12 seconds. Then change legs.



Hamstring Stretch

- ▶ Seated with hands on the side of chair;
- ▶ Place one leg in front of the other with your knee slightly bent;
- ▶ Keep your back straight, lift the chest and lengthen the upper body upwards and forwards;
- ▶ Hold for 12 seconds. Then change legs.

