

Strong & Steady

EXERCISES TO SUPPORT YOUR HEALTH AND INDEPENDENCE

6in6

6 exercises 6 times a week

Try these activities to help improve your strength and balance. Get on your feet and give them a go. Start with twice a week and build up to 6.



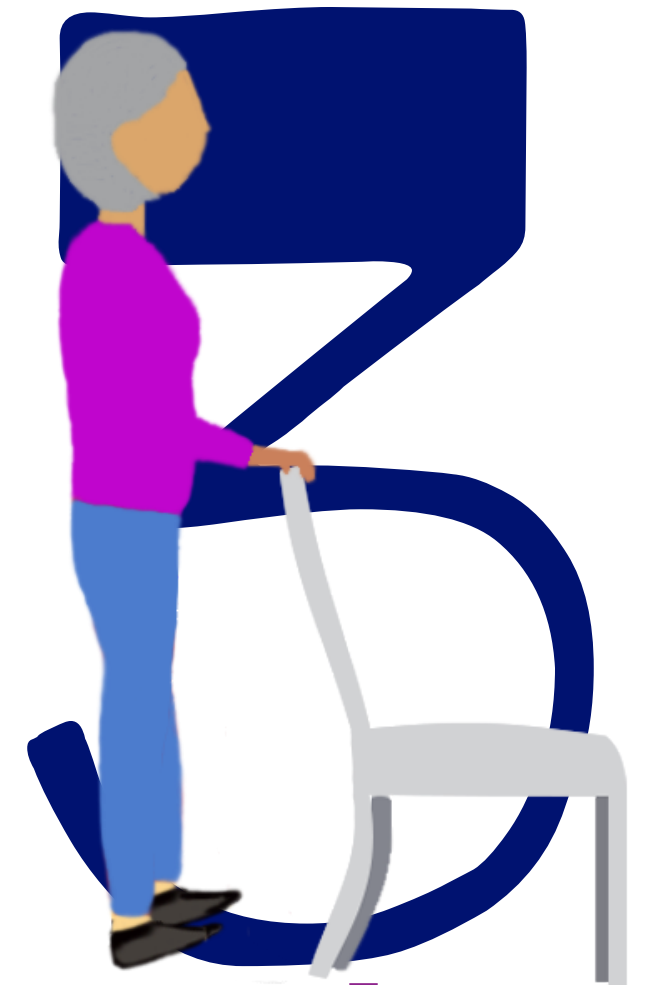
Sit to stand

Sitting in the front third of your chair with your feet slightly back, sit tall, lean forward and stand up (hands on chair if needed). Slowly step back until you can feel the chair at the back of your legs and lower yourself into the chair. REPEAT 10 TIMES.



Heel Raises

Stand tall with your hands on the back of the chair, or a sturdy surface (kitchen side). Lift your heels off the floor, moving your weight onto the big toes. Hold for 3-6 seconds then slowly lower. REPEAT 10 TIMES.



Toe Raises

Stand tall with same support. Raise your toes off the floor, weight onto heels. Try not to stick your bottom out. Hold for 3-6 seconds. REPEAT 10 TIMES.



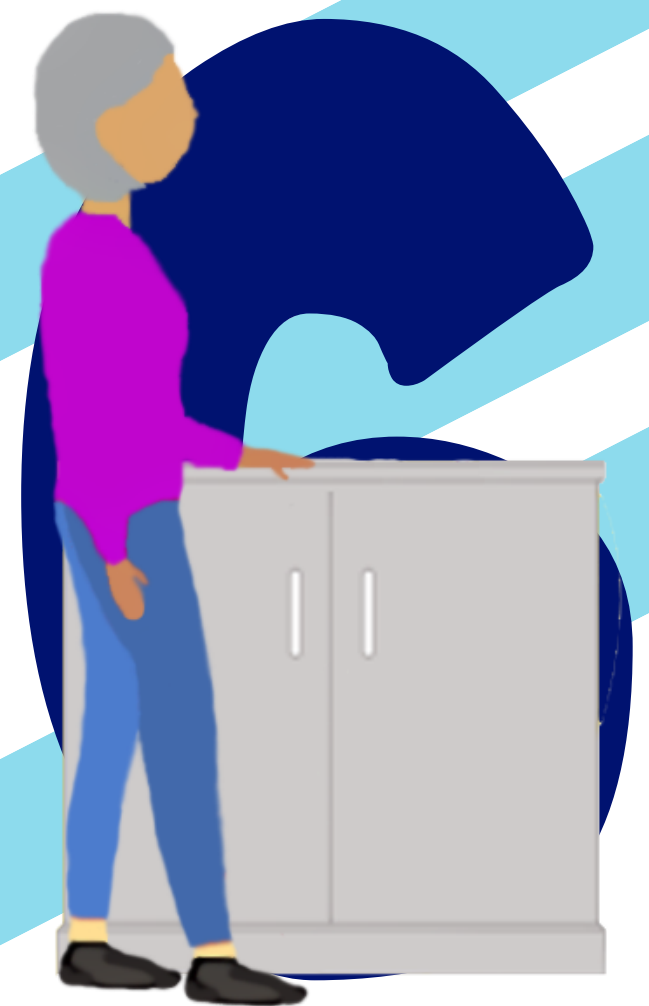
One Leg Stand

Stand close to your support, holding with 2 hands (1 or no hands for increased difficulty), balance on one leg. Keep the supporting knee soft and stand up tall. HOLD FOR 10 SECONDS. REPEAT ON OTHER LEG



Heel-toe Stand

Stand tall with hands on support (1 hand or no hands for increased difficulty). Put one foot directly in front of the other, making a straight line. Look ahead and balance. HOLD FOR 10 SECONDS. Take front foot back then place the other foot in front. REPEAT.



Heel-toe Walk

Stand tall, one hand on your support. Look ahead and walk forwards, placing one foot directly in front of the other until you reach the end of your support. Take feet back to hip width apart, turn and repeat as you walk back. REPEAT 2 TIMES.



- MAKE SURE YOUR SUPPORT IS STURDY
- STOP EXERCISING IF YOU EXPERIENCE CHEST PAIN, SEVERE SHORTNESS OF BREATH OR DIZZINESS, THEN CALL YOUR GP, 111 OR IN AN EMERGENCY 999.
- WEAR SUPPORTIVE SHOES
- A SLIGHT SORENESS THE FOLLOWING DAY IS QUITE NORMAL