

Stay

In

Work

Out

Gentle Exercise

With the SHDC Communities Team



Welcome

Welcome to our programme! We hope that you will find the activities fun and engaging.

This programme was designed by the Communities Team at the South Holland District Council. It has been designed by fitness professionals and there are tips in this booklet so you can tailor the activities to suit your individual needs.

This booklet contains some sections for you to use to track your progress and exercises for you to do at home.

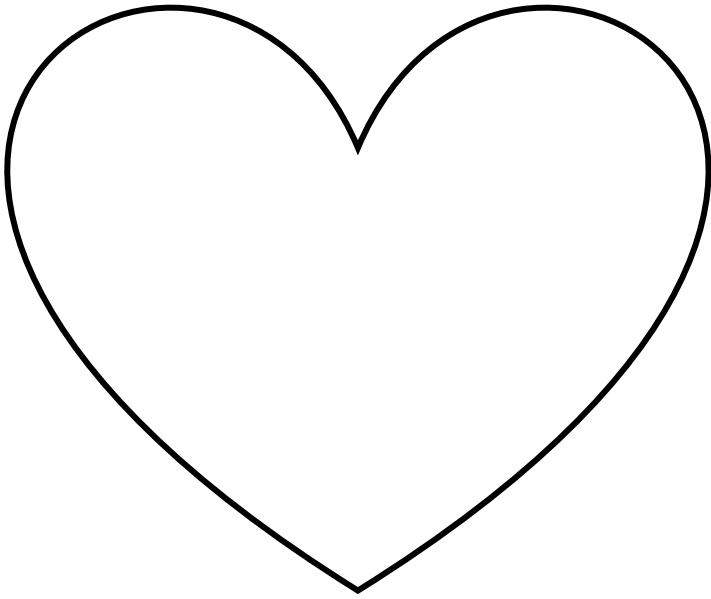
To make sure your first steps into being active are enjoyable, they need to be safe too. Our top tips to stay safe are:

- Don't do physical activity if you feel unwell or have a high temperature.
- Wear comfortable clothes and shoes that give you good support.
- Remember to drink water before, during and after your activity – don't wait until you're thirsty.
- Start slowly, and build up the pace of your activity gradually. Make sure you slow down gradually too – don't suddenly stop.
- Do some stretching exercises after your activity to help avoid muscle stiffness the next day, we have included these in your exercise programme.
- Stop if you're in pain, feel dizzy, become tired or feel unwell.
- When completing your exercise at home if you are using a chair for support or balance make sure it is sturdy and stable and make sure the space around you is free of trip hazards.
- If you experience pain in your joints or muscles while exercising stop, check your position and try again. If the pain persists stop. However, feeling your muscles working or slight muscle soreness the day after you have been exercising is normal and shows that the exercises are working.

On the next page there is a goal setting document. Setting goals helps us to stay motivated and measure our progress.

My Goal

What do I want to achieve?



How will I know I have achieved it
(what does success look like)?

A large, empty rectangular box with a black border, intended for a person to describe what success looks like.

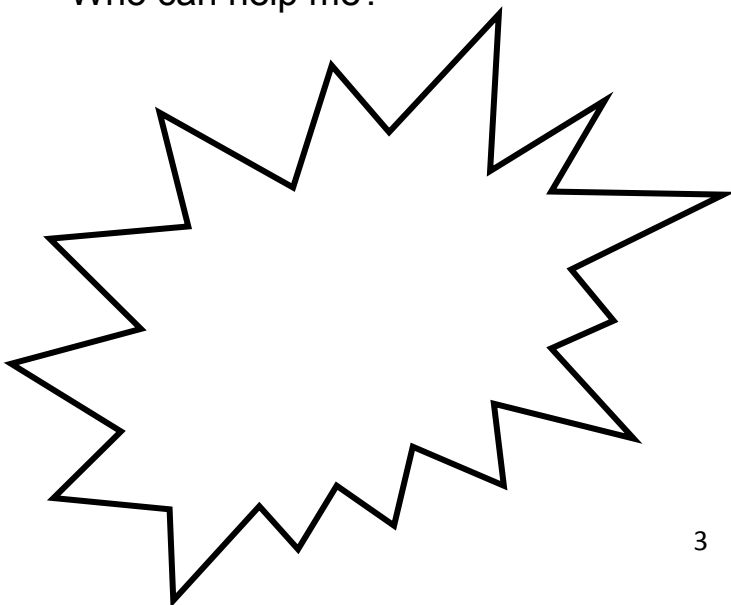
How will I achieve it (What exactly do I need to do)?

A large, empty rectangular box with a black border, intended for a person to describe the steps needed to achieve their goal.

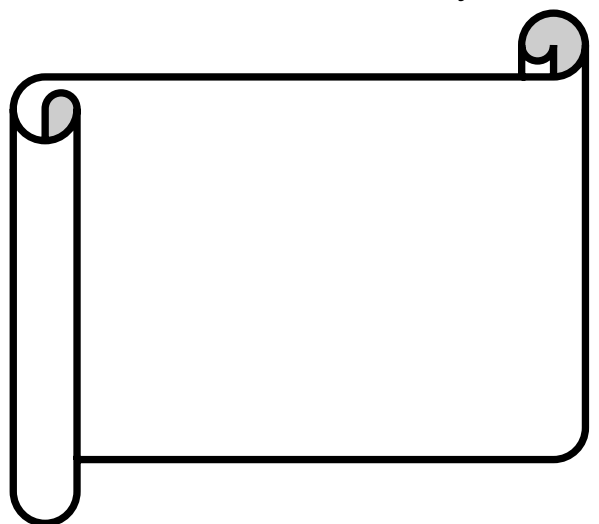
What could stop me? How can I overcome it?

A large, empty rectangular box with a black border, intended for a person to identify potential obstacles and how to overcome them.

Who can help me?



When will I achieve this by?



Weekly Exercises

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

There are 4 warm up exercises to complete at the beginning of each session and 3 stretches to complete at the end of every session.

Each week you will be challenged with 1 new balance exercise and 1 new strength exercise. The idea is that you add these 2 exercise into your routine each week. The same warm up and stretching exercises will be repeated each week.

For example:

4 Warm Up Exercises

1 Balance Exercise

1 Strength Exercise

3 Stretch Exercises

Alongside the exercises is information about how completing the exercises will improve your health, balance and mobility.



Look out for these boxes

Warm Up: March

- Stand (or sit) tall
- Hold the back (or sides) of the chair
- March with control
- Build to a rhythm that is comfortable for you
- Continue for 1-2 minutes

This exercise helps warm the muscles and prepares the body for movement.



SAFETY POINT

Keep your feet hip distance apart

Warm Up: Shoulder Circles

- Stand (or sit) tall with your arms at your sides
- Lift both shoulders up to your ears, draw them back then press them down
- Repeat slowly 5 times

This exercise helps reduce neck and shoulder tension.



SAFETY POINT

Keep your feet hip distance apart

Warm Up: Ankle Flexibility

- Stand side on to (or sit tall at the front of) the chair
- Pull up tall
- Hold the back (or sides) of the chair
- Place the heel of one foot on the floor then lift it and put the toes down on the same spot
- Repeat 5 times on each leg

This exercise helps loosen ankles and improves the heel/toe walking action.



SAFETY POINT
Hold onto something secure
to help keep your balance

Warm Up: Spine Twists

- Stand (or sit) very tall with your feet hip width apart
- Fold your arms across your chest
- Twist your upper body and head to the right keeping your hips forwards
- Repeat on the opposite side
- Repeat 5 times

This exercise loosens the spine and helps with putting on seat belts and looking over your shoulder.



SAFETY POINT
Complete this seated if
needed

Week 1: Heel Raises

- Stand (or sit) tall holding a sturdy chair or table.
- Raise your heels taking your weight over your big toe
- Hold for a second
- Lower your heels with control
- Repeat 10 times

This exercise will help you reach high cupboards more easily and improve walking.



SAFETY POINT
Hold onto something secure
to help keep your balance

Week 1: Sit to Stand

- Sit tall near the front of the chair
- Place your feet slightly back
- Lean forwards slightly
- Stand up (using your hands on the chair if needed)
- Step back until your legs touch the chair then slowly lower your bottom back into the chair
- Repeat 10 times

This exercise will help make it easier to get out of a chair or squat to do things.



SAFETY POINT

Hold onto something secure
to help keep your balance

Stretch: Lower leg

- Stand behind the chair holding on with both hands
- Step back with one leg and press the heel down
- Check that both feet face directly forwards
- Feel the stretch in your calf
- Hold for 10 – 20 seconds
- Repeat on the other leg

This stretch will help you lift your toes when walking and get your socks on more easily.



SAFETY POINT
Hold onto something secure
to help keep your balance

Stretch: Chest

- Sit near the edge of the seat
- Sit tall
- Reach behind with both arms and grasp the back of the chair
- Press your chest upwards and forwards until you feel the stretch across your chest
- Hold for 10 -20 seconds

This stretch will help improve your posture and make it easier to reach behind you.



SAFETY POINT
Keep feet hip distance apart

Stretch: Back of Leg

- Sit near the edge of the seat
- 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
- Hold for 10 – 20 seconds
- Repeat on the other leg

This stretch will help you put your shoes and socks on more easily and lengthen your stride when walking.



SAFETY POINT
Place hands on the bent
knee

End of Workout Information

Well done! You have completed your exercises for today. Try to do these exercises at least 3 times per week or daily if you feel able. Set a day and a time aside for another session now.

Balance Progression

Once you are performing the balance exercises with confidence on a regular basis, you should aim to gradually reduce the amount of hand support you use.

This can be done by releasing your little fingers to see if you can still maintain your balance. The next step is to release your ring fingers and when you have mastered this, your middle fingers so that you are now balancing by supporting only with your index fingers. Make sure you master balancing at each stage before progressing to the next.

Sit Less

We now know that long periods of sitting, like watching the television all evening, are not good for our health. The more we sit, the more likely we are to gain weight, develop health problems, become less mobile and have a low mood.

People who get up more regularly and break up long periods of sitting (every 1-2 hours at least) are more mobile and healthy.

Tips to break up long periods of sitting include:

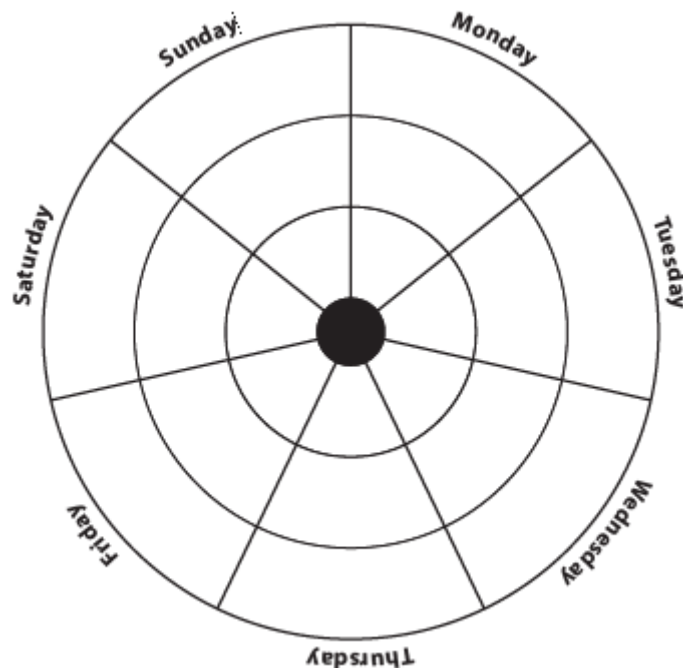
- Stand up after a few chapters of a book
- Remain standing while the kettle is boiling
- Do one of the standing exercises in this booklet

Week 1

Check your progress

Each of the sections on this diagram represents a day in the week. Each smaller segment equals ten minutes of activity. For every ten minutes that you've been active on any given day, colour in a section. Fill in segments on the outside of the circle first, then work inwards. Your aim is to do enough activity to hit the bullseye each day.

Come back to this each week and compare the amount of activity you do from week to week to see if you're making progress. Remember the aim is to hit the bullseye by doing 150 minutes of activity every week.



How are you feeling this week?

What have you done this week to help you work towards your goal?

Week 2: Toe Raises

Don't forget to do your warm up exercises and stretches

- Stand (or sit) 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
- Repeat 10 times

This exercise will help you lift your toes more easily when stepping over things and reduce your chance of falling backwards.



SAFETY POINT

Hold onto something secure to help keep your balance

Week 2: Upper Back Strength

- Hold the band with your palms facing upwards and your wrists straight
- Pull your hands apart then draw the band towards your hips and squeeze your shoulder blades together
- Hold for a slow count of 5 whilst breathing normally
- Release, then repeat 7 more times

This exercise helps to improve posture and prevent stooping. It also helps with opening heavy drawers or changing bedding.



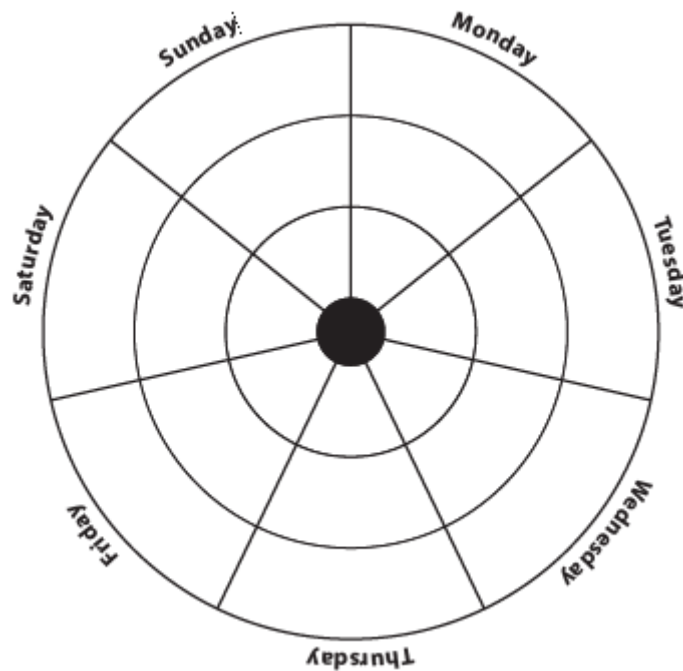
SAFETY POINT
Keep your feet hip distance apart

Week 2

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Week 3: Toe Walk

Don't forget to do your warm up exercises and stretches

- Stand tall and next to your support
- Raise your heels (weight over big toe) then take 10 small steps forwards
- Bring your feet together then lower your heels with control

This exercise will help your balance if you have to step over objects and improve your steadiness when walking.



SAFETY POINT

Hold onto something secure
to help keep your balance

Week 3: Outer Thigh Strength

- Sit tall near the front of the chair with your feet and knees touching then wrap the band around your legs (keeping the band as flat as possible)
- Move your feet and knees so they are hip width apart
- Push your knees outwards, keeping your feet on the floor and hold for a slow count of 5
- Release, then repeat 7 more times

This exercise helps with getting out of a car or stepping sideways steadily.



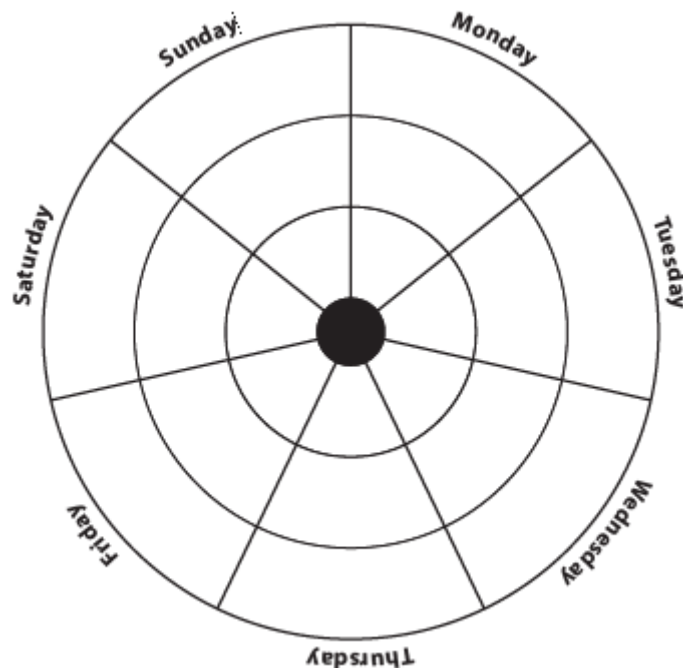
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Week 3

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What have you done this week to help you work towards your goal?

Week 4: Heel Walk

Don't forget to do your warm up exercises and stretches

- Stand tall and next to your support
- Raise your toes without sticking your bottom out then take 10 small steps forwards
- Lower your toes with control
- Repeat in the other direction

This exercise will help your balance and ankle strength when stepping over things.

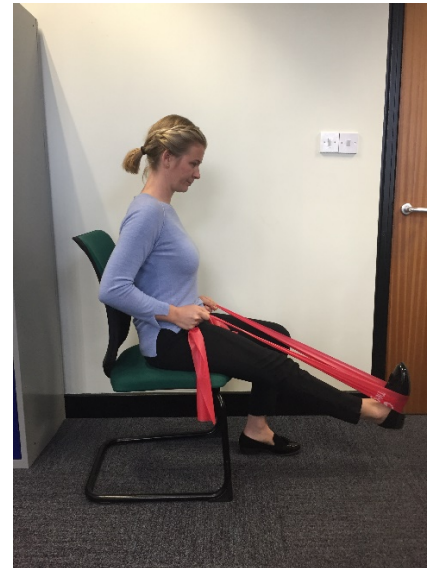


SAFETY POINT
Hold onto something secure
to help keep your balance

Week 4: Thigh Strength

- Sit tall at the front of your chair
- Place the band under the ball of one foot and grasp it with both hands at knee level
- Lift your foot just off the floor then pull your hands to your hips
- Now press your heel away from you until your leg is straight and your heel is just off the floor
- Repeat 6 – 8 times on each leg

This exercise helps with driving, getting out of a chair more easily and your grip strength.



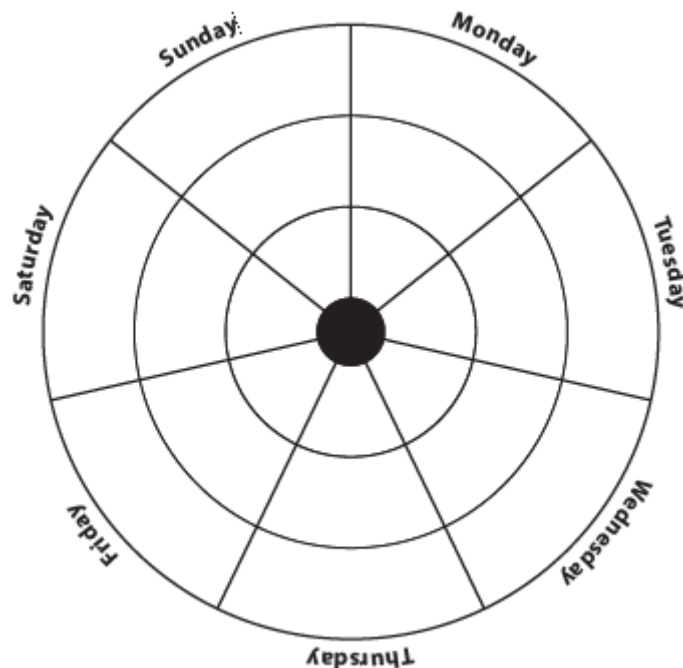
SAFETY POINT
Keep your feet hip distance apart

Week 4

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How are you feeling this week?

What have you done this week to help you work towards your goal?

Week 5: Side Steps

Don't forget to do your warm up exercises and stretches

- Stand tall behind your support
- Take a sideways step keeping the hips forward and the knees soft
- Repeat side to side 10 times, building to a comfortable rhythm

This exercise will help you step sideways safely to avoid object's in the way and improve your balance.



SAFETY POINT
Hold onto something secure
to help keep your balance

Week 5: Bicep Curl

- Hold the band with your palms facing upwards and your wrists straight
- Place the band underneath both feet
- Slowly curl the arms, keeping the elbows by your sides.
- Release, then repeat 7 more times

This exercise helps improve the strength in your arms and to help with lifting objects.

If you feel balanced enough you can try this exercise standing.



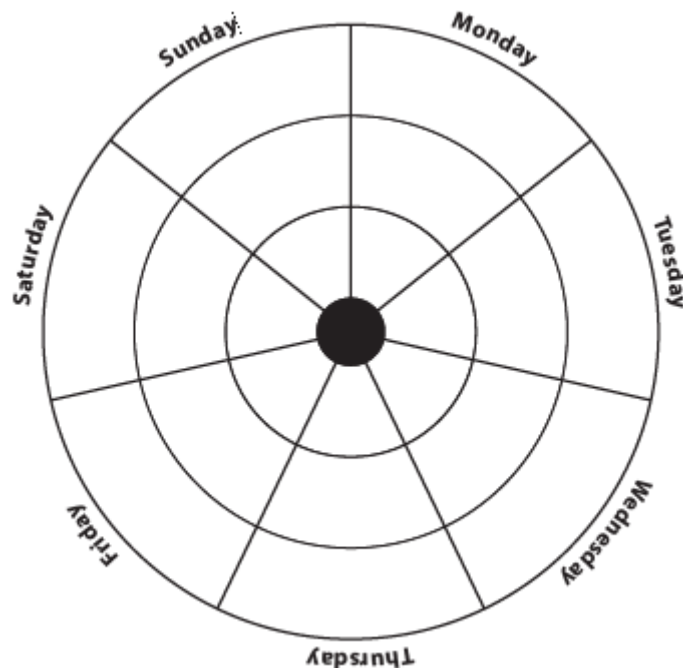
SAFETY POINT
Keep a good posture

Week 5

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What have you done this week to help you work towards your goal?

Week 6: Flamingo Swings

Don't forget to do your warm up exercises and stretches

- Stand tall and next to your support
- Swing the leg furthest from the chair forwards and back with control
- Perform 10 swings
- Repeat on the other leg

This exercise will help your balance and strength in the hip area.



SAFETY POINT
Hold onto something secure
to help keep your balance

Week 6: Upright Row

- In a seated or standing position place the band underneath your feet
- Hold the ends of the band and pull upwards towards the chest
- Keep the elbows out to the side and higher than the wrists. Keep the back straight
- Release, then repeat 7 more times

This exercise helps improve the strength and mobility in your shoulders and upper back.



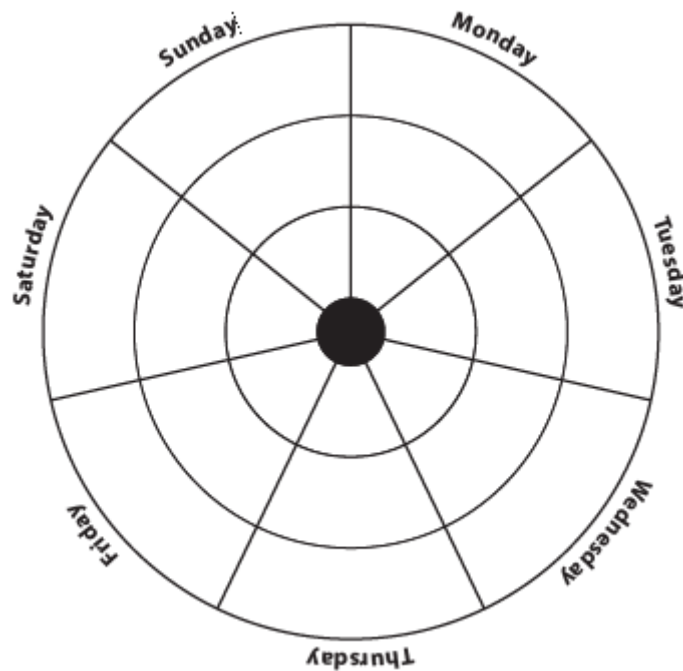
SAFETY POINT
Sit tall and keep a good posture

Week 6

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How are you feeling this week?

What have you done this week to help you work towards your goal?

Week 7: One Leg Stand

Don't forget to do your warm up exercises and stretches

- Find a safe place close to a chair or wall for support if needed
- Stand tall with your arms by your sides
- Take one foot off the floor and start counting.
- Aim for 30 seconds, using support for balance if needed.

This exercise will help improve your balance and leg strength.



SAFETY POINT
Hold onto something secure
to help keep your balance

Week 7: Chest Press

- In a seated position place the band behind your shoulder blades
- Hold on the ends of the band at chest height
- Press forwards so the arms are out in front
- Return to the chest
- Repeat 10 times

This exercise will help strengthen the chest and arms and help with pushing open doors.



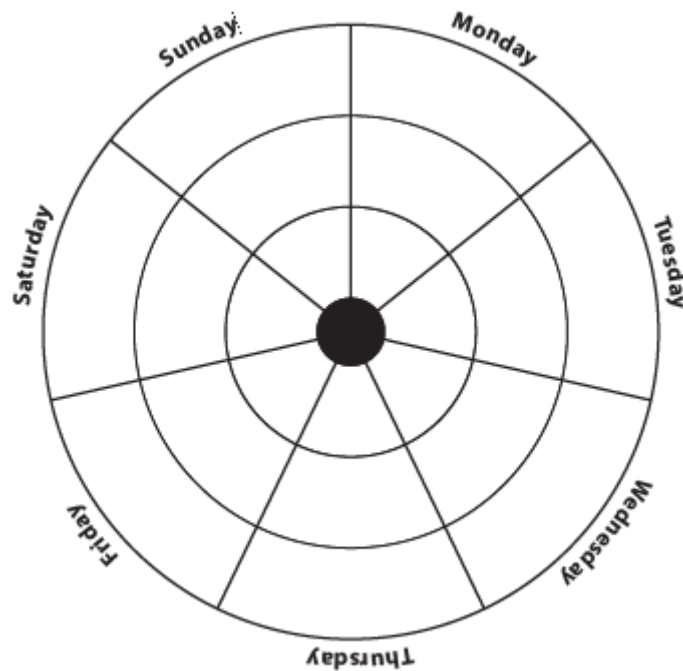
SAFETY POINT
Keep feet hip distance apart

Week 7

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How are you feeling this week?

What have you done this week to help you work towards your goal?

Week 8: Wrist Mobility

Don't forget to do your warm up exercises and stretches

- Hold the resistance band at one end and out in front of you so that the band is hanging down towards the floor.
- Start to roll the resistance band up using the fingers whilst holding your arms out in front of you.
- Once you have rolled the band up twist it as if you are squeezing water out of a cloth and repeat this 10 times

This exercise will help improve grip strength and mobility in your hands and wrists.



SAFETY POINT
Keep feet hip distance apart

Week 8: Lateral Raise

- In a seated or standing position place the band underneath your feet
- Cross the resistance band and hold on to the ends of the band.
- Keep the arms straight and lift out to the side and away from your body. Return arms to the side
- Repeat 10 times

This exercise will help strengthen the shoulders and upper back.



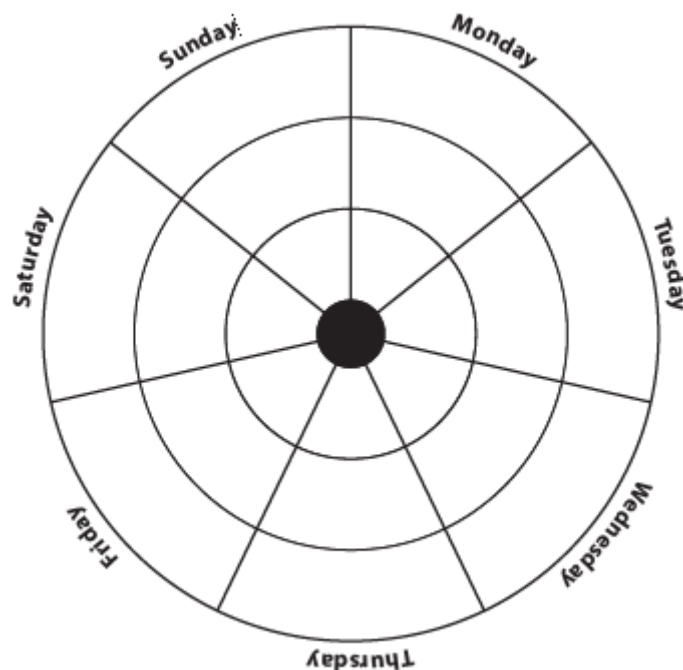
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Week 8

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How are you feeling this week?

What have you done this week to help you work towards your goal?

What Will You Do Next?

By taking part in this programme you have made some really positive steps in caring for your health and wellbeing. So what will your next steps be?

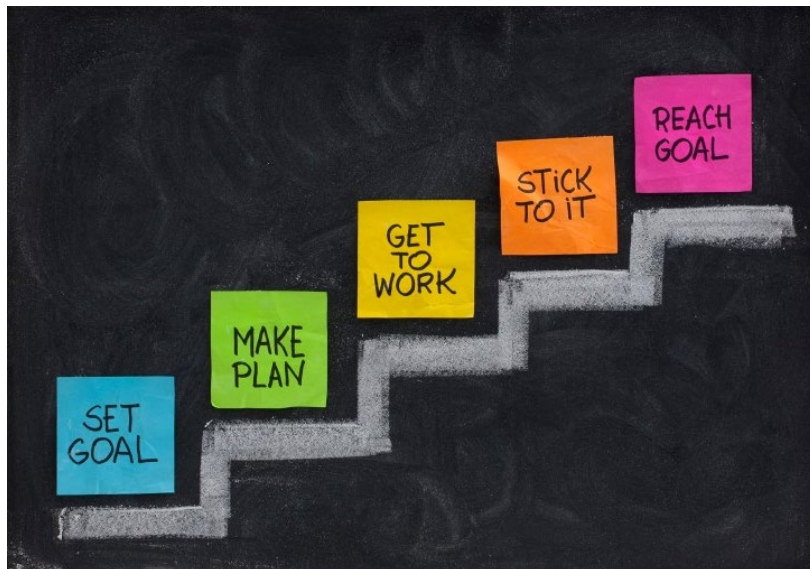
There are a number of physical activity groups around the district, you can contact the Communities Team for the details of these.

There are lots of walking trails around the district, you can find maps for them here: <https://www.sholland.gov.uk/article/5670/South-Holland-Walks>

You can download the Iprescribe app from the NHS that helps you design an exercise plan based on your health needs for free <https://www.nhs.uk/apps-library/iprescribe-exercise/>

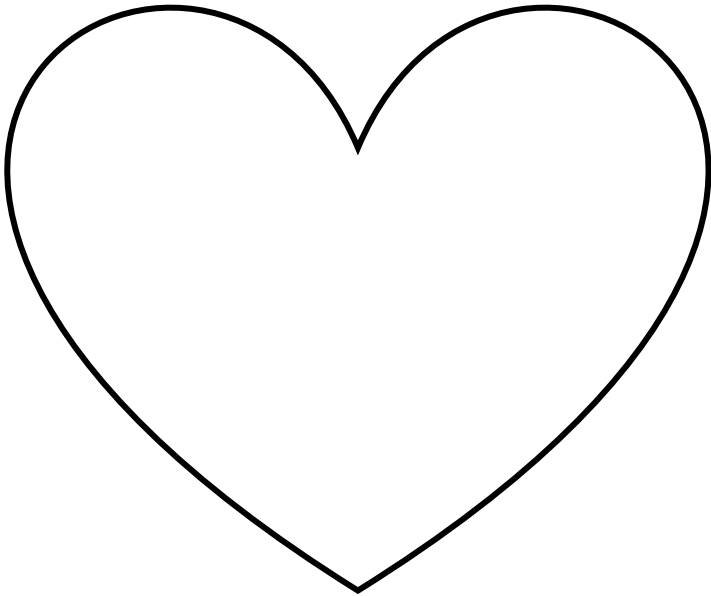
Don't forget that you can keep using the exercises in the book to maintain the gains you have made so far.

Your last task for this project is to set yourself a new goal. Use the next page to set yourself a new goal to achieve!



My Goal

What do I want to achieve?

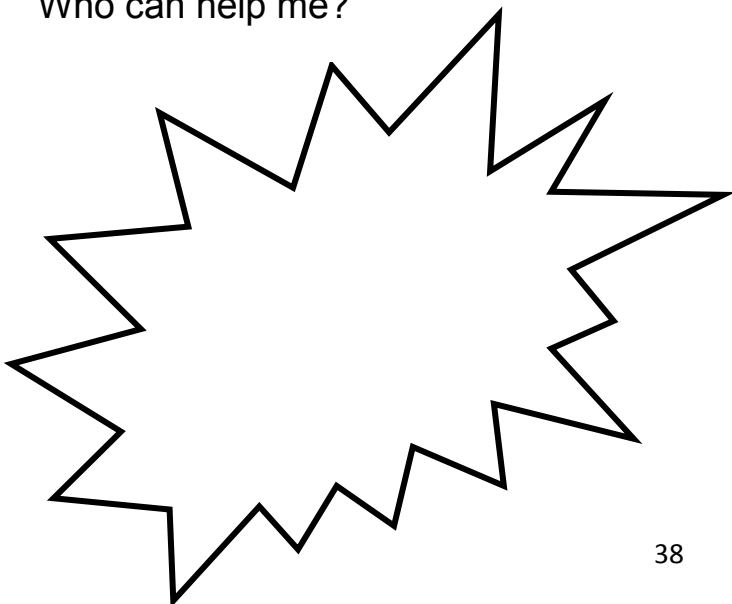


How will I know I have achieved it
(what does success look like)?

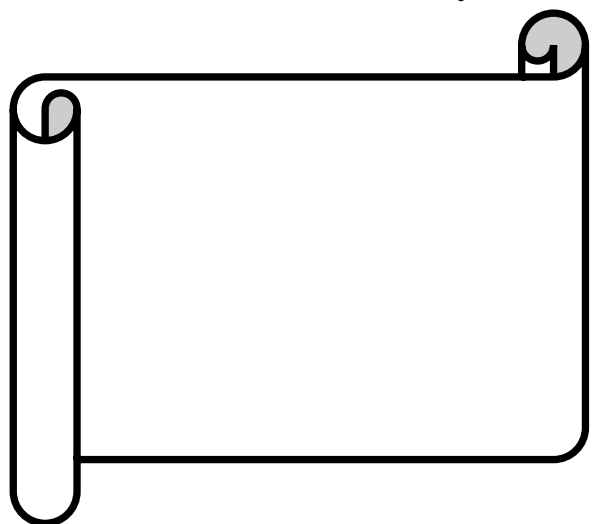
How will I achieve it (What exactly do I need to do)?

What could stop me? How can I overcome it?

Who can help me?



When will I achieve this by?





*Supporting our local community
to thrive and live healthy happy lives*

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