

## **EXERCISE FOR THE OLDER GENERATION**

### **TIPS:**

- Use a chair for support if needed.
- Exercises can be done seated or in standing, depending on what feels more comfortable for you.
- If you would like to add weights to these exercises but don't have access to any, you can use canned food or filled water bottles.
- Wear comfortable clothing.
- Have a drink close by.
- Complete these exercises twice a week (non-consecutive days), taking at least one day of rest between workouts.

### **WARM-UP:**

#### **OPPOSITE ARM/LEG MARCHING – 30 SECS**

- Stand tall, engage your core by pulling your belly button towards your spine.
- Start marching lifting your knees.
- Introduce your arms by raising one at a time, straight up to the ceiling, opposite arm to leg.
- Switch arm and leg.

#### **SIDESTEP WITH ARM ABDUCTION – 30 SECS**

- Take a step to the side, then bring the other leg in to meet and repeat with the other leg.
- As you take your step to the side, raise both arms out to the side, just below shoulder height.

### **BALANCE AND COORDINATION:**

#### **TIGHT ROPE (HEEL-TO-TOE WALKING) – 1 MINUTE (5 STEPS FORWARDS)**

- Standing upright, place your heel directly on the floor in front of the other toe.
- Repeat with the other leg.
- Keep looking forwards (don't look down).
- Put your fingers against a wall or along a kitchen counter for stability (if needed).

#### **ROCK THE BOAT (TRANSFER OF WEIGHT SIDE TO SIDE) – 1 MINUTE**

- Standing straight, looking forwards.
- Feet hip-width apart pressed feet firmly into the ground.
- Transfer your weight to your right foot and slowly lift the left leg off the ground.
- Hold this position for 5-10 seconds.

- Slowly place the left leg back to the ground, then transfer your weight onto the left leg and lift the right leg off the ground.
- Repeat each side.

### **SINGLE-LEG STANDING – 10 SECONDS ON EACH SIDE X 3 PER SIDE**

- Stand facing the wall, arms outstretched and your fingertips touching the wall.
- Lift one leg, keeping your hips level and a slight bend in your supporting leg.
- Hold this position for 10 seconds then slowly lower foot back to the floor.
- Repeat on the other side.
- Let go of the wall to progress exercise.

### **STRENGTH:**

#### **SIT TO STAND SQUAT – X10**

- Sit on the edge of your chair, feet hip-width apart.
- Using your legs only, slowly raise out of the chair, making sure you're looking forwards (not down).
- Stand up straight, squeezing your bottom to make sure you are fully upright.
- Then slowly sit back down by pushing your bottom back.

#### **PUSH UP AGAINST WALL – X 10**

- Stand arm's length away from the wall.
- Place hands flat against the wall with fingers pointing upwards, this should be at chest level.
- Your back should remain straight throughout.
- Slowly bend your arms, keeping your elbows by your side, closing the gap between you and the wall.
- Slowly return to the starting position.

#### **CALF RAISES – X 10**

- Rest your hands on the back of a chair for stability (if needed).
- Lift both heels off the floor as far as feels comfortable.
- Slowly lower heels back down to the floor. This should be slow and controlled.

#### **BICEPS CURL - X 10**

- Holding light weights (optional).
- Stand with your feet hip-width apart or seated engage your core by pulling your belly button towards your spine, keeping your back straight.
- Keep your arms by your side, slowly bend at the elbow until the weights/hands reach your shoulder.
- Slowly lower back down and repeat.

### **SEATED LEG RAISES - X 10 ON EACH SIDE**

- Sitting on a chair.
- Arms extended in front of you at shoulder height.
- Engage your core by pulling in your belly button towards your spine, keeping your back straight.
- Keeping your knees bent, lift one leg at a time, your feet should lift no more than 5 cm off the floor.

### **COOLDOWN:**

#### **CALF STRETCH – HOLD FOR 15 – 30 SECS ON EACH LEG**

- Place hands on the back of a chair.
- One foot behind you in a lunge position, toes pointing forwards.
- Push gently into the heel of the back foot, letting the hips fall lightly forwards.
- Keep heels on the floor.

#### **QUADRICEPS STRETCH - HOLD FOR 15 – 30 SECS ON EACH LEG**

- Place one hand on the back of a chair, standing upright.
- Bend one knee up towards your bum, hold ankle, foot, or leg behind you, keeping the knee pointing straight down.
- Push your hips slightly forwards to feel the stretch in the front of your hips and thigh. Repeat on the other leg.

##### **Alternatively:**

- Sit on the edge of your chair.
- Turn both knees to one side with outside hip off the chair.
- Hold onto the back of the chair, lower your outside knee towards the floor with the thigh pointing down.
- Keep back straight and upright.
- Push your hips slightly forwards to feel the stretch in the front of your hips and thigh. Repeat on the other leg.

#### **HAMSTRING STRETCH - HOLD FOR 15 – 30 SECS ON EACH LEG**

- Sit on the edge of your chair.
- Extend leg with toes pointing towards the ceiling.
- Bending from the hips, push chest forwards and upright to feel a stretch in the back of the leg.

#### **SIDE STRETCH - HOLD FOR 15 – 30 SECS ON EACH SIDE**

- Extend one arm up towards the ceiling.
- Slowly lift the rib cage and shoulder blade to feel the stretch along the side of your torso.