



— SPORT IRELAND —

Physical Activity for Health



EXERCISES





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Introduction

Welcome to the Longford LSP Physical Activity for Health exercise booklet on activities that can be done at home. If it's been a while since you done exercise activity or you have any concerns about your health please seek medical advice before starting a new exercise routine.



Adults

ADULTS SHOULD BE ACTIVE FOR AT LEAST 30 MINUTES A DAY OF MODERATE INTENSITY ACTIVITY ON 5 DAYS A WEEK, OR 150 MINUTES A WEEK

Reference: Healthy Ireland, 2016. Get Ireland active! National Physical Activity plan for Ireland.

The 30 minutes recommendation can be done over the course of the day or combined with walking / gardening etc.

Ensure to wear comfortable clothing and appropriate footwear whilst doing these exercise.

Some exercises may require you to use a light weight (dumbbell) , if you do not have this, you can use a food can/ water bottle instead.

If you are using a chair for the exercise or for balance aid , please ensure the chair is sturdy and does not move.

Disclaimer: *You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in these exercises, you agree that you do so at your own risk, that you are voluntarily participating in these exercises, assume all risk of injury to yourself, and agree to release and discharge Longford Sports Partnership and support partners from any and all claims or causes of action, known or unknown, arising out of participating from this Older Adult Exercise booklet .*



For 5 days of the week complete 30 minutes of moderate activity which can be done over the course of the day. e.g. do some of these exercises along with walking / gardening totalling to 30 minutes over the course of the day.

Remember : *Start slowly and build up the exercises at your own pace*

Option 1

Focus on 1 section each day

Monday- Flexibility

Tuesday- Strength

Wednesday - Endurance

Thursday- Balance & Fall Prevention

Friday- Choose any section

OR

Option 2

Pick 2 exercises from each section each day



Benefits of Exercise



Reduced risk of heart diseases



Improved physical strength



Improved mental health



Boosts energy



Improved balance & Coordination



Improves quality of life



Increased lung capacity



Improved Sleep



Strengthened bones & muscles



Regulates blood pressure



BALANCE & FALL PREVENTION EXERCISES

Balance & Fall Prevention Exercises



1

Heel to Toe

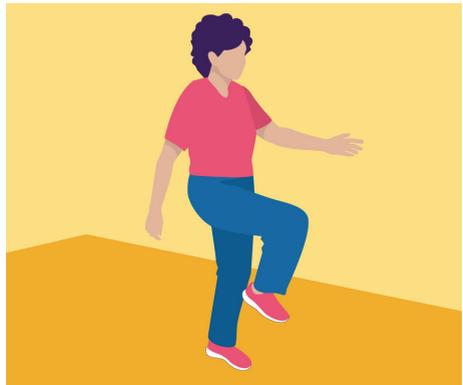
- Place your right foot in front of your left foot where the heel of your right foot touches the top of your toes of your left foot.
- Move your left foot in front of your right, putting weight on your heel.
- Then, shift your weight to your toes.
- Repeat with the left foot.
- Walk this way for 20 steps.



Marching in Place

2

- If you need to hold onto something, do this exercise in front of a counter.
- Standing straight, lift your right knee as high as you can.
- Lower it, then lift the left leg.
- Lift and lower your legs 20 times.



Remember: Stay within your comfort zone and don't push yourself to complete any of the exercises.

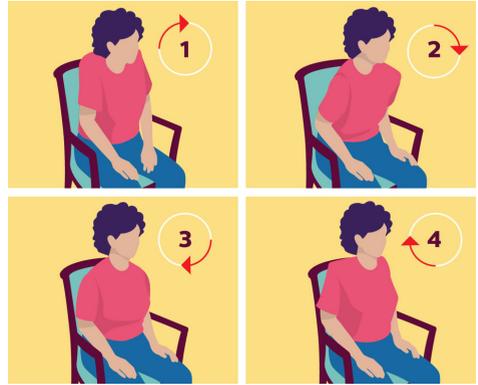
Balance & Fall Prevention Exercises



3

Shoulder Rolls

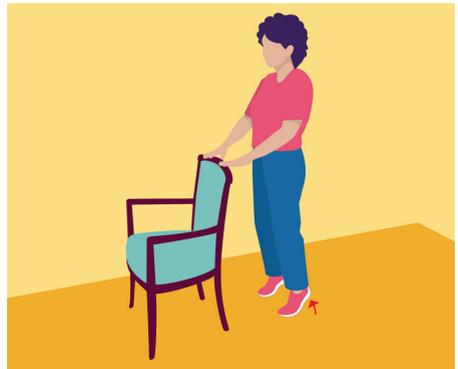
- Rotate your shoulders gently up to the ceiling, then back and down.
- Next, do the same thing, but roll them forwards and then down..



Toe Lifts

4

- Stand straight and put your arms in front of you.
- Raise yourself up on your toes as high as you can go, then gently lower yourself. Don't lean too far forward on the chair or counter.
- Lift and lower yourself 20 times.



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Balance & Fall Prevention Exercises



5

Clock Reach

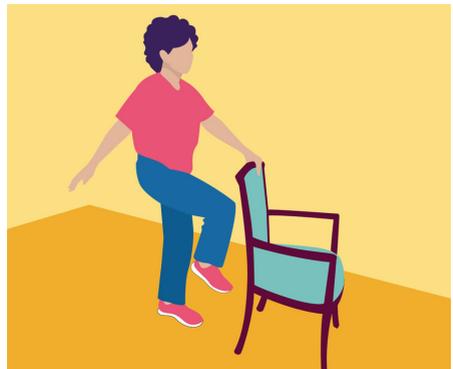
- Imagine that you are standing in the centre of a clock. The number 12 is directly in front of you and the number 6 is directly behind you.
- Lift your right leg and extend your right arm so it's pointing to 12.
- Point your arm towards the 3, and finally, point it behind you at 6.
- Bring your arm back to 3, and then 12.
- Look straight ahead the whole time.
- Repeat this exercise twice per side.



Single Limb Stance

6

- Stand behind a steady, solid chair (not one with wheels), and hold on to the back of it.
- Lift up your right foot and balance on your left foot.
- Hold that position for as long as you can, then switch feet.
- The goal should be to stand on one foot without holding onto the chair and hold that pose for as long as you are comfortable



Remember: Stay within your comfort zone and don't push yourself to complete any of the exercises.



STRENGTH EXERCISES

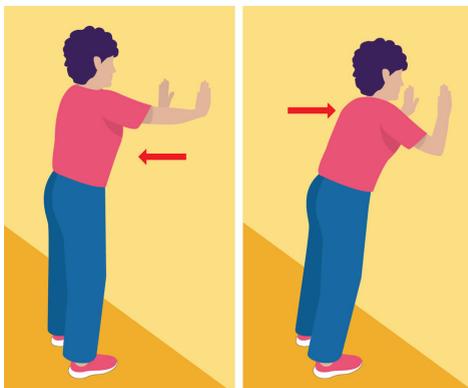
Strength Exercises



1

Wall Press Up

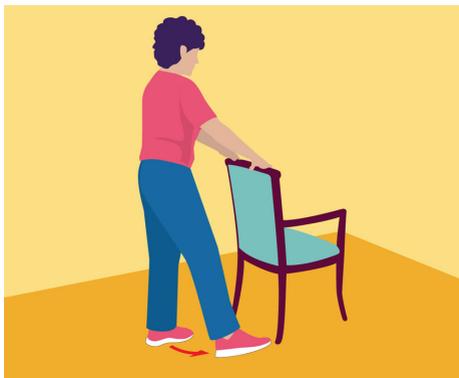
- Stand arm's length from the wall.
- Place your hands flat against the wall at chest level, with your fingers pointing upwards. With your back straight, slowly bend your arms, keeping your elbows by your side.
- Aim to close the gap between you and the wall as much as you can.
- Slowly return to the start.
- Attempt 3 sets of 5 to 10 repetitions.



Side Leg Raise

2

- Stand behind the chair with your feet slightly apart.
- Slowly lift your right leg to the side. Keep your back straight, your toe facing forward, and stare straight ahead.
- Lower your right leg slowly.
- Repeat this exercise 10 to 15 times per leg.



Remember: Stay within your comfort zone and don't push yourself to complete any of the exercises.

Strength Exercises



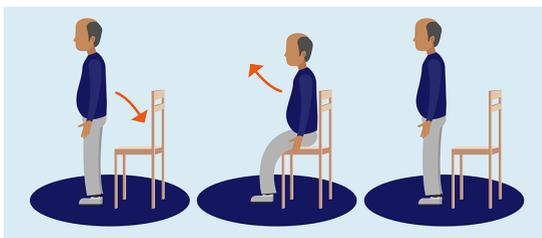
3

Sit to Stand

- Stand in front of a chair with your feet as far apart as your hips
- Lower your bottom slowly keeping your shoulders and chest upright.
- Push your body back up to return to a standing position (Try to avoid using your hands).
- Aim to perform these 5-10 times or for a duration of 20-60 seconds. Then, take a rest for 40-60 seconds. Repeat this action 2-5 times.

Advise :

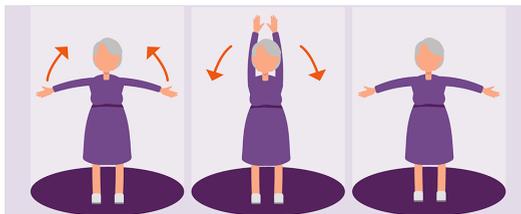
Place chair against the wall for stability



Wall Snow Angels

4

- Stand with your upper back, head, bum and heels against the wall.
- Start with your hands out to the side with your palms facing outwards
- Slowly raise your hands above your head, stretching as wide and as high as possible while maintaining contact with the wall.
- Slowly return to your starting position and then repeat – aim to complete 5-10 times
- Perform this 2-3 times, take a break for 40-60 seconds before repeating again.



Remember: Stay within your comfort zone and don't push yourself to complete any of the exercises.

Strength Exercises



5

Knee Extension

- Begin seated in a chair with your back straight and feet flat on the floor.
- Slowly extend your right leg forward and hold for a few seconds before lowering back to starting position.
- Repeat with your left leg.
- Do 10 reps per leg.



6

Bicep Curl

- Choose a dumbbell heavy enough that you can only complete 10-12 reps.
- Begin sitting in a chair with one dumbbell in each hand, with your palms facing forward, keeping your elbows close to your sides.
- Bend your arm at the elbows to lift the dumbbell $\frac{3}{4}$ of the way to your shoulders, without moving your elbows away from your side.
- Do 10 to 12 repetitions per arm.



Remember: Stay within your comfort zone and don't push yourself to complete any of the exercises.



FLEXIBILITY EXERCISES

Flexibility Exercises



1

Seated Side Stretch

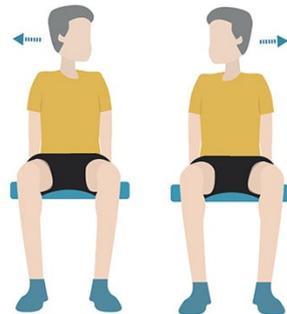
- Sit comfortably on chair. Keep back upright and the spine straight. Keep both feet flat on the floor. Keep the hips and lower body in this stable position .
- With the right hand, grip the right side of the seat to stabilize.
- Extend the left hand above the head making a similar shape to that of a spoon or a lengthened "C".
- Simultaneously, slowly shift the upper torso to the right side without collapsing the abdomen.
- Hold the position for 10-20 seconds then shift sides. Repeat 3-5 times.



Neck Turns

2

- Sit comfortably in the chair with the hips as far back as possible. Ensure that the back is firm to the backrest of the chair. Secure the core and keep both feet flat on the floor
- Keeping in this position, rotate the head to either the left or right until feeling a gentle stretch.
- Keep in this position for 20-30 seconds then rotate to the opposite direction.
- Repeat in both directions 3-5 times or as comfortable



Remember: Stay within your comfort zone and don't push yourself to complete any of the exercises.

Flexibility Exercises



3

Upper Back Stretch

- Begin seated with relaxed shoulders.
- Extend arms forward at shoulder height and grab one hand with the other.
- Push outwards while pulling your back and shoulders forward.
- Hold for 10 seconds and release.



Chest Stretch

4

- Begin seated with relaxed shoulders.
- Pull extended arms back while grabbing one hand, keeping both hands down near the buttocks.
- Pull your shoulders back and hold for 10 seconds and release.



Remember: Stay within your comfort zone and don't push yourself to complete any of the exercises.

Flexibility Exercises



5

Calf Stretch

- Place your hands against a wall for stability.
- Bend the right leg and step the left leg back at least a foot's distance, keeping it straight.
- Both feet should be flat on the floor.
- The left calf muscle is stretched by keeping the left leg as straight as possible and the left heel on the floor.
- Repeat with the opposite leg.



6

Sit and Reach Stretch

- Sit at the edge of a chair and extend your legs forward with your knees slightly bent.
- Keep your heels on the floor and toes pointed toward the ceiling.
- Extend both arms in front and reach to touch your toes, while slowly bending at the waist without bouncing.
- Hold for 10 seconds then return to resting position.



Remember: Stay within your comfort zone and don't push yourself to complete any of the exercises.



ENDURANCE EXERCISES

Endurance Exercises



1

Step Ups

- Begin at the bottom of a set of stairs.
- Step on the first stair with your left foot.
- Then, lift your right foot off the floor and hold it in the air for one second.
- Step down with your right leg, then the left.
- Repeat on the opposite side and repeat 10 times per side.

Advise :

For stability place hand on banister to aid balance



2

High Knees

- Start by raising your arms out in front of you, keeping them at hip height.
- Lift your right knee up to your right hand and lower back down.
- Repeat on the left.
- Continue this movement alternating your legs at a speed that suits you

Advise :

- To Aid your balance hold onto a chair or
- Sit on a chair and lift one knee up at a time



Remember: Stay within your comfort zone and don't push yourself to complete any of the exercises.

Endurance Exercises



3

Star Jump Arms

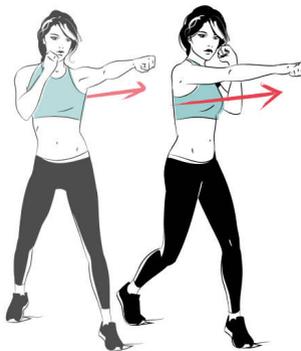
- Begin with your arms straight by your sides or touching your chair .
- Raise your arms out to your sides to above your head, touching your hands together.
- Lower your arms to your sides again.
- Repeat this for 30 seconds



4

Punch

- Begin seated, or standing with one foot in front of the other hip width apart. Keep knees slightly bend.
- Lift your hands up to in front of your face, keeping your fists closed.
- Begin to punch out in front of you alternating arms.
- Repeat this for 30 seconds.



Remember: Stay within your comfort zone and don't push yourself to complete any of the exercises.

Endurance Exercises



5

Arm Circles

- Keeping back as straight as possible, raise arms out to the side, shoulder height,
- start with small circular movements gradually building to bigger circles.
- Perform this movement for 30-40 seconds and the repeat in the opposite direction.



6

Side Lunge

- Begin with feet together.
- Take a step to the side and crouch into a semi-squat position.
- Return to center, then repeat on the other side.
- Perform this movement for 30-40 seconds repeating on opposite sides.

Advise :

Place chair in front if needed to aid balance or do a side step and back .



Remember: Stay within your comfort zone and don't push yourself to complete any of the exercises.

Exercise Planner

- Track your active minutes in the exercise planner below.
- Aim to reach 30 minutes of daily physical activity, as recommended in Ireland’s National Physical Activity Plan.

Example



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	<input type="checkbox"/> <input type="checkbox"/>						
2	<input type="checkbox"/> <input type="checkbox"/>						
3	<input type="checkbox"/> <input type="checkbox"/>						
4	<input type="checkbox"/> <input type="checkbox"/>						
5	<input type="checkbox"/> <input type="checkbox"/>						

Website Links



www.longfordsports.ie
For more information on activities for adults



www.gov.ie/en/campaigns/healthy-ireland



www.sportireland.ie



www.gov.ie



www.pobal.ie



www.longfordcoco.ie



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