

# Older Adults Home Exercise's



Follow the 6 daily exercises in this booklet, tick the boxes below when each session is completed. Aim to do one session in the morning and one session in the evening.

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"/>						



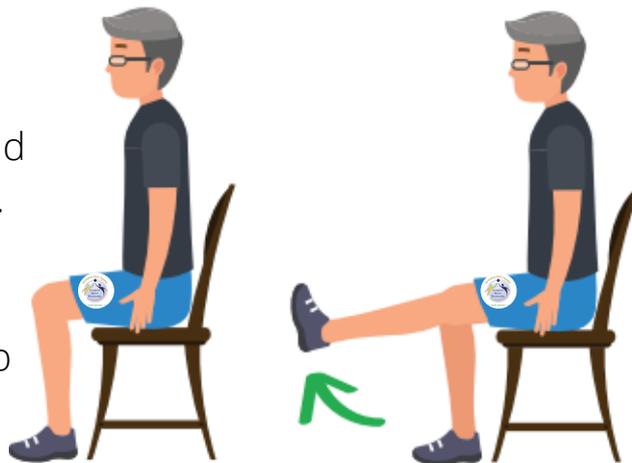
# Daily exercises to keep active



## 1

## Knee Stretching

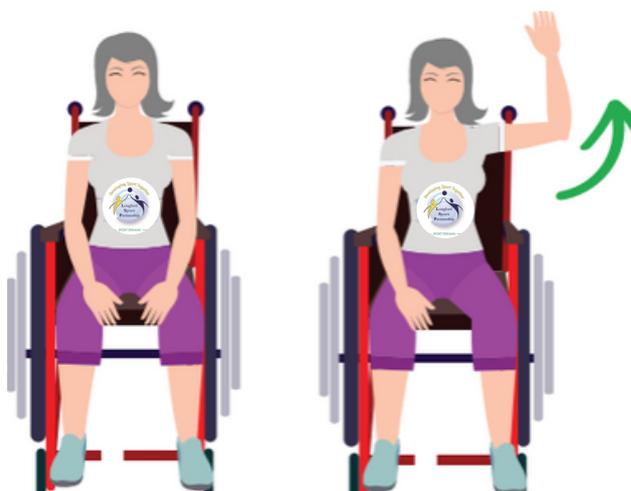
- Sit tall in a chair with your back well supported.
- Straighten your right leg fully and bring your toes up towards you.
- Hold for 5 seconds.
- Lower the leg slowly.
- Repeat up to 10 times and swap legs.



## Overhead Press

## 2

- Sitting tall in a chair with your back well supported.
- Lift one arm over your head then lower.
- Place hand on your lap.
- Raise the second arm and repeat.
- Repeat up to 10 times – as you are able.
- Use a bottle of water to make this exercise more difficult.

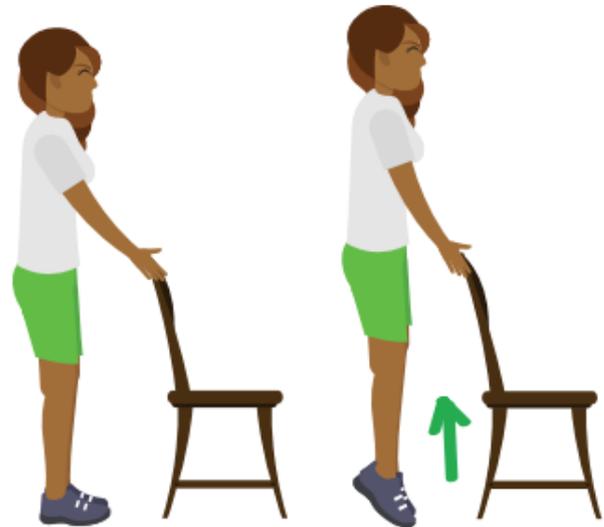


“Please only complete these exercises if you have no health or medical issues”

3

## Calf Raises

- Stand tall at the back of a sturdy chair.
- Hold on with both hands and look ahead.
- Place your feet hip width apart.
- Lift your heels slowly off the ground and keep your toes on the ground
- Keep your bottom tucked in.
- Lower your heels slowly
- Repeat up to 10 times – as you are able



## Hip Strengthening

4

- Stand tall at the back of a sturdy chair.
- Keep both legs straight facing forward.
- Lift your right leg to the side slowly.
- Return to your start position and swap legs.
- Repeat up to 10 times on each leg – as you

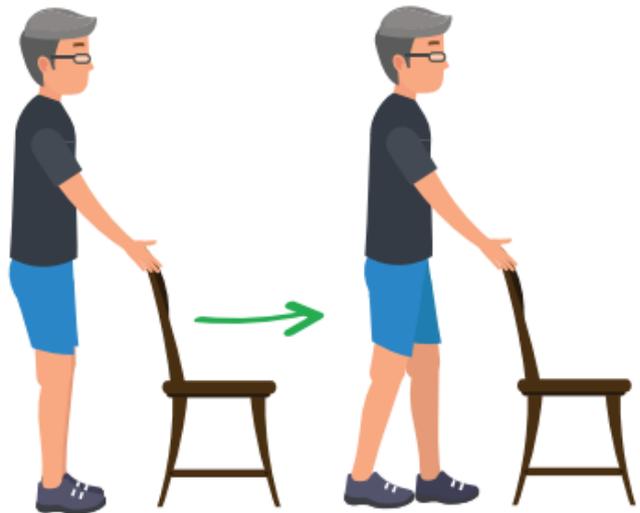


**Remember:** Stay within your comfort zone and don't push yourself to complete any of the exercises.

5

## Balance Heel Toe Standing

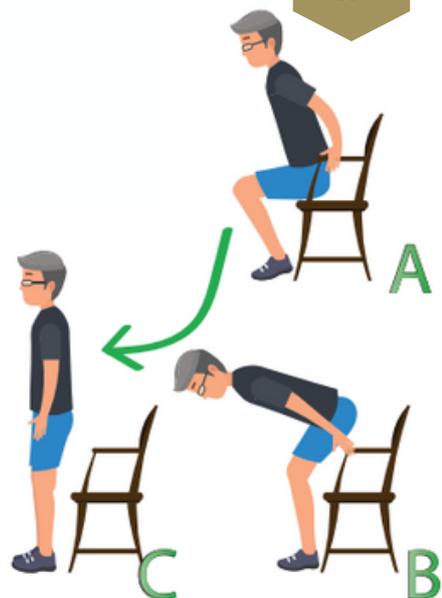
- Stand tall at the back of a sturdy chair and look ahead.
- Place right foot directly in front of the left foot (heel touching toe)
- Hold this position for 10 seconds.
- Change feet and hold for 10 seconds.



## Sit To Stand

6

- Put your chair against the wall.
- Move your bottom forwards in your chair.
- Bring your feet behind your knees.
- Lean forwards bringing your head over your knees.
- Push off with both hands to stand up.
- Step back until you feel the chair against your legs.
- Bend in the middle, reaching back for the arm rests and slowly sit back down.
- Repeat up to 10 times – as you are able



Well done!! You have completed the 6 exercises. Remember to tick the box on the front page!