

EASY MOVES

in the comfort of your home



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The City of Canterbury Bankstown acknowledge the traditional custodians of the land – Darug and Eora People – and pay our respects to Elders past and present.

Exercise - The daily medicine we all need.



Rx DAILY EXERCISE PILL

Dose: At least 30 minutes per day

Refills: Unlimited

Instructions: Accumulate at least 30 minutes per day of moderate intensity physical activity including a mix of fitness, strength, flexibility and balance exercises.

Note: Moderate intensity physical activity increases your breathing and heart rate but you should still be able to carry on a conversation.

Start at a level that is easy to manage and gradually build up the amount and frequency of the activity.

Uses: Reduce joint stiffness and pain, gain more energy, improve sleep, improve digestion, reduce and manage stress, stronger bones, maintain a healthy weight, improve mood, lower blood pressure, lower blood sugar levels, reduce risk of developing dementia.

Possible side effects may include:

1. Muscle soreness which will reduce over time as your muscles adapt
2. Having so much energy and feeling so good that you annoy your family and friends

Health Advice: Always consult your health professional prior to commencing any new exercise routine.



Exercise at home

Exercising at home is convenient, effective and free. Home exercises are safe for most people. Just make sure:

- your exercise space is large enough to move freely
- the floor is dry, clear and level
- there are no tripping hazards, such as rugs that might slip or catch your feet
- there are no other hazards, such as pets
- when sitting to exercise, use a firm, upright chair such as a dining or kitchen chair
- you wear comfortable clothing and supportive non-slip shoes.

Other safety tips

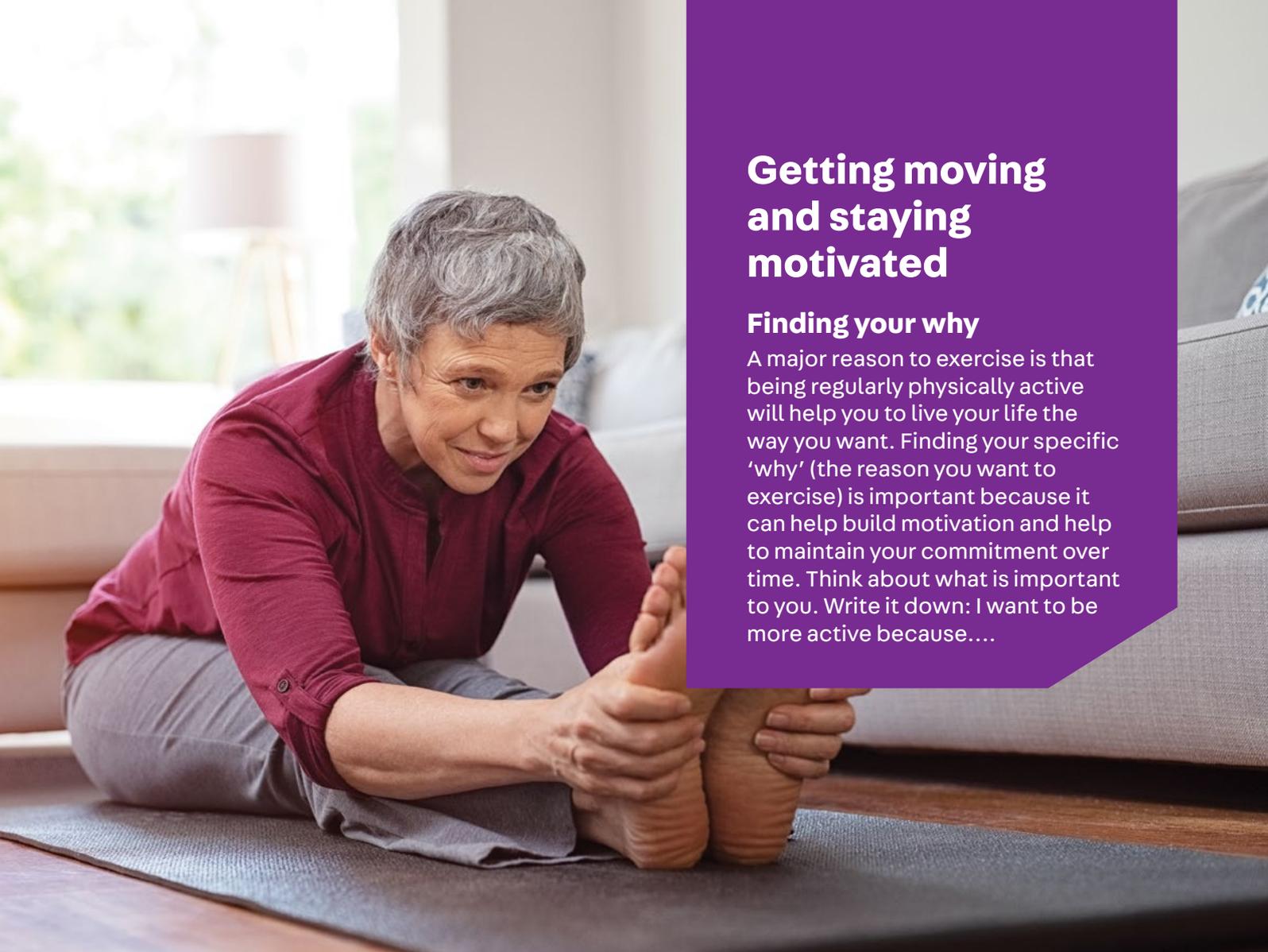
If you have concerns about increasing your physical activity or if you haven't been active for a while, make sure to seek guidance from your doctor or health professional before starting out.

Start at a level that is easy to manage and gradually build up the amount, intensity and frequency of the activity.

Drink plenty of water as exercise causes you to lose water through sweating and increased breathing.

Stop exercising if you experience dizziness, shortness of breath, chest pain or nausea and contact your doctor.

Many people can experience some muscle discomfort after exercise, however, if discomfort lasts more than 2 days reduce the difficulty. Muscles will adapt as they get stronger.



Getting moving and staying motivated

Finding your why

A major reason to exercise is that being regularly physically active will help you to live your life the way you want. Finding your specific 'why' (the reason you want to exercise) is important because it can help build motivation and help to maintain your commitment over time. Think about what is important to you. Write it down: I want to be more active because....

Make a plan

Taking a little bit of time to plan what, when, where and how you will become more active is a great way to get started or get back into an active lifestyle.

- Choose something that you think you will enjoy and remember you are never too old to try something new. If you need some ideas speak to your friends who are active and join in with them to try it out.
- Think about the best days and times of the day for you. Some people are morning people and some like a sleep in and many people have various family, social and volunteering commitments. Think about your week as a whole and plan ahead for what is going to work best for you.
- Schedule your physical activity time in your calendar on a weekly basis and keep your commitment just as you would if you had a commitment involving another person. Commit to you!!!

Make It a habit

- Be active with a friend or a group. This helps with commitment as you can encourage each other and keep each other accountable.
- Set activity goals and write them down. Make sure they are specific and achievable.
- Place your goals where you can see them to help remind and motivate you.
- Tell your family and friends about your activity goals and ask for their support.
- Reward yourself and celebrate when you achieve your goal(s).
- Know what might get in your way and have a plan to manage these obstacles.
- Keep track of your progress towards your goal.

Developing a healthy physical activity habit may take a few weeks or even months. Don't be disheartened if you lose motivation at times or have setbacks. This happens and is quite normal. The most important thing is to get back on track!

Daily home-based exercises to improve strength, flexibility and balance

Here is a basic routine that you can do every day at home to improve strength, flexibility and balance. Start with the warm-up exercises and do the remainder in any order you choose. Add a daily walk to this routine for heart fitness.

Warm ups

Warming Up helps prepare your body for physical activity.



Marching

March on the spot swinging your arms. Gradually build up to 3 minutes.



Push across front

Hands near shoulders, reach one arm across your body and straighten your elbow. Repeat with other arm. 3 - 5 times.



Shoulder rolls

Lift shoulders towards your ears, then roll them back and down. 3 - 5 times.



Side arm raises

Breathe in, raise your arms out and up (no higher than your shoulders). Breathe out and slowly lower arms. 3 - 5 times.

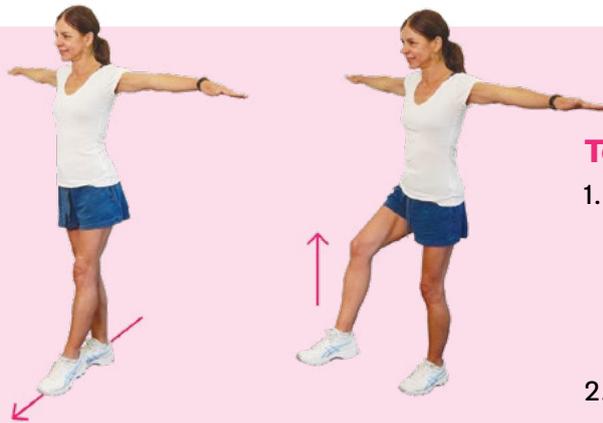
Balance walk

Balance walk improves balance and strengthens leg muscles.

TIP: Look straight ahead to assist balance.

Start with:
1 set | 10 steps

Increase to:
2 sets | 20 steps



To progress...



To begin...

1. Arms out to sides, slowly walk lifting knees up. Imagine stepping over something.
2. Keep stepping forward.
3. Turn and repeat in the opposite direction.

Turn head

Slowly look from side to side as you are walking.

Lift knees

Walk an imaginary tightrope. Lift knees higher.

Heel and toe lifts

Heel and toe lifts strengthens lower leg muscles and improves balance.

TIP: Hold on to something stable.

Start with:
1 set | 3 reps

Increase to:
2 sets | 10-15 reps



To progress...



To begin...

1. Lift your heels and stand on your toes. Slowly lower heels to the floor.
2. Lift your toes and stand on your heels. Slowly lower toes to the floor.

Seated row

Seated row strengthens your grip, upper arms, shoulders and back, and improves posture.

Start with:
1 set | 3 reps

Increase to:
2 sets | 10-15 reps



To progress...

Make sure to check the band before use. Do not use if there are tears or punctures.

Increase resistance

Use a stronger resistance band or shorten the length of band.



To begin...

1. Place the centre of the resistance band under your feet and hold the ends of the band.
2. Pull the band towards your waist by bending your elbows.
3. Hold for 1 second, then slowly return to the start position.

Try standing

Do the exercise standing and loop the band around something stable such as a table leg or verandah post.



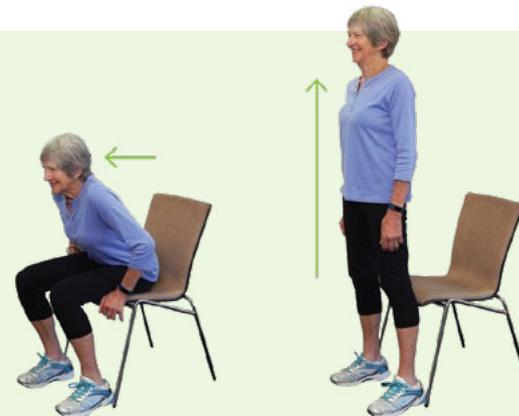
Sit to stand

Sit to stand strengthens your legs and hips, improves your balance and walking.

Strong legs keep you living independently.

Start with:
1 set | 3 reps

Increase to:
2 sets | 20 reps



To progress...



Arms out
Stand up with your arms out in front.



Arms crossed
Stand up with your arms crossed over your chest

To begin...

1. Lean forward, use your leg muscles to push up to standing. Use your hands if you need.
2. Stand fully upright.
3. Sit down slowly - using your hands if you need.

Wall push up

Wall push up strengthens your arms, chest, shoulders and back, and helps improve posture.

TIP: Gently pull abdominal muscles in to support posture

Start with:
1 set | 3 reps

Increase to:
2 sets | 10 reps



To begin...

1. Stand facing a wall, with your feet arms-length away and your hands on the wall at shoulder height
2. Breathe in, bend your elbows and slowly lean towards the wall keeping your body and legs straight
3. Breathe out as you push away from the wall

To progress...

Increase distance

Place your feet further from the wall.



Balance on one leg

Balance on one leg strengthens your hips and legs. This improves your balance.

Use your abdominal muscles for stability.

Start with:
1 set | 3 reps
Use two hands for support

Increase to:
2 sets | 5 reps



To begin...

1. Stand tall holding on to a stable support.
2. Slowly lift one foot, heel toward buttock.
3. Hold this position for 10 – 30 seconds.
4. Slowly lower your foot
5. Repeat with the other leg (this is 1 rep)

To progress...

Use less support

For more of a challenge use 1 hand, then 2 fingers, then no support.

Easy Moves exercise record

(add the date and tick each exercise as completed)

Exercises	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm ups							
Balance walk							
Heel and toe lifts							
Seated row							
Sit to stand							
Wall push up							
Balance on one leg							



Please try to do at least some exercises each day.
This will assist with mobility, muscle strengthening and wellbeing.

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This booklet was created as part of the City of Canterbury Bankstown Community Services Program. This is a physical activity program for people over the age of 65 with limited mobility to complete in the comfort of their own home.

This booklet is developed in partnership with Active Ageing Australia, Sport Aus Move it Aus Better Ageing Grant and the City of Marion.

