



# Let's Get Moving

## First Steps

# What is sedentary behaviour?

Sedentary behaviour is when you are sitting or lying down and exerting very little energy. For example reading a book or watching TV. Spending long periods of time being sedentary can lead to many health problems and lead to poorer function and increase the chance of becoming socially isolated.

**If you can reduce your sedentary time it can:**



You don't need to go to the gym to be less sedentary. These are some of the things you do every day that can be used to break up sedentary behaviour.

**Walking to the bathroom**

**Getting a drink**

**Light housework**

**Standing up between TV programmes**

**Preparing your own meals**

We all should limit the amount of time spent being sedentary. Replacing sedentary time with physical activity of any intensity for example the exercises in this book provides health benefits.

It is important to add in any new activity or daily routines gradually.

## Troubleshooting

If you are feeling unwell or dizzy, refrain from the activity until you feel better.

If you have any concerns about your health while increasing physical activity, please stop and discuss this with your doctor or health professional.

There is a high chance some of this pain will be worsened by spending long periods being sedentary.

Discuss this with your doctor or health professional and they will help get you started.

**'It's too painful when I move'**

**'My family won't let me do anything around the house'**

This is very common and families are trying to keep you safe. However research suggests the less you do, the more likely you are to become frailer and increase your chance of falls.

## Before you begin . . .

Before starting a task be sure to wear supportive footwear. Light, soft, supportive shoes are ideal but if you wear slippers make sure they have backs and are well fitting.

Before beginning a task or exercise make sure you have enough space and the room is a comfortable temperature.

**If needed, make sure you have someone to assist or supervise you and do not attempt activities beyond what you can manage safely.**

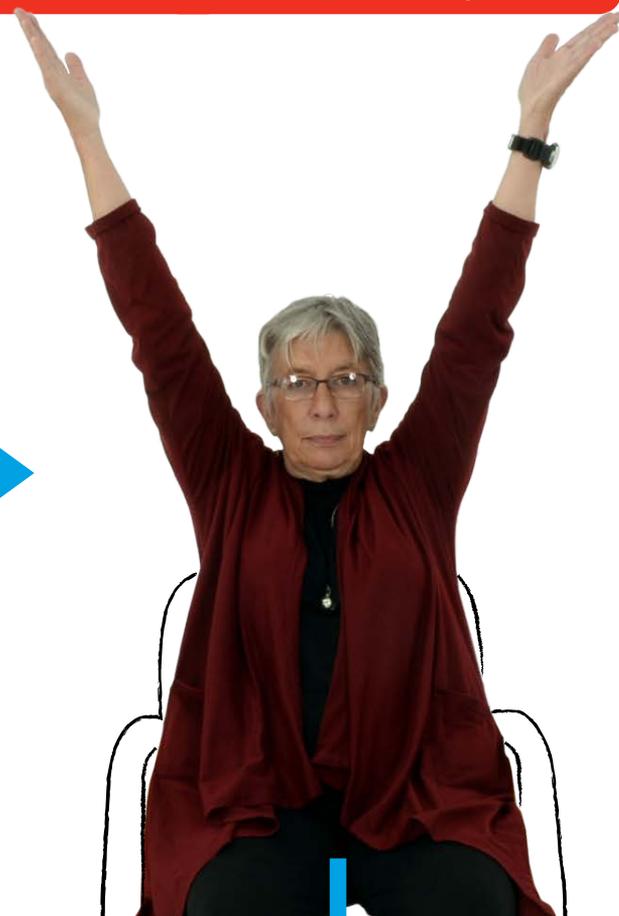


# Exercise 1

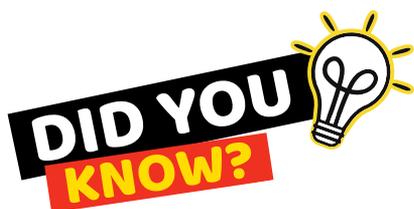
## Arm movement



For exercises 1-6 make sure you sit upright on a comfortable chair before you begin.



Repeat 10 times



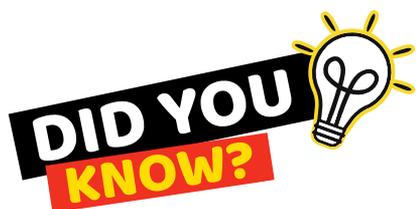
This exercise will get your arms moving and help you do things like brush your hair, reach into cupboards and put your clothes on.

## Exercise 2

### Seated march



Repeat 10 times on each leg



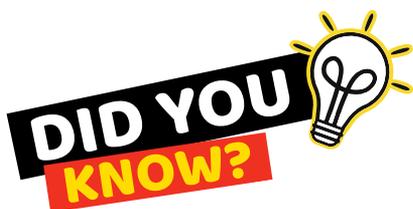
This exercise will help you stand up from a chair and help the muscles important for your balance.

## Exercise 3

### Knee mobility



Straighten your leg and hold for a count of 5  
Repeat 10 times on each leg



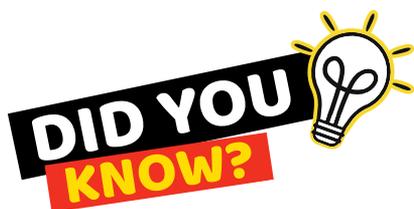
You should feel this working the muscles at the front of your thigh. These muscles are important for standing and for balance.

## Exercise 4

### Toe / heel taps



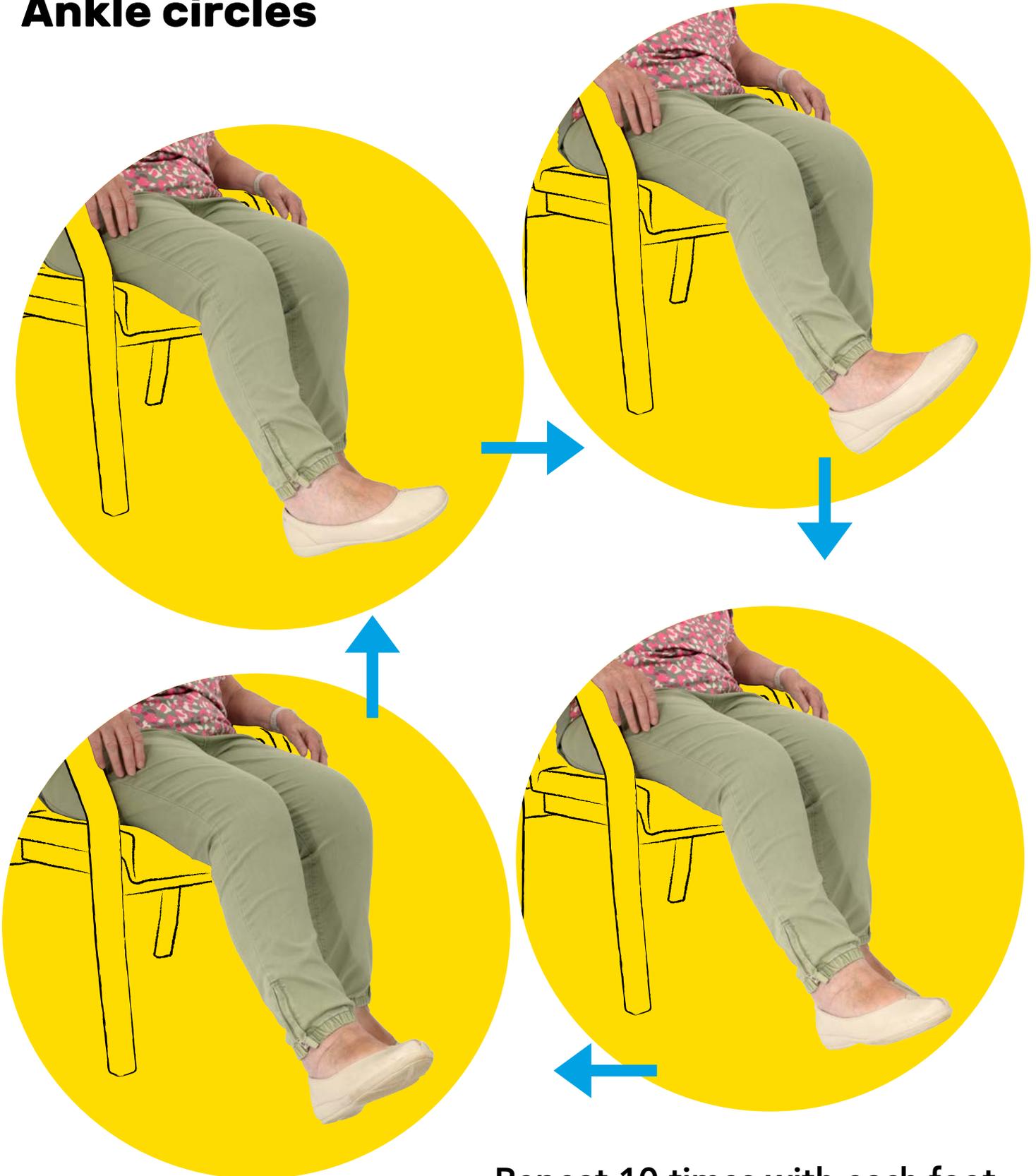
Repeat 10 times with each foot



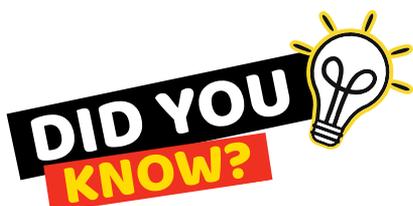
Good ankle movement will help with your balance and help to stop you tripping when you walk.

## Exercise 5

### Ankle circles



Repeat 10 times with each foot



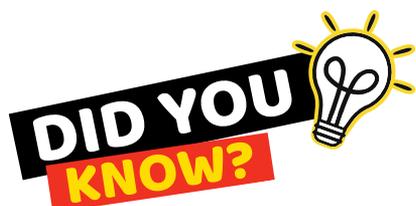
Good ankle movement will help with your balance and help to stop you tripping when you walk.

## Exercise 6

### Sit to stand



Repeat 5–10 times



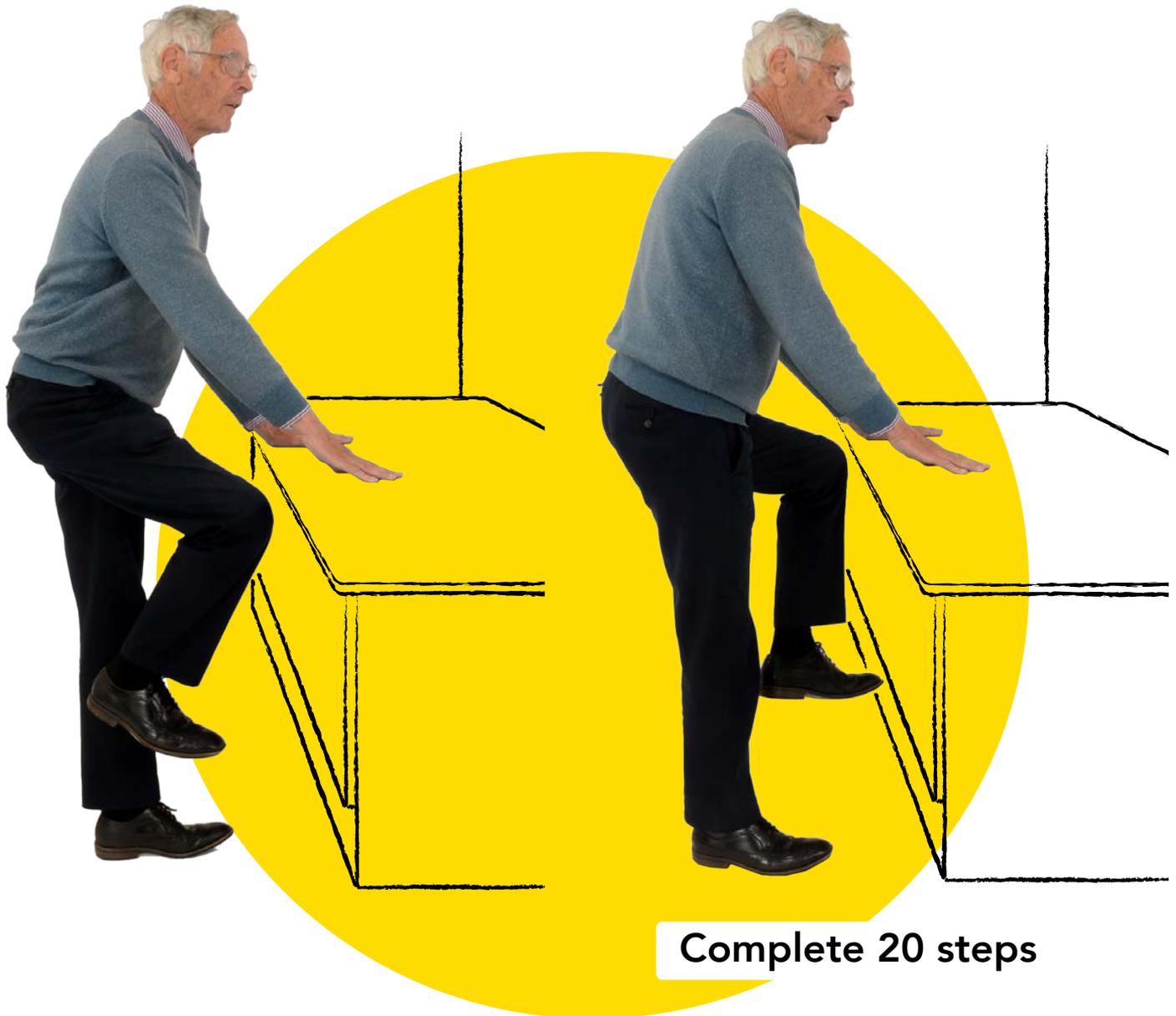
This exercise will make your legs stronger.

# Exercise 7

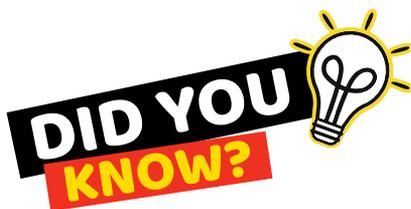
## Marching



For exercises 7-10 make sure you hold onto a steady fixed surface such as your kitchen worktop.



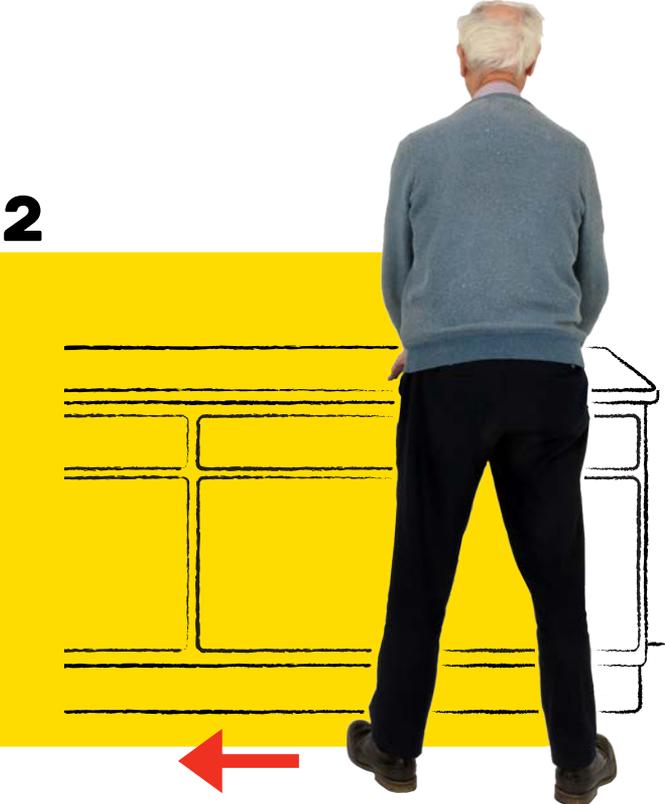
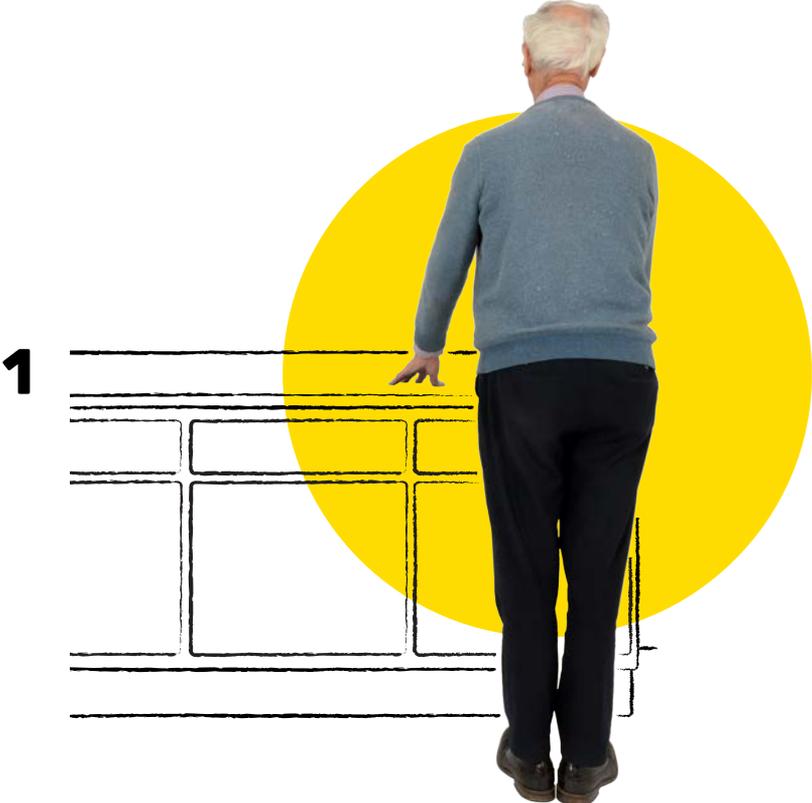
Complete 20 steps



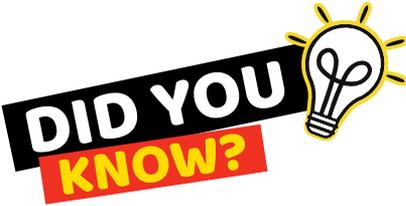
This exercise will make your legs stronger and help you lift your legs when you walk to prevent tripping.

# Exercise 8

## Side tapper



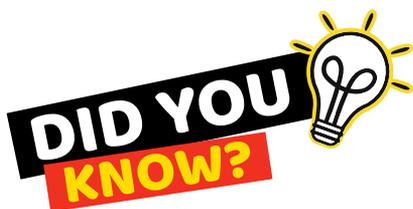
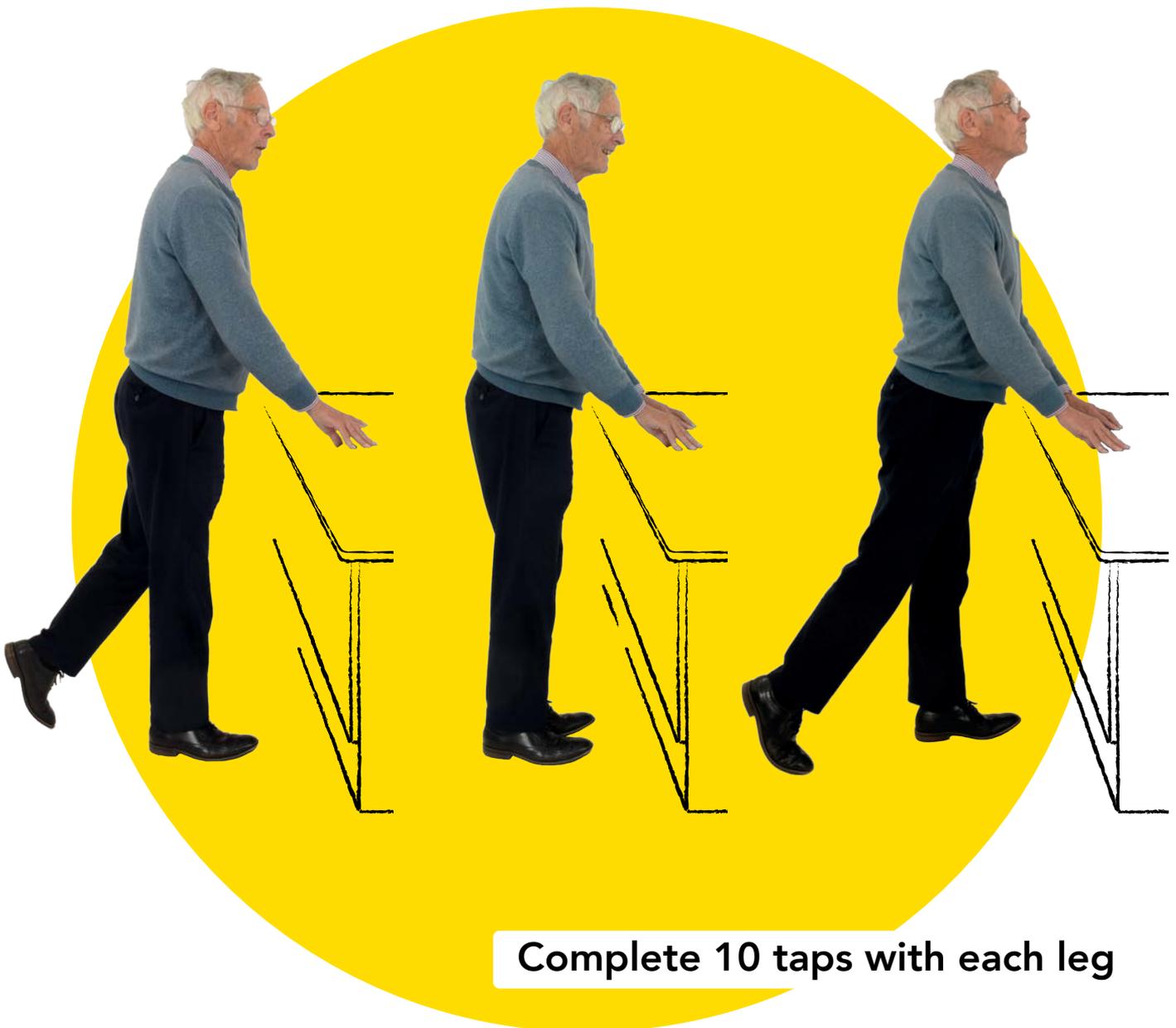
Complete 10 taps with each leg



This exercise will help you move up the side of your bed and to turn in small spaces.

# Exercise 9

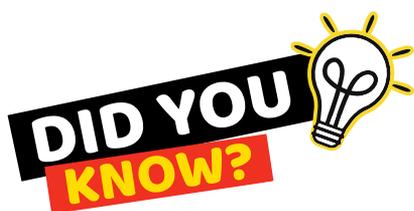
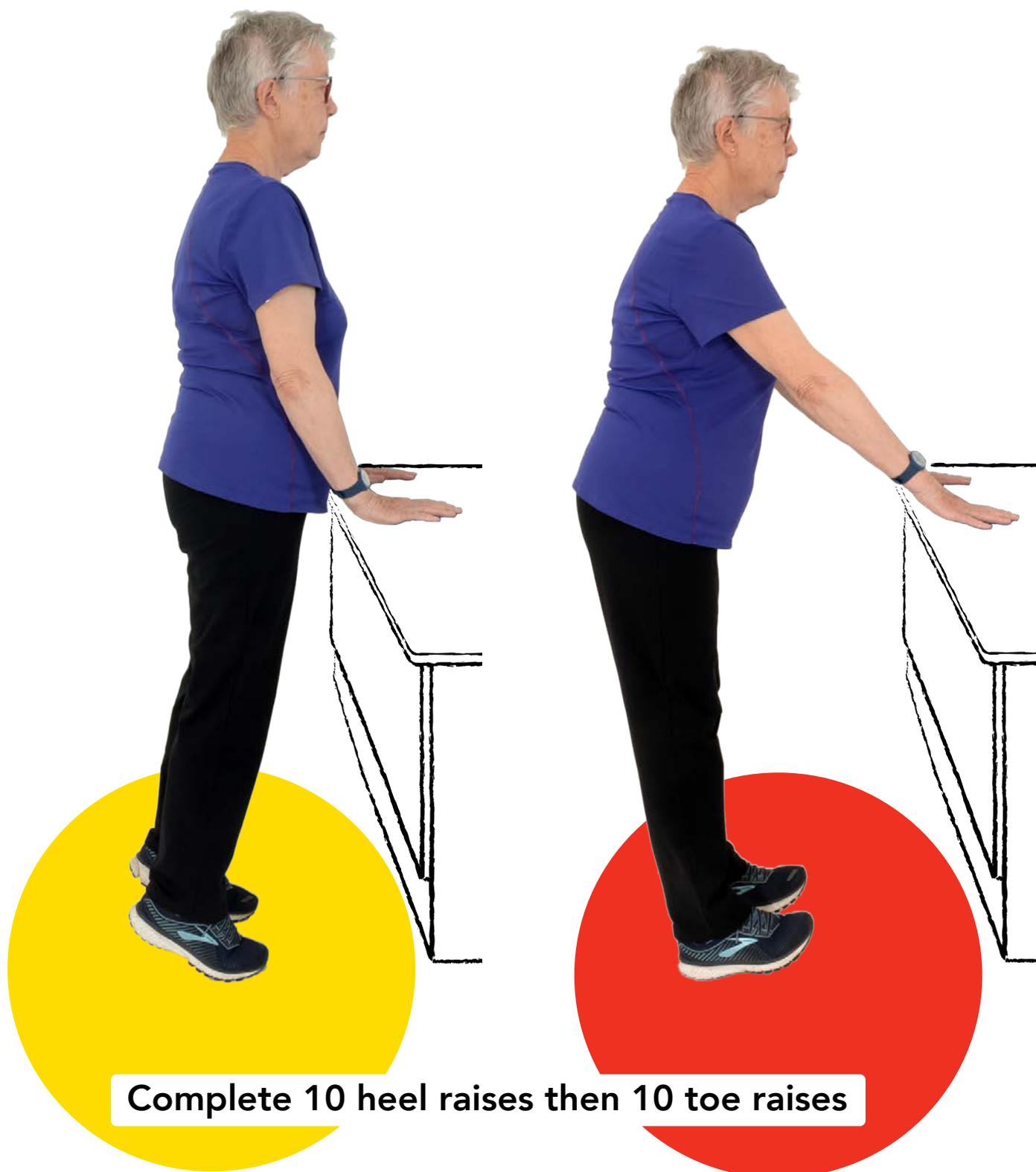
## Back step



This exercise will help you turn in small spaces and regain your balance if needed.

## Exercise 10

### Heel / toe raises



This exercise will help you keep your balance by keeping your ankles strong.

Complete the box below with things you want to achieve after participating in this exercise programme.

Review these goals at regular intervals.

<b>Goal</b>	<b>Date Set</b>	<b>Date Achieved</b>
1		
2		
3		

If you are finding these exercises aren't challenging enough you could try **booklet 2 of 2 – LET'S KEEP MOVING –NEXT STEPS.**

## Service

The following section provides a summary of some of the health and social services you may come into contact with:

### **Physiotherapist**

A physiotherapist will assess your muscle strength and range of movement. They will also look at your balance and walking. After your assessment they will work with you to try to improve your independence.

### **Occupational Therapist (OT)**

An occupational therapist will assess your ability to perform everyday activities such as dressing yourself. We sometimes call this, activities of daily living. They will assess what you can do and work with you to improve your independence where possible.

### **Social Work**

A social worker can help you access services you need and are entitled to. They offer a range of information and advice. They will carry out an assessment of current circumstances to find out what help and support you might need.

If you require any of the services above your GP Practice can direct you.

## Useful websites and contacts

WHO guidelines on physical activity and sedentary behaviour

 <https://www.who.int/publications/i/item/9789240015128>

Age Scotland Website

 <https://www.ageuk.org.uk/scotland/>



This resource was produced by local physiotherapists and exercise specialists.

### Acknowledgements

Thanks go to members of the Volunteering Service QEUH for demonstrating the exercises in the resource.



