



# Let's Keep Moving

## Next Steps

# Why Keep Moving?

Want to be more active?

Keen to improve your fitness level?

Finding that you are slower than you used to be with everyday tasks?

A little unsteady on your feet?

Perhaps you've had a fall or are worried about this happening?

**What you should be aiming for:**



# Trouble shooting



- \* If you often feel light headed or faint, or you've had 2 or more falls in the last year make an appointment to see your GP before starting an exercise programme.
- \* If you haven't had your medication checked in the last 12 months speak to your pharmacist.
- \* If at any time you feel unwell whilst doing the exercises in this guide stop and rest until you have recovered. If this happens again tell your GP.

## Before you begin....

- \* Make sure you are wearing well-fitting supportive footwear.
- \* Pace yourself, only do as many of the exercises as you feel comfortable with.
- \* Make sure you have enough space and the room is at a comfortable temperature.
- \* Make sure you have a solid piece of furniture for support e.g kitchen sink or worktop.
- \* Keep breathing properly, don't hold your breath during exercise.



# Testing strength and balance

## Strength check - 30 second sit to stand challenge

- \* Sit towards the front two thirds of a sturdy chair, feet back with heels on the floor and feet slightly apart.
- \* Stand up and sit back down again without using your hands as many times as you can in 30 seconds. Stop when you need to rest or when you get to 30 seconds.
- \* Record the number of times you can do this in 30 seconds.

## How do you compare?

These are the average range of scores for men and women by age group:

	Men	Women
Ages 60-69	12-19	11-17
Ages 70-79	11-17	10-15
Ages 80-89	8-15	8-14
Ages 90 & Over	7-12	4-10

If you are managing less than the predicted number for your sex/ age category you would benefit from completing the strengthening exercises contained within this booklet.

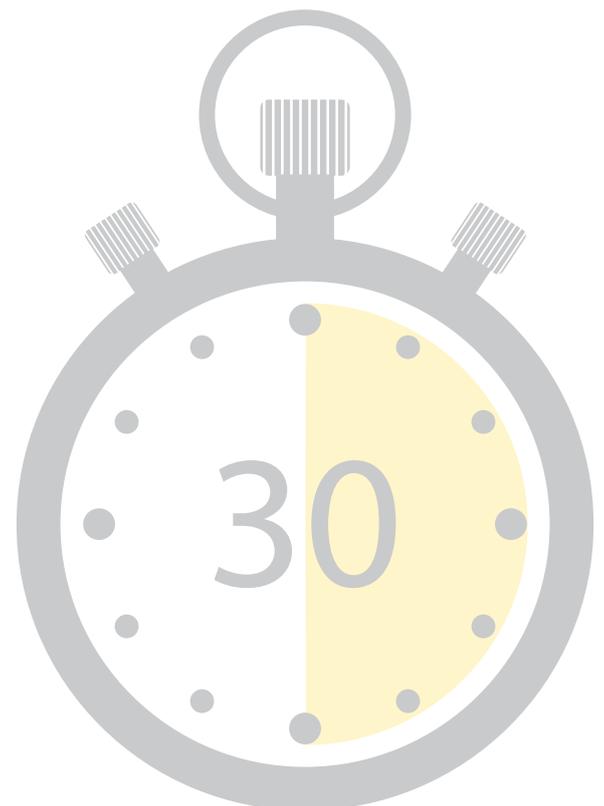
Record the outcome of this check in the Exercise Journey section on page 6 so that you can compare future attempts to where you are now. This will help you monitor your progress.

## Balance check - 30 second single leg stand challenge

- \* Find a safe place, close to a chair or wall.
- \* Stand with your arms by your sides.
- \* Take one foot off the floor and start timer.
- \* Stop when you
  - » Reach 30 seconds
  - » Need to put your foot down
  - » Need to grab support
  - » Need to brace one leg against the other

If you are unable to maintain balance on one leg without support for 30 seconds you would benefit from carrying out balance retraining exercises contained within this booklet.

Enter your results in the Exercise Journey section on the next page of this booklet where you can monitor your progress.



# Exercise Journey

Challenge		Initial	1 month	2 months	3 months
30 second sit to stand					
Single leg stand	Right				
	Left				

# Goals

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

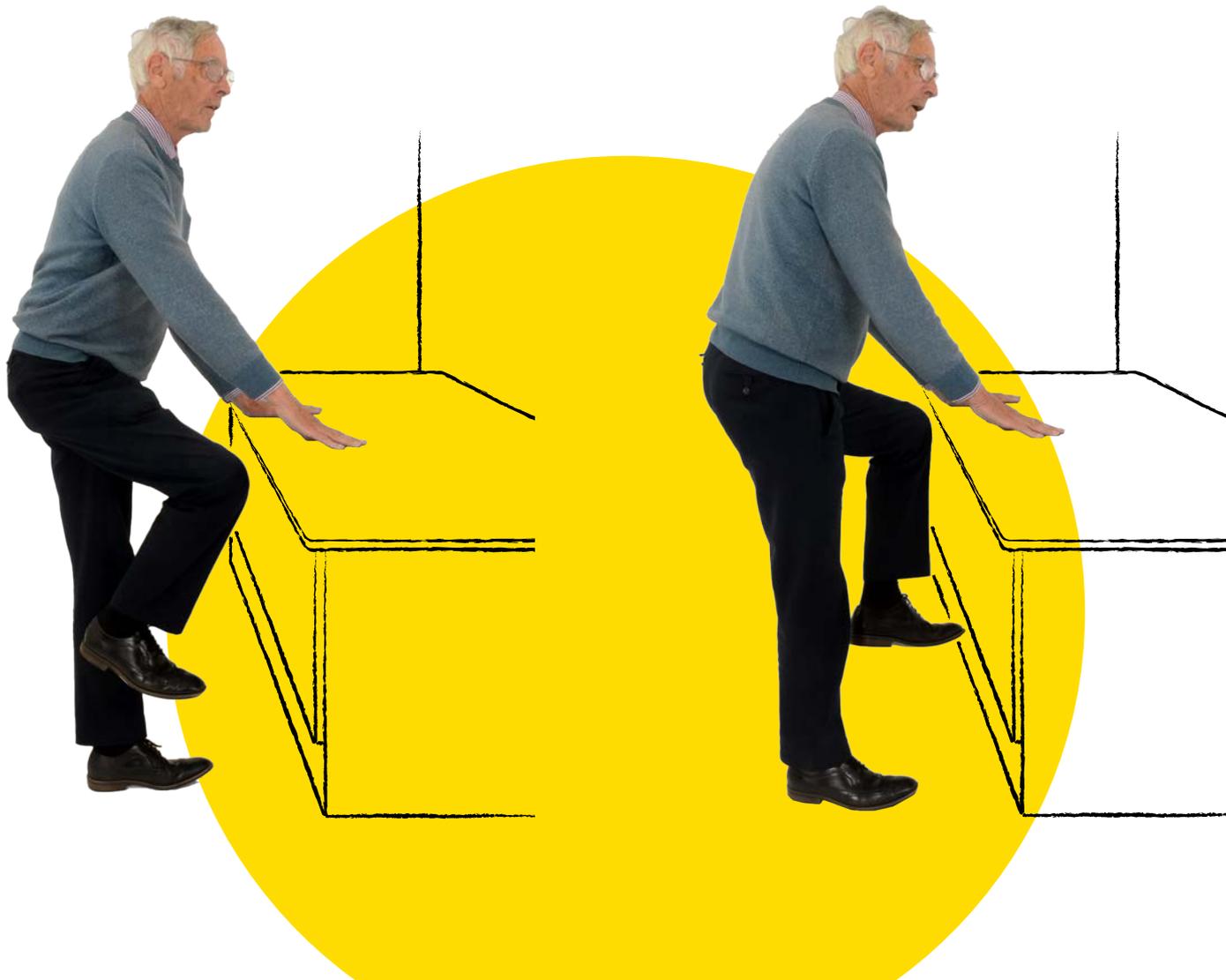
Review these goals at regular intervals.

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

# Exercise

## Warm up

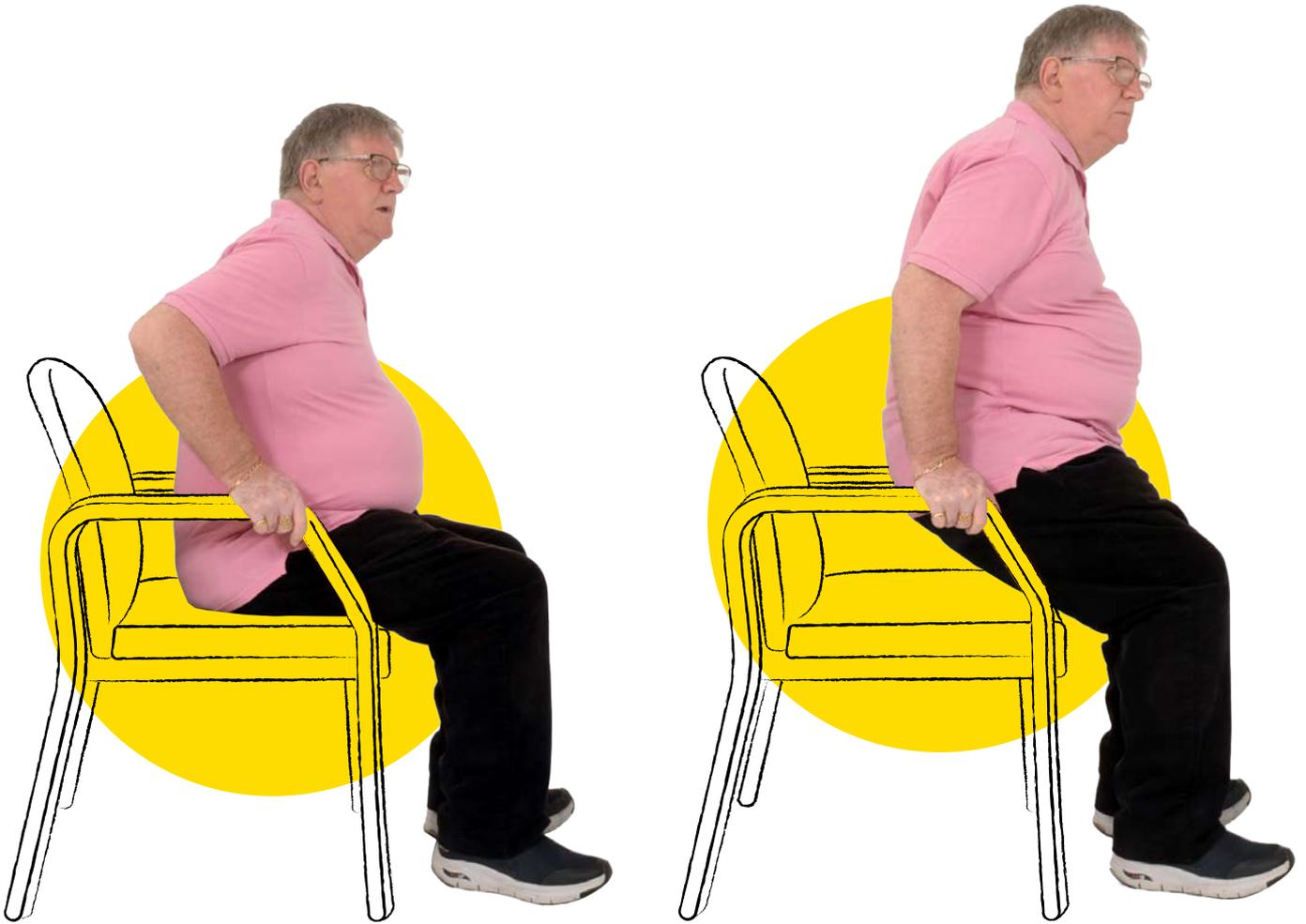
Always complete this before commencing main exercises.



March on the spot for 2 minutes, lift your knees as high as you can. Begin by holding onto your kitchen counter and progress to completing this without holding on if you are able.

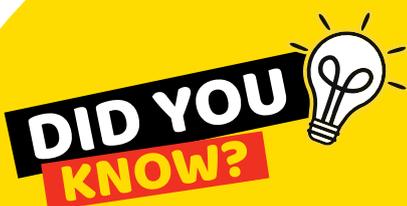
# Strengthening Exercise

## 1. Bottom lifts



Place your hands on the arms of the chair. Try to avoid letting your elbows point outwards. Raise your bottom off the seat by straightening your elbows then return to seated position.

**Repeat 10 times.**



This exercise will make it easier to get in and out of the bath/chair.

## 2. Sit to stand



Stand up and sit back down again without using your hands.  
**Repeat 10 times.**



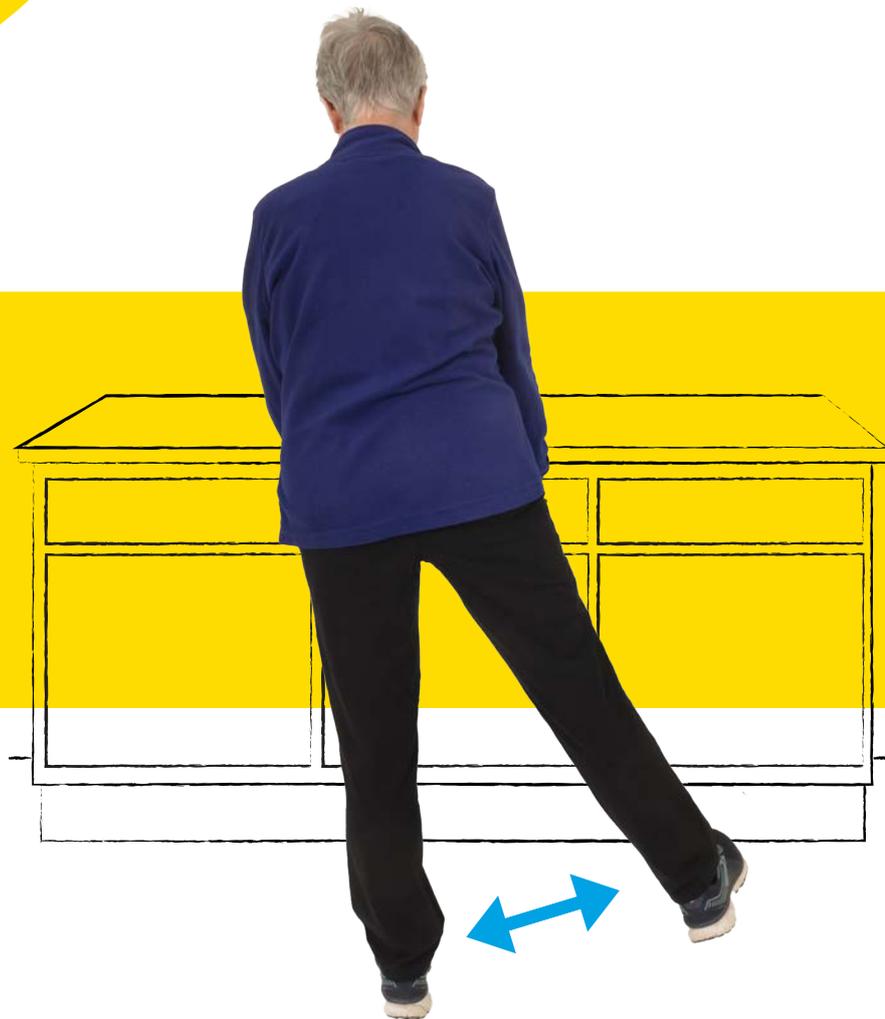
### Extra challenge -

Once this starts to feel easy try adding a pause half way down and hold for 5-10 seconds.



This exercise will help to strengthen your legs.

### 3. Side leg raise



Stand with feet hip width apart, raise one leg out to the side slowly then return to starting position.

**Repeat 10 times on each leg.**

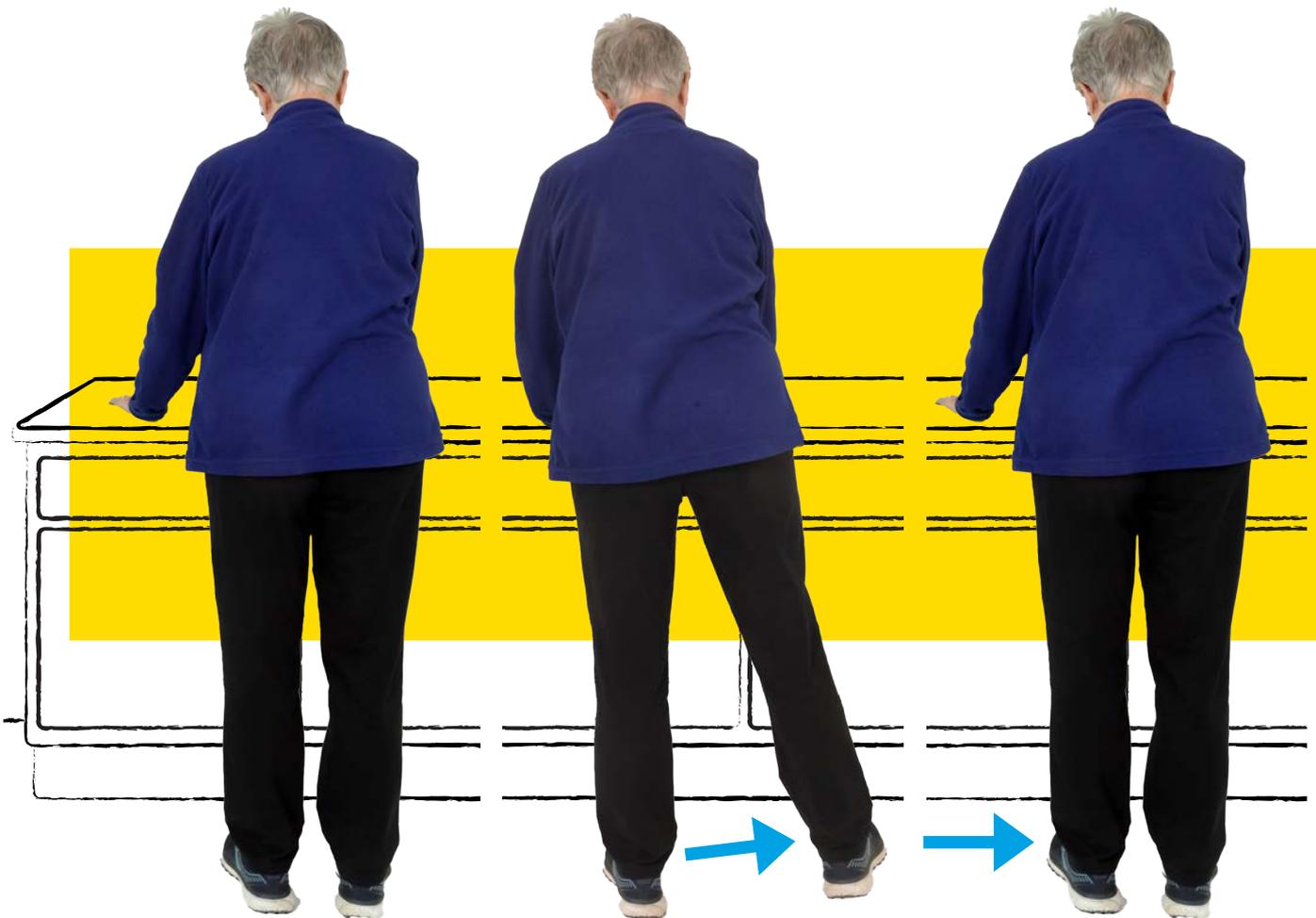


### Extra challenge -

Sideways walk

Take 3 steps to the right then 3 steps to the left.

Repeat 2 times in each direction.



These exercise will help with stepping around your kitchen, stepping further up your bed and avoiding obstacles when you are walking.

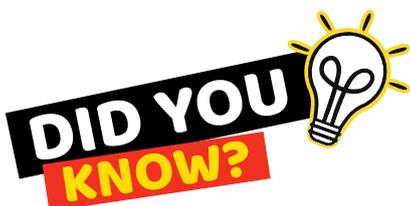
## 4. Bicep curl



Hold light dumbbells in your hands if you have them or alternatively use bottles of water/tins of food. Bring your weights towards your shoulder by slowly bending your elbow. Straighten your elbow to return to starting position.

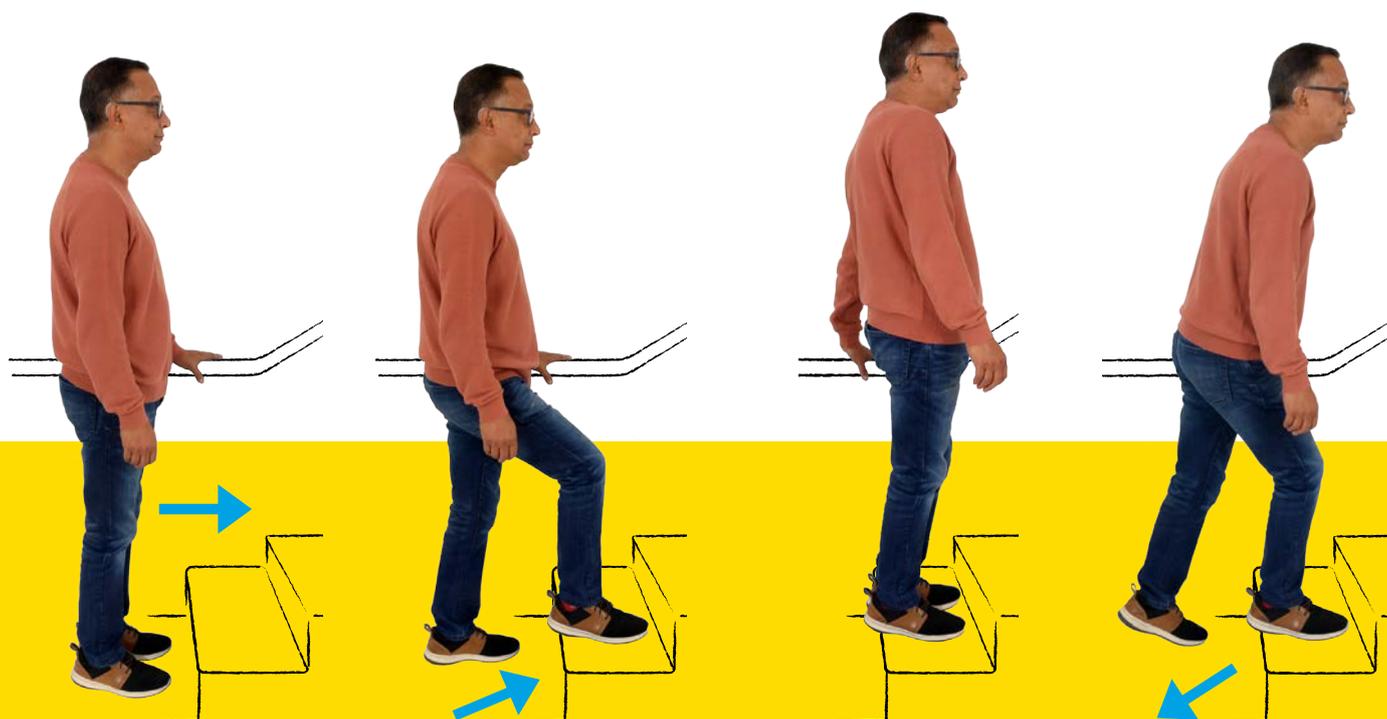
**Repeat 10 times on each arm.**

You can exercise both arms at the same time if you are able.

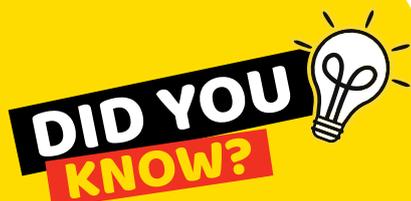


This will work the muscles at the front and back of your arms and make tasks such as carrying your shopping bags easier.

## 5. Step ups

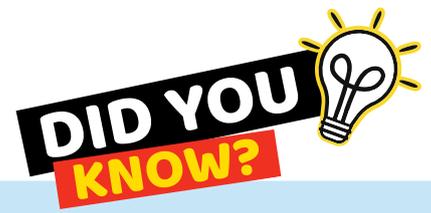


Step up onto the bottom step, then step back down to your starting position. **Repeat 10 times** with alternate legs leading. To progress this exercise aim to reduce your hand support if you feel able or complete 2 sets of 10.



This will make getting on and off kerbs easier.

# Balance exercises



These exercises will help improve your ability to cope with balance challenges which you encounter in everyday life including when getting dressed, travelling on public transport, accessing your bath or shower and walking outdoors.

Start each exercise standing tall and holding onto support. In order to improve your balance it needs to be challenged. See the guide below for varying hand positions to allow you to progress your level of challenge as you improve.

1



Both Hands

2



Finger Tips

3



Single Hand

4



Hover

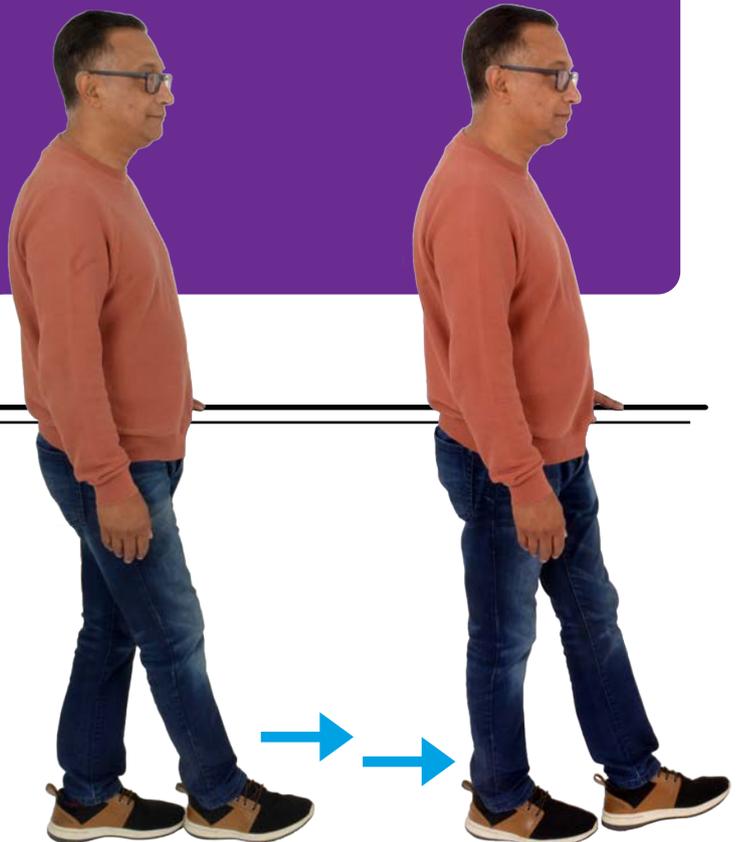
## 6. Tightrope standing



Aim to balance for 10 seconds. Repeat 3 times with left leg in front then 3 times with right leg in front.



**Extra challenge -**  
Tightrope walking  
– aim to walk  
10 steps.



## 7. Single leg stand



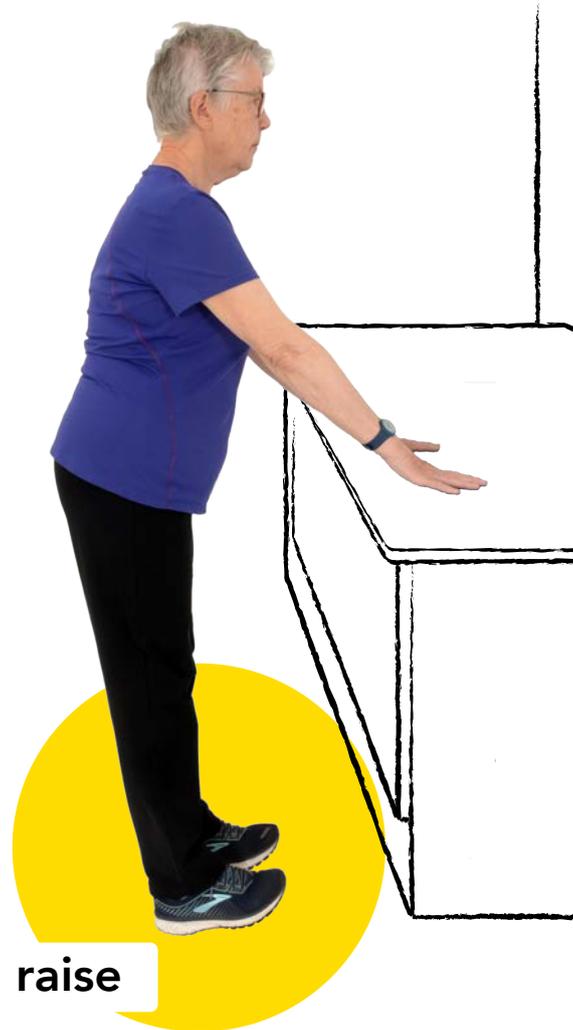
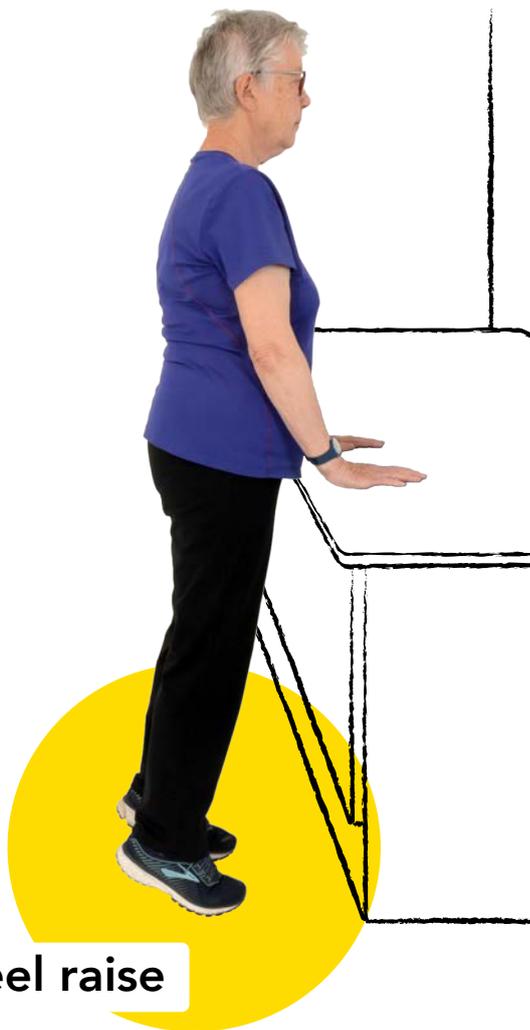
Aim to balance on one leg for 10 seconds. Now try on the other leg.

**Repeat 3 times on each leg.**

### **Extra challenge -**

Aim for up to 30 seconds on each leg or repeat 3 consecutive times on each leg rather than alternating to work the leg harder.

## 8. Heel/toe raise



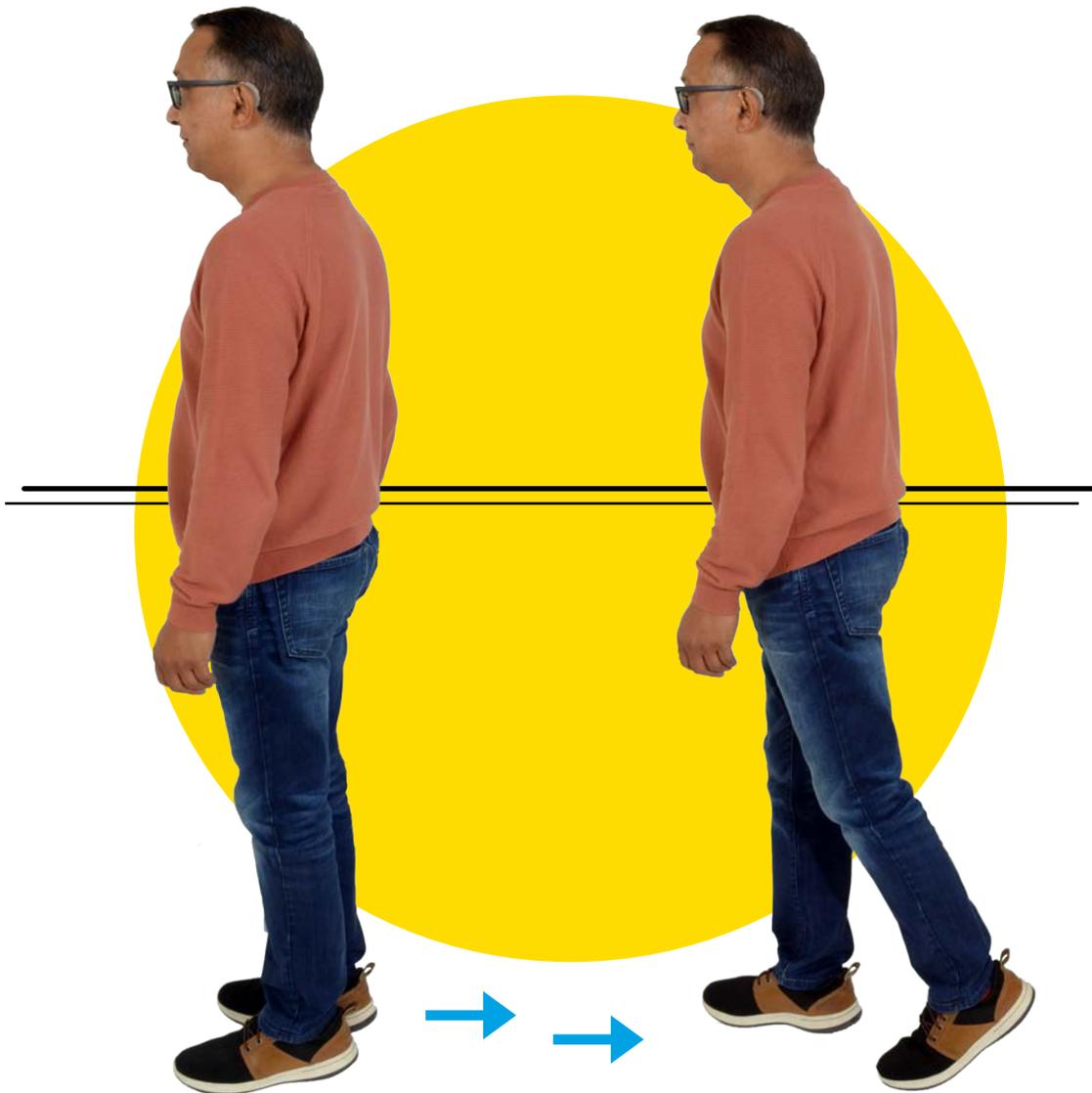
Slowly raise your heels keeping your weight on your big toes. Try not to lock your knees. Aim to rise slowly for a count of 3 and lower for a count of 5. **Repeat 10 times.**

Change focus and this time slowly lift the front of your foot keeping your knees soft and bottom tucked in. Aim to rise slowly for a count of 3 and lower for a count of 5. **Repeat 10 times.**

### Extra challenge -

Progress to heel or toe walk. Stand side on to your support and aim to walk 10 steps on your toes or 10 steps on your heels.

## 9. Walking backwards



Standing side on to your support, hold on with one hand and walk backwards. Do this slowly initially and increase to normal walking pace.

**Aim to complete 10 steps.**

## 10. Figure of eight walk



Walk at your usual pace in a figure of eight shape.  
**Repeat 3 times.**

If you are finding this booklet too challenging and looking for some lower level exercises try **booklet 1 of 2 – LET’S GET MOVING – FIRST STEPS**

### Do you prefer to exercise in a group setting?

Several options are available within local leisure centres from classes to group walks. Contact your local Live Active Team on the number below to find out what’s available in your area.

### Live Active Contact Numbers:

* East Dunbartonshire Leisure	☎ 0141 578 8457
* Eastwood Park Leisure	☎ 0141 577 4957
* Barrhead Sports Centre	☎ 0141 577 3989
* Glasgow Life	☎ 0141 287 9873
* Inverclyde Leisure	☎ 01475 213 136
* One Ren (Renfrewshire)	☎ 0141 232 1860
* Clydebank	☎ 0141 951 4646
* Dumbarton	☎ 01389 722 179
* Alexandria	☎ 01389 722 166

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.



