

## Strength and balance exercises

**Muscles, bones and joints like to be moved, lack of movement causes your muscles to waste away quickly and this affects your strength and your balance.**

The exercises below will help you to stay strong and steady. Aim to do these exercises 2-3 times throughout the week. You can spilt them up and do them a few at a time throughout the day, at a time that works for you. Remember to start small and build up gradually, as the exercises begin to feel easier you can increase the repetitions to 8-10. If you want to make it harder still, you can build up to 3 sets of 8-10 repetitions for each exercise.

Strength exercises can be done in sitting or standing. If you can't stand comfortably or safely, then choose the seated option.

### Seated Exercises

#### Always warm up before you start

Sit up straight in a supportive chair, take 2-3 deep breaths in and out to calm the mind and body in preparation for the exercises.

##### Heel lifts



place them back down. Lift toes off floor then place down. Do these slowly and fully.

**30 seconds**

##### Chair marching



Lift one leg at a time, as if marching. You can add your arms in too, if comfortable.

**30 seconds**

By the end of the warm up you should feel warmer and be breathing a little harder.

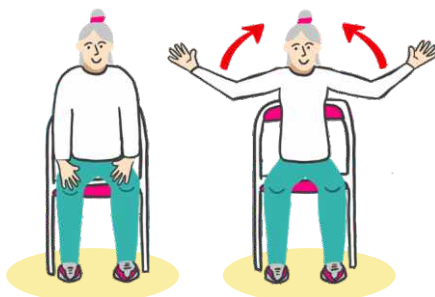
## Exercises

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### Arm raises

Raise your arms out to the side and above your head, then slowly lower back down. Start with **3** then build up.

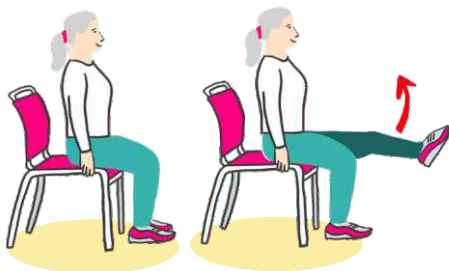
**Make this harder by** going very slowly and hold for 1 second at the top before you lower your arm down.



### Alternate leg extensions

Straighten out one leg in front of you, then lower slowly back down. Start with **3 each leg** then build up.

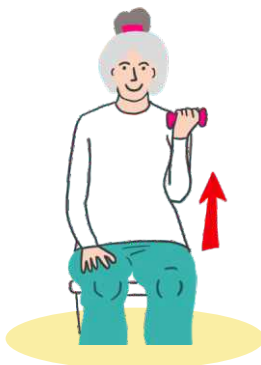
**Make this harder by** lifting the leg slightly off the chair as you straighten it.



### Arm curls

Keep elbows into your sides, bend one arm up, then slowly lower. Alternate sides. Start with **3 repetitions on each side.**

Make this harder by holding a small weight, bottle of water or tin of food.



## Cool down

Let your breathing settle and enjoy the feeling of accomplishment!



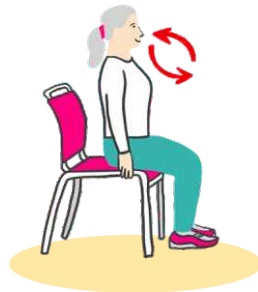
### Hamstring stretch

Feel gentle stretch  
at back of thigh  
**Hold for 20 seconds**



### Chest opening

Feel gentle stretch  
across your chest  
**Hold for 20 seconds**



### Breathe

3 deep breaths in  
and out

## Standing Exercises

### Always warm up before you start

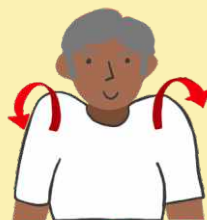
Remember to have something sturdy, like a work surface, next to you. Use it to stay steady and safe.

### Marching



Slow march on spot, gradually lifting the knees slightly higher, or by marching a little faster and adding arms in.  
**30 seconds**

### Shoulder rolls



**3 each way**

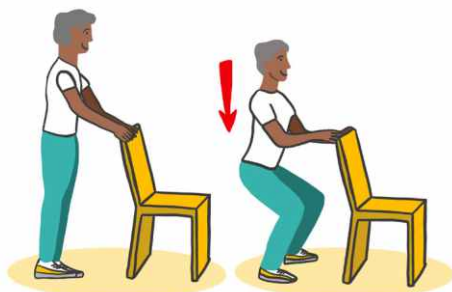
You should feel warmer and be breathing a little harder now.

## Exercises

### Mini squats

Stand tall, slowly bend your knees keeping your body upright. Push up and return to standing. Start with **3 repetitions** then build up.

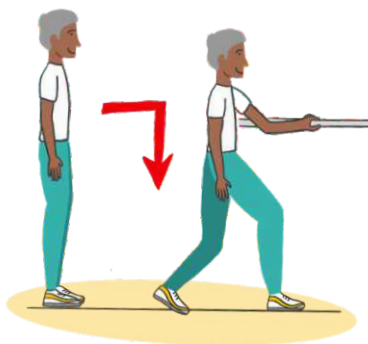
**Make this harder by** going a further into the squat, and holding for longer.



### Small lunges

Take a small step forward and bend both knees. Push back into standing. Start with **3 repetitions** each leg and build up.

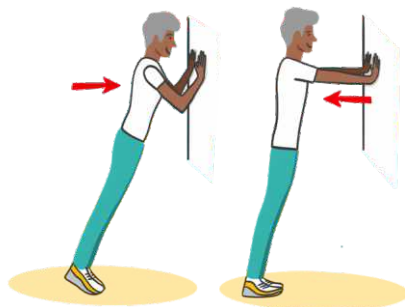
**Make this harder by** stepping further forward, ensuring you return from the lunge position in one steady step backwards.



### Wall press up

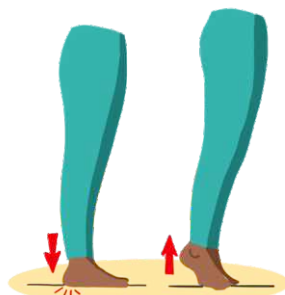
Slowly bend both arms so that your nose moves closer to the wall. Slowly push back into standing. Start with **3 repetitions** then build up.

**Make this harder by** moving very slowly and smoothly.



## Heel/toe raises

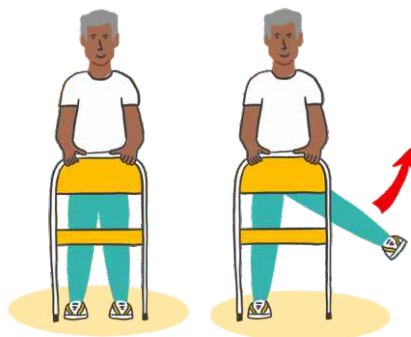
Push up onto your toes, keeping bottom in, then slowly lower back down. Do these slowly whilst maintaining good posture. Start with **3 repetitions** up.



**Make this harder by** lowering down very slowly.

## Sideways leg lift

Lift one leg slowly out to the side keeping your upper body straight. Slowly lower back down. Start with **3 repetitions** each leg then build up.



**Make this harder by** moving the leg very slowly.

## Cool down

Let your breathing settle and enjoy the feeling of accomplishment!



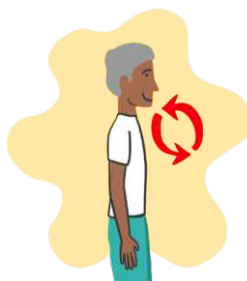
### Hamstring stretch

Hold for 20 seconds



### Chest opening

Hold for 20 seconds



### Breathe

3 deep breaths