

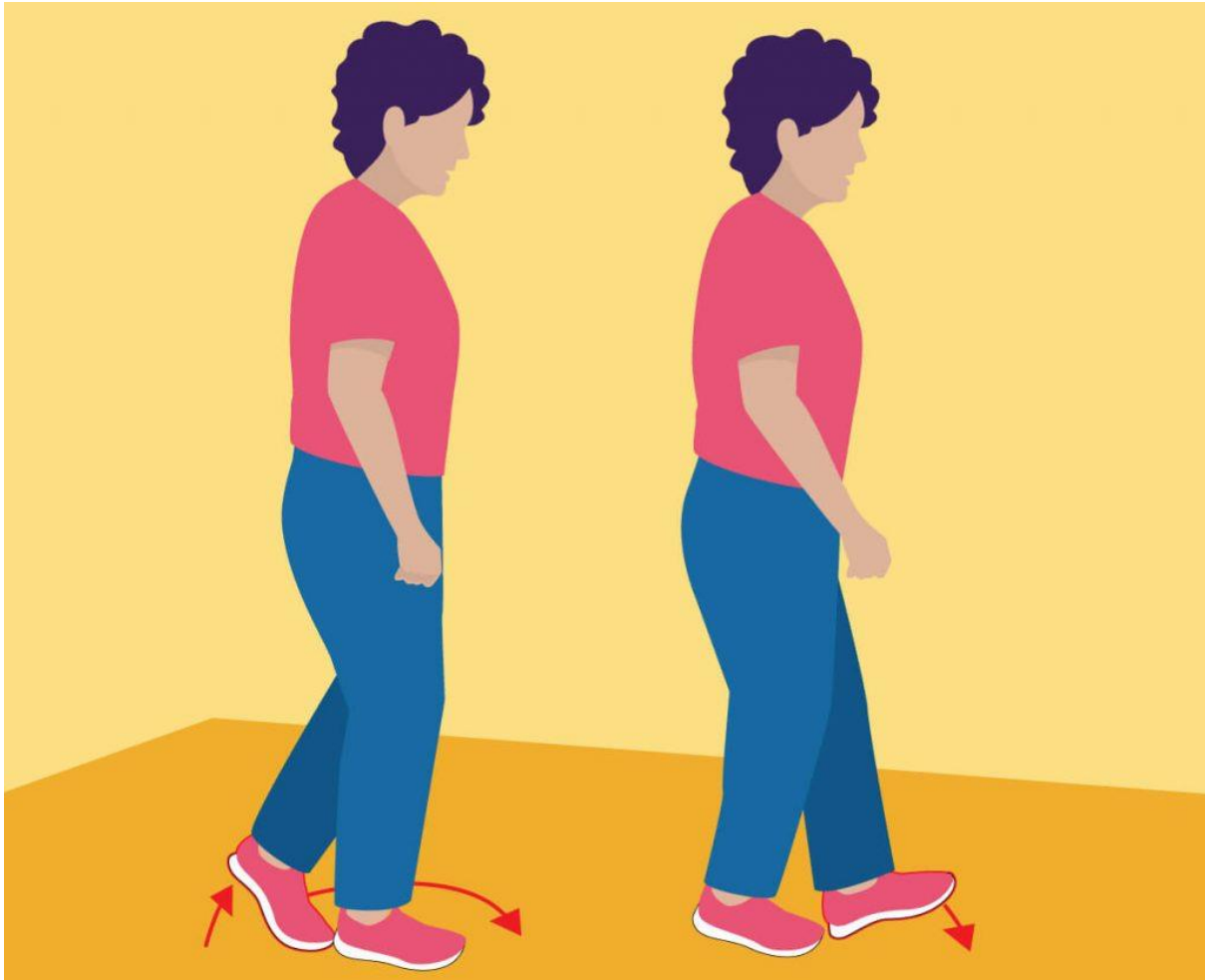


Exercise 1: KNEE UPS

This is a cardiovascular and strength as well as balance exercise.

These can be done with or without a chair. Alternately lift your knees as far as you can up to hip height.

You can also hold for a few seconds before changing legs. Keep breathing.



Exercise 2: Walking Heel to Toe

Put your right foot in front of your left foot so that the heel of your right foot touches the top of the toes of your left foot. Move your left foot in front of your right, putting your weight on your heel. Then, shift your weight to your toes. Repeat the step with your left foot. Walk this way for at least 20 steps.

This exercise helps with balance and walking correctly.

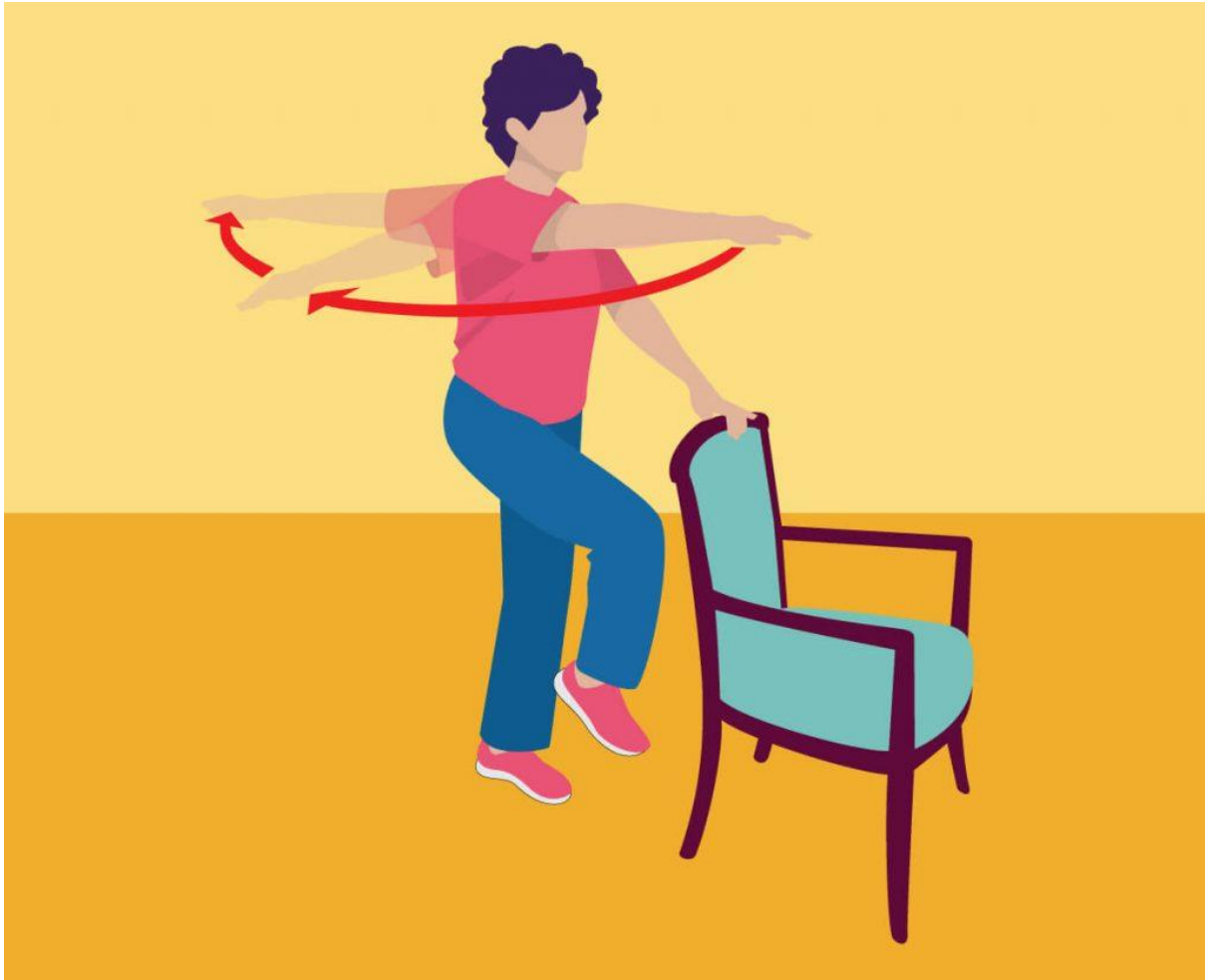


Exercise 3: HAMSTRING CURL

This can be done with or without a chair for support. It is a great cardiovascular, strength and balance exercise.

Stand with your feet apart, so that the space between them is the same width as your hips. Make sure both feet are pressed into the ground firmly. Stand straight, with your head level. Then, transfer your weight to your right foot and lift your left leg off the ground bringing your heel towards your buttock, then do the other leg. Do this at your own pace.

You can also hold that position for as long as possible (but no more than 30 seconds) and remember to keep breathing.

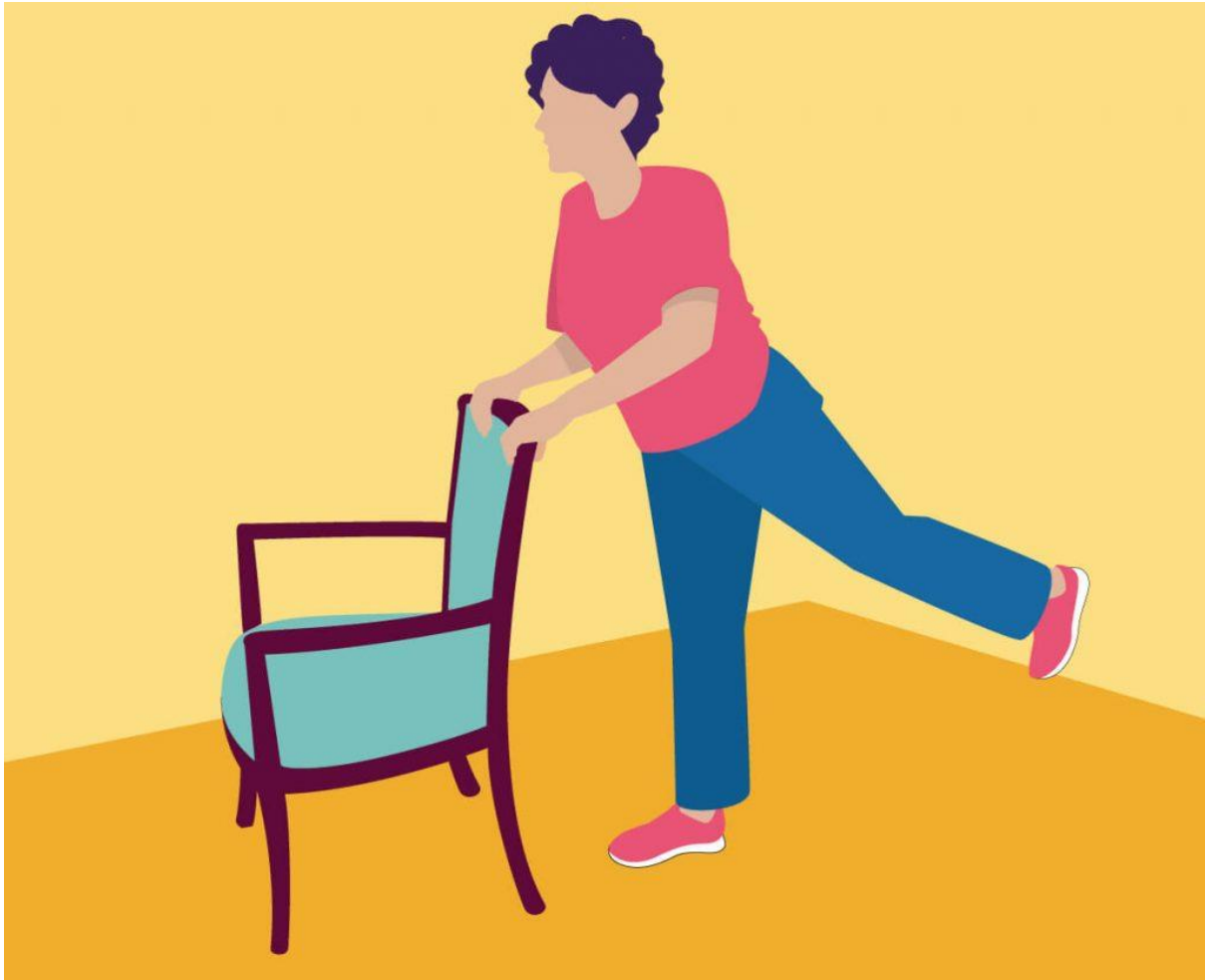


Exercise 4: Clock Reach

Imagine that you are standing in the centre of a clock. The number 12 is directly in front of you and the number 6 is directly behind you. Hold the chair with your left hand.

Lift your right leg and extend your right arm so it's pointing to the number 12. Next, point your arm towards the number three, and finally, point it behind you at the number 6. Bring your arm back to the number three, and then to the number 12. Look straight ahead the whole time.

Repeat on the other side. Do at least 6 each side.

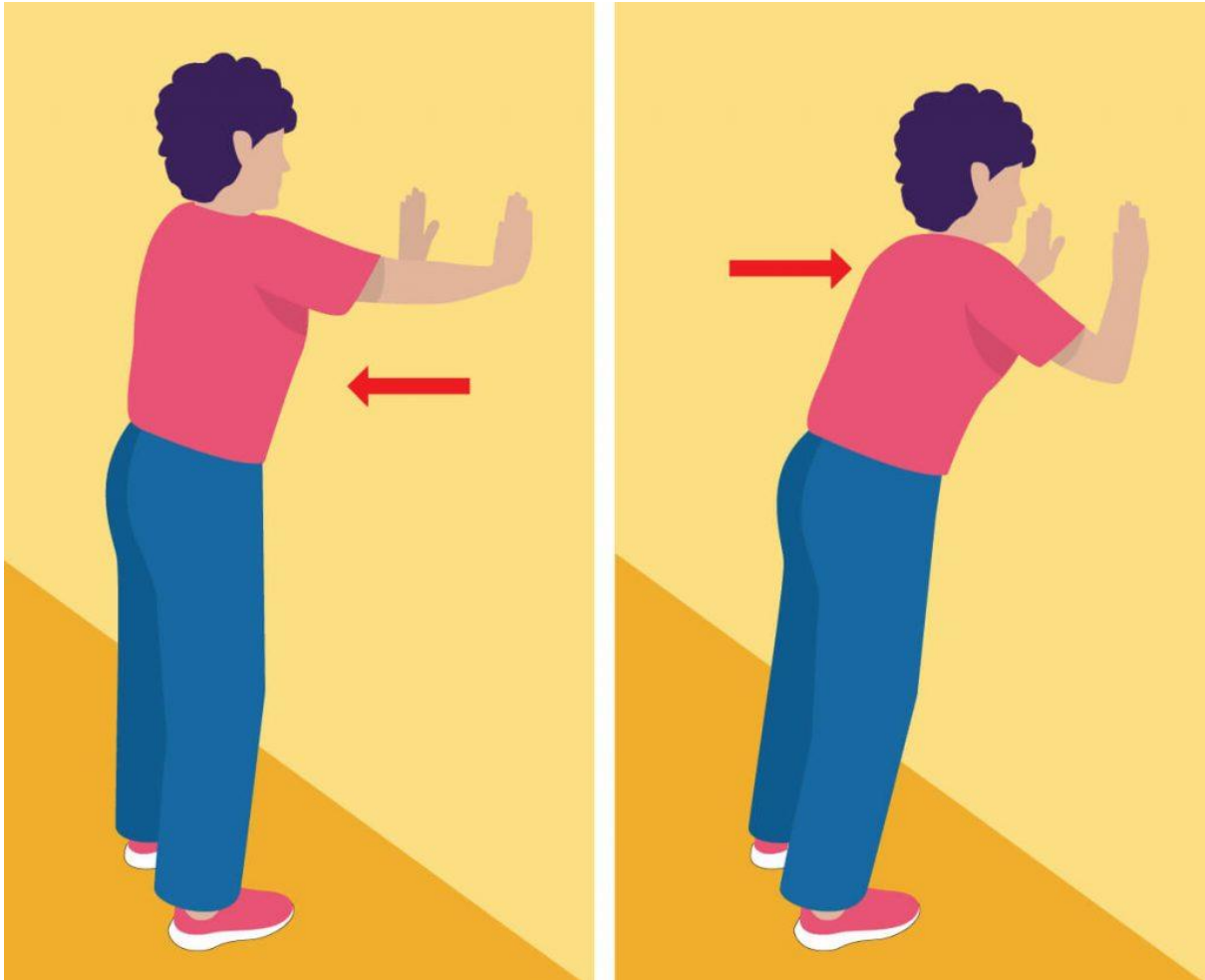


Exercise 8: Back leg lifts

This can be done with or without a chair for support.

Stand with both legs together, then keeping it as straight as you can, lift one leg at a time behind you. Do this at your own pace.

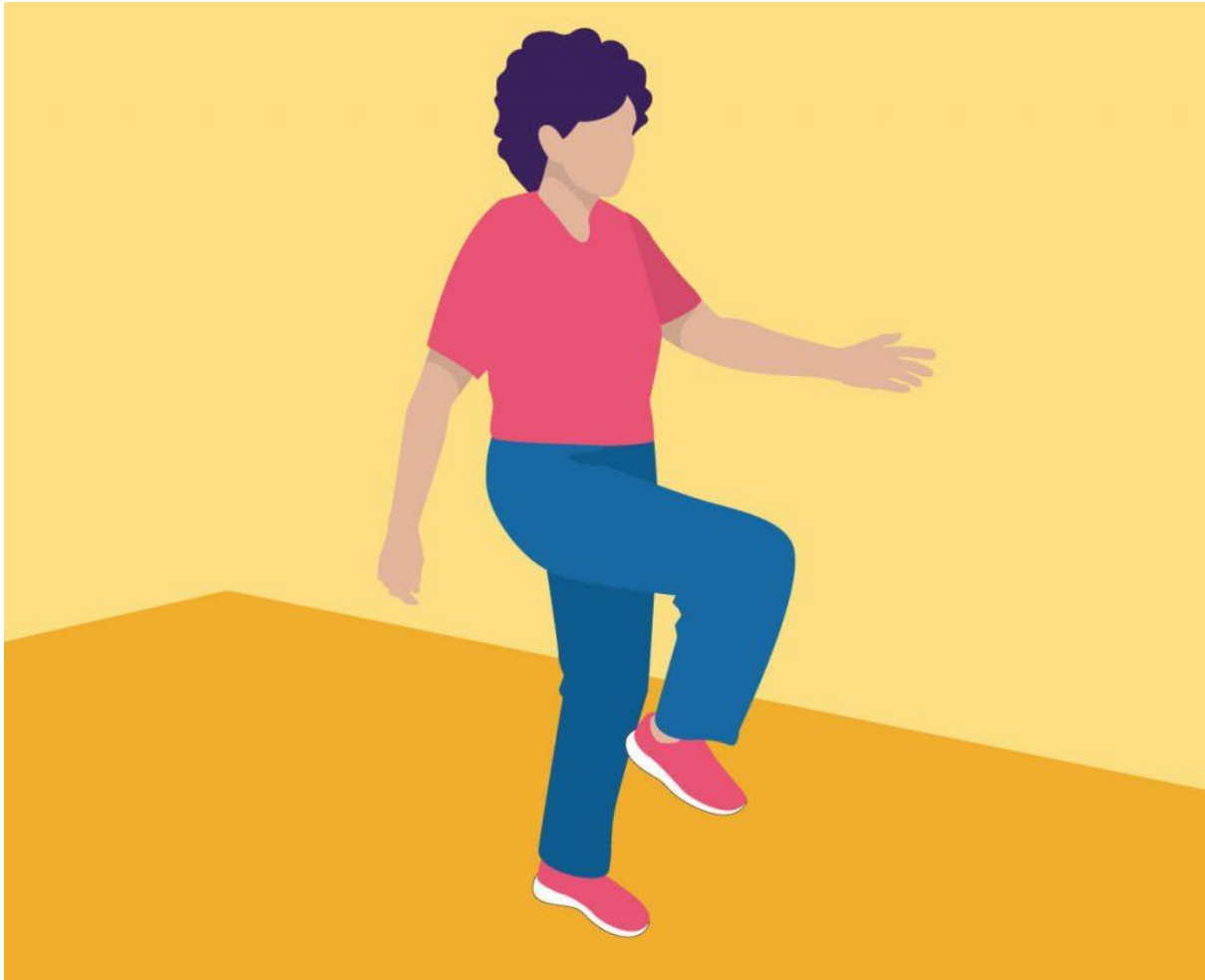
You can also hold the leg lift for a few seconds (up to 8 seconds) but remember to breath.



Exercise 9: Wall Press-ups

As long as you've got a wall, you can do this strength training exercise.

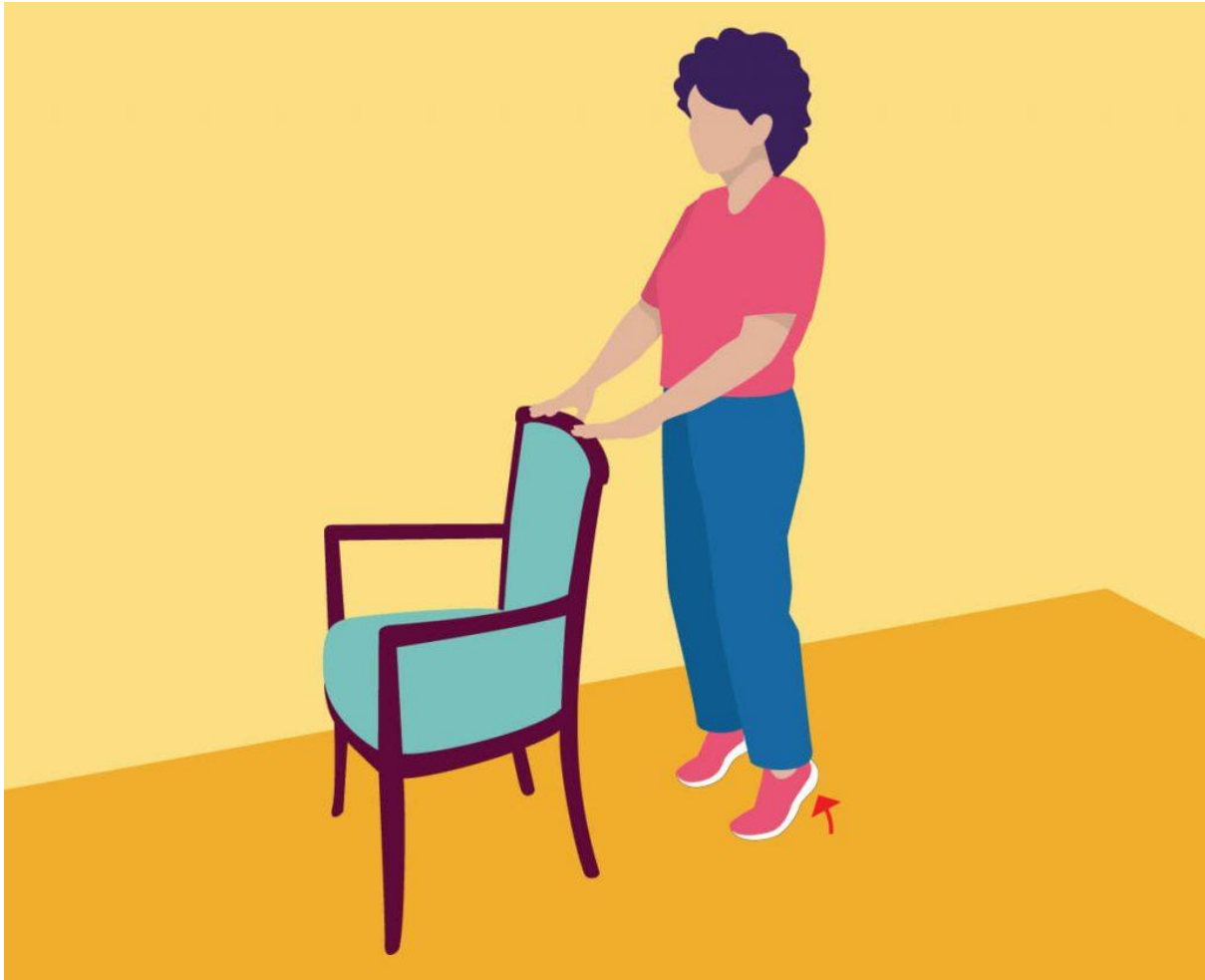
Stand an arm's length in front of a wall that doesn't have any paintings, decorations, windows or doors. Lean forward slightly and put your palms flat on the wall at the height and width of your shoulders. Keep your feet planted as you slowly bring your body towards the wall. Gently push yourself back so that your arms are straight. Do up to twenty of these. Remember to keep breathing.



Exercise 10: Marching in Place

Marching on the spot is a great balance and cardiovascular exercise. If you need to hold onto something, do this exercise in front of a counter or chair.

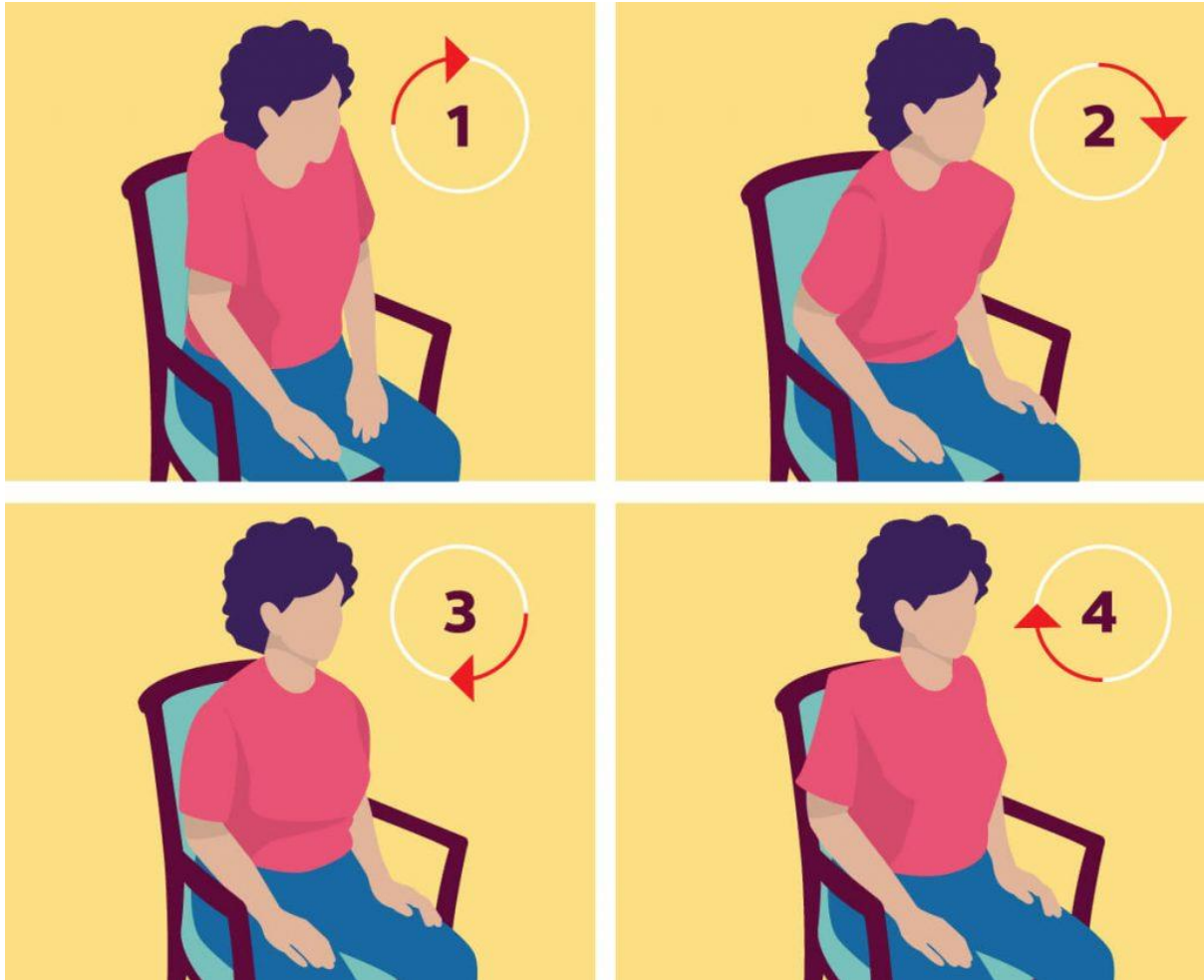
Standing straight, lift your right knee as high as you can. Lower it, then lift the left leg. Do this for about a minute or so.



Exercise 11: Heel Lifts

This strength training exercise also improves balance. You'll need a chair or a counter.

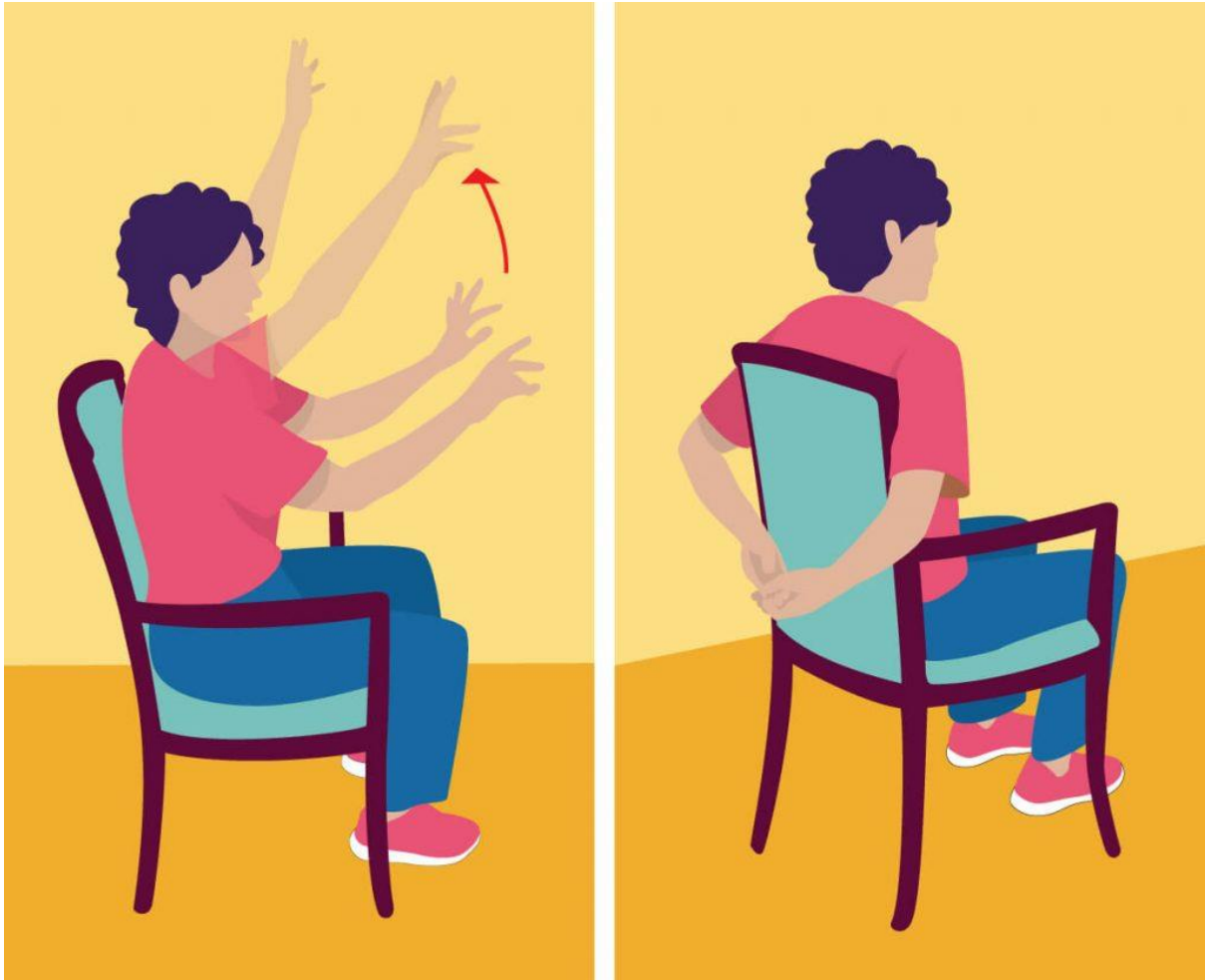
Stand straight and put your arms in front of you. Raise yourself up on your toes as high as you can go, then gently lower yourself. Don't lean too far forward on the chair or counter. Lift and lower yourself up to 20 times.



Exercise 12: Shoulder Rolls

This is a simple exercise. You can do it seated or standing.

Rotate your shoulders gently up to the ceiling, then back and down. Next, do the same thing, but roll them forwards and then down. Do at least 8 each way.



Exercise 13: Hand, Finger and chest stretch Exercises

These exercises are great for hand and finger flexibility and a chest stretch.

First, walk your fingers up a pretend wall. Wiggle them at the top then walk them down again. Then grab one hand with the other behind your back, hold for a few seconds then do the other. You can do these with or without a chair.



Exercise 14: Calf Stretches and leg extension

To do calf stretches while standing, find a wall with nothing on it. Stand facing the wall with your hands at eye level. Place your left leg behind your right leg. Keep your left heel on the floor and bend your right knee. Hold the stretch for 15 to 30 seconds. Repeat on other leg. Keep breathing

The leg extension is better done sitting in a chair, using a resistance band or towel, though you can do it sat on the floor. Put the band or towel under one foot, straighten out your leg in front of you against it pulling back with your arms, and lift. Do about 10 each leg.

RESISTANCE BAND EXERCISES:

Lateral Raise



Stand up, place both feet on the middle of the resistance band and hold each end of it with your hands.

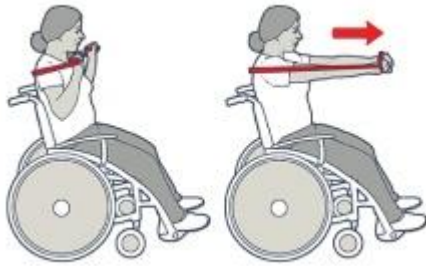
Raise both arms to the side, until they reach shoulder height, then return to your starting position and repeat ten times.

Squats



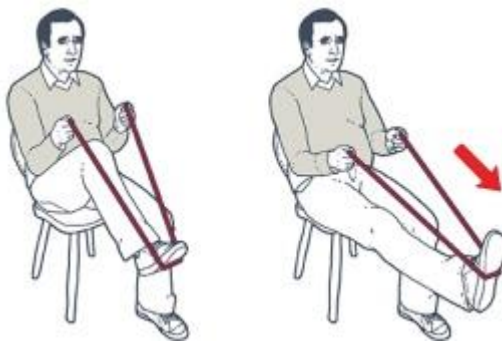
Place both feet on the middle of the resistance band and hold each end of it with your hands. Slowly bend your knees into a squatting position, then return to your starting position and repeat ten times.

Chest Press



Sit or stand and put the resistance band behind your back and hold each end of it. Stretch both arms out in front of your chest, then return to your starting position and repeat ten times.

Leg Press



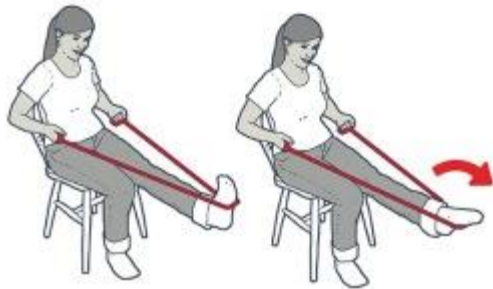
Sit on a chair with your back straight. Place one foot in the middle of the resistance band and hold both ends of it with your hands. Bend your knee towards you, then straighten it back out in front of you before returning to your starting position and repeating with each leg ten times.

Bicep Curl



Sit or stand, place both your feet on the middle of the resistance band and hold each end of it with your hands. Raise your arms out in front of you to chest height, then return to your starting position and repeat ten times.

Seated Calf Press



Sit on a chair with your back straight. Place one foot in the middle of the resistance band and hold both ends of it with your hands.

Extend your leg and point your toes towards the ceiling, then point your toes forwards towards the ground.

Return to the starting position and repeat with each leg ten times.

Tricep Press



Stand up and place one end of the resistance band under the heel of one of your feet. Hold the other end of the band with both your hands, stretch the band so it runs behind your body and pull it above your head, then return to your starting position and repeat ten times on each side.

OTHER EXERCISES TO TRY:

SEATED ROW (using exercise band)

Sit on the edge of your chair. Place both feet to the floor. Place band under the feet, cross the band in front and hold one end of each band in each hand. Keeping your feet on the floor, pull the band back keeping elbows in towards your body until your elbows go behind you and you are squeezing your shoulder blades together. Release your arms forward again and repeat x 10 each leg.

HIPS AND OUTER THIGH (Using exercise band)

Sitting on the edge of your chair, have feet flat on the floor and wrap the band around your both thighs just above your knees. Place one end on the band under the other, so your knees are wrapped together. Now take your feet apart about hip distance. Now open your knees against the band, so they come in line with your feet. Repeat x 15.

INNER THIGHS AND GROIN (using a sponge ball or cushion)

Sitting on the edge of your chair with your feet flat on the floor, place the ball between your knees. Squeeze your knees together, pulling in your pelvic floor muscles at the same time the release. Repeat x 15.

SIT TO STAND (Using a chair)

Sit to front of chair, feet hip distance apart and heels back near chair, slowly stand. then with heels back towards chair, slowly sit. Repeat.

CORE WORK WITH BACK EXTENSION (Using a sponge ball or cushion)

Sit back in your chair slightly. Place the ball in the middle of your back between you and the back of the chair. Pull your tummy muscles in, exhaling your air from you lungs and push your back towards the chair squashing the ball. Now breathe in and release your tummy muscles and the ball bringing yourself forward again. Repeat x 15.

ALTERNATE SHOULDER PRESS (Using dumbbells or filled bottles of water)

Do this whilst sitting or while standing but remember to keep feet moving. Put both hands holding either dumbbells or bottles of water to shoulders, push one arm up towards ceiling, return the arm, then do the other one. Do about 12 to 15 each arm.

For more **Cardio** do either: (Standing or sitting)

Knee-ups with hand to knee

Half stars with arms lifted laterally to each side to shoulder height or lower and legs tapping or lifting to each side alternately.

Leg Lunges stepping one leg at a time behind you

Hamstrings curl picking up heels towards buttocks alternately behind you,