

Older Adults exercise Level 1

1. Forward lunge – weight onto front leg & slightly bend front knee

2. Bicep Curl – take arms from side to front of shoulders use bottles of water or tins of soups as weights

3. Toe/Heel Raise – use chair or wall for balance

4. Sit to Stand – use dining room chair. Remember good posture when standing!

10. Frontal lift – from hips to sholder level out in front. Improvise for weights (bottled water/tins)

1 minute per station

Blue options = improve balance

5. Shuttle walk in living room or garden

1 circuit = 10 minutes

Red options = toning

Have your rest when necessary

9. Stand on 1 leg – use chair for balance

8. Heel/Toe walk – do this next to wall to help with balance

7. Side steps – use worktop or chair to help with balance if needed

6. Upper back Strengthenener – sitting on chair with arms by your side, knuckles facing forward then turn palms of your hands & hold for 5 secs each time