

Exercises to keep you moving at home



- Try to get out for a walk each day if you can.
- Walk as far as you feel you can comfortably manage.
- Don't forget to bring your walking aid (stick or rollator) if you use one!
- Remember to keep at least two metres (about six feet) between you and other people.

You can also do a few simple exercises at home. Try to do these once or twice each day:

1. Sitting in a chair, kick one leg up straight and hold for five seconds.

Repeat 10-15 times on each leg.



2. Practice standing up and sitting down from a chair.

See if you can do this without using your arms.

Repeat 10 times.

3. Stand holding on to the kitchen counter or the back of a chair.

Bend your knees a little (imagine you are trying to perch on a high stool).

Push through your heels to straighten your knees.

Repeat 10-15 times.



4. Stand holding onto your walking aid or the kitchen counter.

March on the spot for one minute. Rest and do it again for a minute.

5. Stand holding the kitchen counter or your walking aid. Raise up on your toes.

Repeat 10-15 times.



6. If you have stairs, and it is safe for you to climb them, go up and down a full flight once or twice.



Keeping yourself active will help to keep you strong while you are at home. It will also really benefit your mental health. #TUHWorkingTogether