

Get Up and Go – staying at home exercise guide

When you exercise at home, always remember to have support around you if you need it, plenty of space to move, comfortable clothing and footwear, keep hydrated, keep the room ventilated, have a phone close by should you feel unwell. If you are unwell, consider resting and not exercising until you improve. Choose a time of day when you have lots of energy and put on some nice music that makes you happy. You can do these exercises in a chair if desired.

WHAT SHALL I DO?

30-minutes per day

10-minutes of balances
10-minutes of co-ordination and stretches
10-minutes of heart rate raising movement / exercise
additional as required 10-minutes resistance exercises

Balances

Tip-toes and heel raises (ankles)
Knee lifts (knees and hips)
Side hip extensions (toes pointing forwards) (hips)

Repeat 10 times on each side or of each movement, with or without additional support

Progression – travel on tip-toes or heels; alternate knee lifts and side hip extensions on both legs in time to music

Co-ordination

Legs- knee lifts, side extensions, heel-toe tapping, front kicks all with the body staying still, only the legs moving (do not transfer body weight)
Arms- repeating punching sequences in all directions (forwards, up, down, side, across body)
Arms and legs- punching arms and moving legs at the same time in the same direction, forwards, to the side, lifting

Repeat sequences or movements for 30-seconds to 1-minute at a time

Progression – vary the pace or complexity of the sequences, but make sure you remember them!

Stretches

Arms-
Body-
Legs-

Stretches should be held for 30-seconds to 1-minute and accompanied wide relaxed breathing as to not 'fight' the body and maintain a safe blood pressure

Progression – can you stretch further than last time?

Heart rate raising exercise Marching on the spot or around the room (lift those knees)
Climb the stairs up and down
Walk around the garden
Cycle safely on the street
Lift your knees and tap with your hands

Try each activity where possible for 2-minutes at a time, rest between if needed, you should still be able to maintain a conversation whilst completing these to demonstrate you are not working too hard

Progression – keep an activity going for 5-10-minutes at a time

Progression strength exercises Using a bottle of water or tin of beans
Arm curls – bending elbows lifting object towards the shoulder
Shoulder raises – straighten arm out to the side lifting from hip to shoulder height
Trunk rotations – arms together out in front, gently rotate from side to side controlling the object as you go
Squats / sitting posture – bending knees, draw bottom back and down towards the chair, when you feel the chair stand back up, all the time keeping a straight back with eyes looking forwards

Resources to help you progress or adapt your exercises, such as exercising in a chair

[Later Life Training booklets](#) Chair based Exercises (low to moderate mobility)
OTAGO strength and balance training (moderate mobility)
Postural Stability training (high mobility)

[Love to Move](#) Co-ordination / brain games
Ideal for those with memory difficulties

[BBC 10 Today](#) Very straight forward 10-minute routines to get you stretching and moving more