

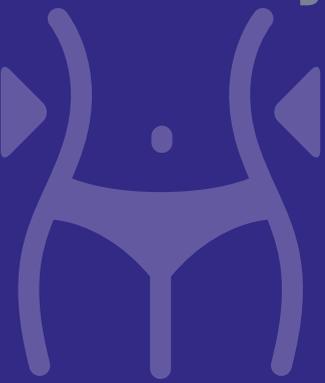
Wakefield District

Home exercise programme



A word cloud on a dark blue background with various icons. The words are in shades of green and purple. The icons include a hand, a scale, a fork and knife, a person running, a dumbbell, and a person in a wheelchair.

health
improvement
diet
eat
active
reward
you
energy
fun
friends
happy
pledges
energy
balance
lifestyle
family



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Why should I take part in regular physical activity and exercise?

Everyone can benefit from exercise. It will help maintain and improve flexibility, strength, stamina, balance and coordination. It will help you to relax and cope better with stress. It can give you more energy, help control blood pressure and reduce the effects of osteoporosis. Combined with a healthy diet it can help control your weight. Regular physical activity can also keep your heart and lungs strong and healthy, and reduce your risk of having a heart attack or stroke.

Regular exercise can help make daily activities such as cleaning; shopping, reaching into cupboards and climbing stairs feel easier and therefore ensure better quality of life.

How much and what should I aim to do?

If you are new to exercise, start with one period of gentle activity, aiming for up to half an hour a week. You should then gradually build this up to half an hour of moderate activity each day up to five days a week.

Moderate physical activity is any movement which makes you feel warmer and breathe faster. If you are too breathless to talk, you are working too hard. Activities can include walking, swimming, housework, dancing, cycling and gardening. So choose something you enjoy and try to encourage a friend to join you.

This home exercise programme will help you fit exercise into your routine.

Let physical activity become a habit, a habit that becomes a way of life.

By doing something at home you are burning more calories than someone sitting on the couch watching tv.



Safety Instructions

Please consult a Health and Well Being Activator before taking part in this Home Exercise Programme, if you:

- **Have a medical condition**
 - **Are taking medication**
 - **Are recovering from an operation or injury**
 - **Are pregnant**
1. Please ensure you read and follow all instructions carefully.
 2. Stop exercising immediately if you feel any chest pain, excessive breathlessness, feel dizzy, sick or any pain/discomfort.
 3. Listen to what your body is telling you and increase your activity levels slowly and gradually over time.
 4. Do not exercise within a two hour period following a heavy meal.
 5. Please make sure that you are keeping yourself rehydrated by having a drink of water available if you need to have a drink while you are exercising.
 6. Make sure the space in which you are exercising is clear, so you are not going to trip over or knock in to anything.
 7. Wear supportive shoes and loose comfortable clothing to allow free movement.
 8. Ensure you use a sturdy chair with good back support on a non-slip surface, preferably without arm rests.
 9. If you are feeling a little tired, slow down, do smaller movements or rest until you feel you can continue.
 10. Make sure you are working at your correct level and that you are not working at a too high intensity so that you are becoming too out of breath.



How to use this exercise programme

This programme offers chair based and standing exercises and is split in to the following sections.

1. Warm-up to avoid injury you must always start with these gentle exercises, this will help raise the body temperature and heart rate.
2. Warm-up/mobility these will help keep the joints mobile and prepare them for exercise.
3. Stretch these will help to maintain or improve suppleness and good posture.
4. Cool down this includes gentle exercises to lower the heart rate and body temperature and stretched to prevent muscle soreness and injury.

Sitting Positions

If you choose to do the chair based exercises the chair must be sturdy, placed on a non-slip floor and have a supportive back rest. Ensure the chair is correct height for you so that you can place your feet flat on the floor. It is also important to sit correctly with good posture throughout out the exercises. The exercises will ask you to sit in the following positions.



Arm Movements

Some exercises may ask you to add arm movements to make the exercise a little harder. If you are feeling tired do not do the arm movements, rest your arms by the side of your body or on your hips.



Resistance

Resistance may be mentioned in some exercises. You may want to use light weights or cans of food like tins of beans to make the exercise harder.

Section 1: Warm Up

STANDING



Exercise 1:

Marching

March on the spot or around the room.

Continue for: 1 Minute

CHAIR BASED



Exercise 1:

Seated shuffle/bottom walks

Sit to the back of your chair. Shuffle forward by lifting your hip to the front of your chair and then back.

Arms: Swing

Repeat: Up to 4 times

STANDING



Exercise 2:

Toe taps and Heel Digs

Standing tap alternate feet/ toes forward, extending the ankle - 8 times each legs, then push alternate heels forwards pulling your toes up 8 times each leg

Arms: Biceps curls

Continue for: 1 Minute

CHAIR BASED



Exercise 2:

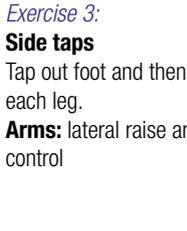
Toe taps and Heel Digs

Sit at the back of the chair, back straight and away from the back of the chair. Tap alternate toes forward, extending the ankle - 8 times each legs, then push alternate heels forwards pulling your toes up 8 times each leg

Arms: Biceps curls

Continue for 1 Minute

STANDING



Exercise 3:

Side taps

Tap out foot and then back to the middle repeat other side. Hips facing forward 8 times each leg.

Arms: lateral raise arms coming shoulder height at the side of body and release with control

CHAIR BASED



Exercise 3:

Side taps

Sitting on front third of the chair. Tap from side to side 8 times each leg.

Arms: lateral raise

Section 2: **Mobility**

STANDING



CHAIR BASED



Exercise 1:

Shoulder Shrugs

With good posture, back straight lift shoulders to ears and then lower slowly with relaxed breathing.

Repeat 4 times

Exercise 1:

Shoulder Shrugs

With good posture, back straight lift shoulders to ears and then lower slowly with relaxed breathing.

Repeat 4 times.

STANDING



Exercise 2:

Shoulder rolls

Eyes forward and chin parallel to floor, roll shoulders forward then backwards.

Repeat 4 times

CHAIR BASED



Exercise 2:

Shoulder rolls

Sit at the back of the chair, back straight, roll shoulders forward then backwards.

Repeat 4 times

STANDING



Exercise 3:

Heel toe

Support yourself using the wall /chair if required. Balance on one foot point the other foot forward down to the floor and the lift the toes up, try to place your heel and toe in the same spot. Avoid banging down your foot.

Repeat 5 times each foot

CHAIR BASED



Exercise 3:

Heel toe

Sitting at the back of the chair with good posture, point foot forward down to the floor and the lift the toes up.

Repeat 5 times each foot

STANDING



Exercise 4:

Arm circles

Circle one arm forward then the other, make as big circles as possible.

Repeat 4 times each direction

CHAIR BASED



Exercise 4:

Arm circles

Circle one arm forward then the other, make as big circles as possible.

Repeat 4 times each direction

STANDING



Exercise 5:

Knee Lifts

Keep back straight, lift alternate knees in front.

Arms: Opposite knee touch.

Repeat 8 times

CHAIR BASED



Exercise 5:

Knee Lifts

Sit in centre of chair, keep back straight and lift alternate knees in front.

Arms: Opposite knee touch.

Repeat 8 times

STANDING



Exercise 6:

Side bends

Tilt body from side to side straighten spine in the middle and try not to lean forward or backwards. Keep hips still, bend from waist.

Repeat 4 times each side.

CHAIR BASED



Exercise 6:

Side bends

Sit in centre of chair, tilt body from side to side straighten spine in the middle and try not to lean forward or backwards. Keep hips still, bend from waist arms by your side

Repeat 4 times each side.

STANDING

*Exercise 7:***Hamstring Curls**

Keep feet hip width apart, lift one foot towards bottom put it back down then repeat with other leg.

Arms: Upright Row**Repeat: 8 times each leg.**

CHAIR BASED

*Exercise 7:***Leg extensions**

Sit in centre of your chair with your back straight. Slowly straighten alternate legs out in front of you, then lower the foot back onto the floor.

Arms: Frontal Raise**Repeat up to 8 times each leg.**Section 3: **Stretches**

STANDING

*Stretch 1:***Upper arm and Shoulder**

Place one hand on the same shoulder, gently ease the elbow back using the other arm until you feel a stretch down the back of your arm and in the shoulder, repeat with other arm.

Hold for 6-8 seconds**Repeat the other side**

CHAIR BASED

*Stretch 1:***Upper arm and Shoulder**

Sit back on the chair and place one arm on your same shoulder, gently ease the elbow back using the other arm until you feel a stretch down the back of your arm and in the shoulder, repeat with other arm.

Hold for 6-8 seconds**Repeat the other side**

STANDING

*Stretch 2:***Chest**

Place both hands on your lower back and gently squeeze elbows and shoulders back until you feel a stretch across your chest and front of shoulders.

Hold for 6-8 seconds

CHAIR BASED

*Stretch 2:***Chest**

Sit back on chair and place both hands on your lower back and gently squeeze elbows and shoulders back until you feel a stretch across your chest and front of shoulders.

Hold for 6-8 seconds

STANDING



Pulse Raiser 1:

Knee Lifts

Keep back straight, lift alternate knees in front.

Arms: Opposite knee touch.

Repeat: 8 times

CHAIR BASED



Pulse Raiser 1:

Knee Lifts

Sit in centre of chair, keep back straight and lift alternate knees in front.

Arms: Opposite knee touch.

Repeat 8 times

STANDING



Stretch 3:

Upper back

Clasp hands together in front as if you are putting them round a tree relax your shoulders down and push your elbows forward, feel the stretch between your shoulder blades.

Hold 6-8 seconds

CHAIR BASED



Stretch 3:

Upper back

Sit in middle of chair. Clasp hands together in front as if you are putting them round a tree relax your shoulders down and push your elbows forward, feel the stretch between your shoulder blades.

Hold 6-8 seconds

STANDING



Stretch 4:

Side Stretch

Stand with your feet hip distance apart keep back straight and gently reach up with one arm and bend slightly at your waist. Feel the stretch down the side of your body.

Hold for 6-8 seconds

Repeat other side

CHAIR BASED



Stretch 4:

Side Stretch

Sit in middle of the chair keep back straight and gently reach up with one arm and bend slightly at your waist. Feel the stretch down the side of your body.

Hold for 6-8 seconds

Repeat other side

STANDING



Pulse Raiser 2:

Toe taps and Heel Digs

Standing tap alternate toes forward, extending the ankle - 8 times each legs, then push alternate heels forwards pulling your toes up 8 times each leg.

Arms: Biceps curls or swings

CHAIR BASED



Pulse Raiser 2:

Toe taps and Heel Digs

Sitting tap alternate toes forward, extending the ankle - 8 times each legs, then push alternate heels forwards pulling your toes up 8 times each leg.

Arms: Biceps curls/front raise or swings

STANDING



Stretch 5:

Hip and Thigh

Support yourself using the wall or a chair. Take one foot to the bottom and hold your foot or the back of your trouser leg. Try to keep your knees together and ease your hips forward until you feel the stretch in the front of your thigh.

Hold 6-8 seconds

Repeat other side

CHAIR BASED



Stretch 5:

Hip and Thigh

Place one foot on to the chair or wall behind you try to bring your knees together and ease your hips forward until you feel the stretch in the front of your thigh.

Hold 6-8 seconds

Repeat other side



STANDING



Stretch 6:

Calf Stretch

Place your hands on the wall take one leg behind you and keep both feet pointing forward gently push against the wall while keeping your back leg straight and push the heel to the floor. Repeat on other leg.

Hold for 6-8 seconds

Repeat other side

CHAIR BASED



Stretch 6:

Calf Stretch

Sit in the middle of your chair extend one leg keeping knee soft foot relaxed on the floor and gently pull your toes back towards you.

Repeat on other leg.

Hold for 6-8 seconds

Repeat other side

STANDING

*Pulse Raiser 3:***Knee Lifts and Hamstring Curl**

8 alternate knee lifts each leg.

Arms: Biceps curls

8 hamstring curls each leg, lift alternate leg to your bottom.

Arms: Lateral raise

CHAIR BASED

*Pulse Raiser 3:***Knee Lifts**

Sit in centre of chair, keep back straight and lift alternate knees in front.

Arms: Swing to shoulder level and back down**Repeat 16 times**

STANDING

*Stretch 7:***Hamstring Stretch**

Stand with your legs together bend both knees slightly then extend one leg forward till your heel is in front of you on the floor. Keep your back straight and gently lean forward from your hips place both hands on your bent knee for support.

Hold for 6-8 seconds**Repeat other side**

CHAIR BASED

*Stretch 7:***Hamstring Stretch**

Sit in middle of the chair keep back straight place one leg straight with the heel on the floor. Keep your back straight and gently lean forward from your hips place both hands on your bent knee for support.

Hold for 6-8 seconds**Repeat other side****Section 4: Main exercise programme**

STANDING

*Exercise 1:***Marching**

March on the spot or around the room.

Continue for 1 Minute

CHAIR BASED

*Exercise 1:***Seated shuffle or March**

Sit to the back of your chair. Shuffle forward to the front of your chair and then back.

Arms: Swing**Repeat up to 4 times**

STANDING



Exercise 2:

Heel Raise

Use the wall or chair or support place feet slightly apart. Rise up on to your toes and then slowly lower, keep ankles in line.

Repeat up to 10 times

CHAIR BASED



Exercise 2:

Heel Raise

Sit at the back of the chair, place both feet flat on the floor and gently raise the heels then lower them back down, keep ankles in line.

Repeat up to 10 times

STANDING



Exercise 3:

Side taps and knee lifts

8 side taps - step side to side.

Arms: Lateral raise

8 knee lifts

Arms: Front raise

Repeat 2 times each

CHAIR BASED



Exercise 3:

Knee lifts and heel digs

Sit in middle of chair.

8 knee lifts.

Arms: Front raise

8 knee lifts.

Arms: Biceps curl

Repeat 2 times each

STANDING



Exercise 4:

Toe taps (on bottom stair) or step ups

Standing close to your bottom stair, lift alternate feet to tap your toe on the step or onto a firm box.

Repeat up to 15 times each leg

Arms: Frontal raise or on hips

CHAIR BASED



Exercise 4:

Toe taps

Sit at the back of your chair. Tap alternate toes forward.

Repeat up to 15 times each leg

Arms: Frontal raise or on hips

*Exercise 5:***Lateral Raise**

Standing with good posture, feet hips width apart and slightly bent raise arms sideways to shoulder height and then gently lower back down.
Resistance may be used.

Repeat up to 10 times

*Exercise 5:***Lateral Raise**

Sitting with good posture, feet hips width apart and slightly bent raise arms sideways to shoulder height and then gently lower back down.

Resistance may be used.

Repeat up to 10 times

*Exercise 5:***Lateral with resistance band.**

Sitting/Standing in good posture feet hip width apart, Step on the band one foot at a time to secure it. Hold arm out straight ensuring tension on the band and raise arm sideways to shoulder height then gently lower back down. Change arms.

Repeat up to 10 times each arm

*Exercise 6:***Shoulder press**

Place hands at shoulders. Slowly push arms above your head until straight and lower back to the shoulders.

Repeat Up to 10 times

Resistance may be used

*Exercise 6:***Shoulder press**

Sit in the centre of your chair. Place hands at shoulders. Slowly push arms above your head until straight and lower back to the shoulders.

Repeat Up to 10 times

Resistance may be used

*Exercise 6:***Shoulder press with band**

Sitting/Standing in good posture feet hip width apart, Step on the band one foot at a time to secure it. Hold band in hand, position the arm with knuckles facing upward, elbow tucked in.

Then slowly press arm above head until straight and lower back to shoulders.

Repeat up to 10 times each arm

*Exercise 7:***Squats**

Stand with feet hip distance apart and toes forward. Bend your knees slowly, pushing your bottom backward and back straight (as though you were sitting down). Raise arms forward to help with balance.

Repeat up to 10 times

*Exercise 7:***Sits to stand**

Sit to the centre of your chair. Push through your legs to stand and try not to push with your arms. Slowly lower to sit.

Arms: Reach forward to help balance

Repeat up to 10 times

OR

*Exercise 7:***Leg extensions**

Sit in centre of your chair with your back straight. Slowly straighten alternate legs out in front of you, then lower the foot back onto the floor.

Arms: Frontal Raise

Repeat up to 10 times each leg

*Exercise 7:***Leg press seated**

Sit tall at front third of chair, legs hip width apart. Make a loop with band by holding it at either end keeping it flat. Take the working foot half a step forward, lift the toes and loop the band under the ball of foot.

Bring foot back to start position.

Walk hands down band in level with knee.

Lift leg about 1 inch from floor then pull band so hands come to rest on hips.

Straighten the knee with control against the resistance of band.

Count to 5 and slowly release back to start position.

Repeat up to 10 times each leg

STANDING

*Exercise 8:***Push ups against a wall**

Stand arm's length away from the wall. Place your hands on the wall slightly wider than shoulder width and move your feet slightly back (1/2 a step). Slowly bend your elbows out to the side lowering your face towards the wall and slowly press back.

Repeat up to 10 times

CHAIR BASED

*Exercise 8:***Tricep extension**

Sit to the front of your chair. Ensure you keep your head up and back straight. Lift one elbow slightly behind you. Hold the elbow in this position and straighten your arm back, then flex your arm again. Resistance may be used.

Repeat up to 10 times each arm

RESISTANCE BANDS

*Exercise 8:***Backward arm seated press**

Sit to the front of your chair. Ensure you keep your head up and back straight. Step onto band one foot at a time to secure band, hold band in hand with thumb forwards. Ensure arm straight and tension on band. Place opposite hand on thigh or chair for support. Take right arm backwards as far as possible leading with little finger, hold for up to 5 seconds. **Repeat up to 10 times**

STANDING

*Exercise 9:***Biceps curls**

Stand with your feet hip width apart, knees slightly bent, arms by the side of your body. slowly bend your arms bring your hands to your shoulders and lower to starting position, keep your elbows close to your body all the time. Resistance may be used.

Repeat 10 times

CHAIR BASED

*Exercise 9:***Biceps curls**

Sit in the middle of your chair back straight with your feet hip width apart, arms by the side of your body, slowly bend your arms bring your hands to your shoulders and lower to starting position, keep your elbows close to your body all the time. Resistance may be used. **Repeat 10 times each arm**

RESISTANCE BANDS

*Exercise 9:***Bicep Curl with Band.**

Sit to the front of your chair. Ensure you keep your head up and back straight. Step onto band one foot at a time to secure band, hold band in hand with thumb forwards. Ensure arm straight and tension on band. Place opposite hand on thigh or chair for support. Keeping elbow in contact with the body and thumb uppermost, bend elbow bringing hand toward shoulder, hold for 3 seconds and lower back down. **Repeat up to 10 times each arm**

*Exercise 10:***Back exercise**

Arm slides on wall: Sit or stand against a wall with your elbows and wrists against the wall. Slowly slide your arms upward as high as you can while keeping your elbows and wrists against the wall.

Repeat Up to 10 times

*Exercise 10:***Back exercise**

Scapular squeezes: While sitting in the middle of your chair with your arms by your sides squeeze your shoulder blades together and hold for 5 seconds.

Repeat Up to 10 times

*Exercise 10:***Upper back strength seated exercise.**

Place theraband across lap, scooping hands underneath with palms facing upwards.

Hold band and raise arms just below elbow height.

Pull band apart with both hands, slide elbows backwards until band touches lower part of tummy.

Squeeze shoulders together and hold for up to 5 seconds.

Slide both elbows forwarding to starting position, release the tension on band and lower hands onto lap.

Repeat Up to 10 times

Cool down by re-doing the stretches section starting on page 8 of this booklet.

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 **wakefieldwellbeing**

