

Use this chart to record your workouts 😊

You can also add to your activity levels by gardening, cleaning (houses will never be so clean!) or sorting out drawers and boxes that have been on your 'to do' list. The sense of accomplishment you will get from this is good for mental health too!

Stay strong.....Kris

Sat	Sun	Mon	Tue	Wed	Thu	Fri	Total for the week and any comments.
		30	31	1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	1	
2	3	4	5	6	7	8	

EXERCISES TO DO AT HOME 🧘



Top Tips

Set a regular time to do your exercises.

Check your floor surface is safe and the chair you use is stable.

Play music you enjoy and sing along. Dance like no one is watching!

Take a rest/break if you need to. Stop if you feel dizzy.

Warm Up – do these for at least 3 mins or one complete song.

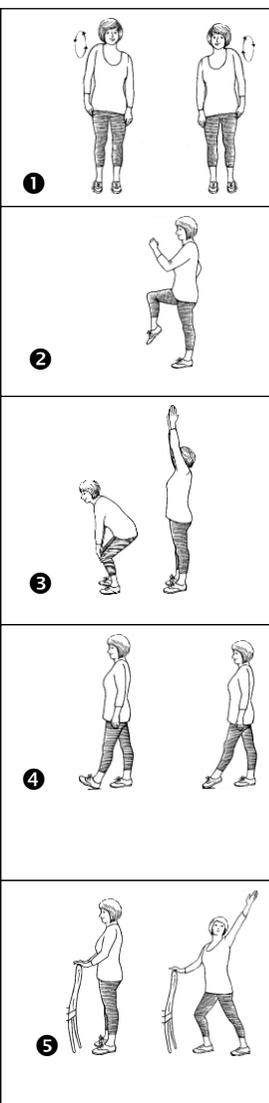
❶ **Shoulder Rolls:** Make **backward circles** with one shoulder 3-4 times, then repeat on the other side.

❷ **Marching:** March on the spot for 30-60 seconds. **Swing** your arms from your shoulders and pick your feet off the ground pointing your toes and lifting your knees high. Change directions.

❸ **Tap, Clap & Reach:** Bend your knees and reach down to tap your knees twice. Clap twice then reach one arm high and then the other. Do 8.

❹ **Toe/Heel Taps:** Hold something for balance if you need to. Stand on one leg and do some toe taps keeping your heel on the ground. Spin your hands around each other at the same time. Now tap the ground with your toe and then your heel. (see picture) Do 10-12 then change feet.

❺ **"Ta-Das":** Face the back of a chair, wall or bench and hold on lightly with both hands. Step your left foot back, turn your body and look over your left shoulder. Lift your left arm high as if to say "ta-da!" Come back to the start position and then change sides. Repeat 6 times each side.



AT THE BENCH

Calf raise / little squat

Stand behind your kitchen bench and use it for balance if required.

Rise up on your toes, taking your heels as far off the ground as possible. Return heels to the floor and then bend your knees so that you stretch your calf muscles. Repeat 10 of these.

Pendulum swings

Stay behind the bench and swing your leg out to the side like a pendulum. Do 6 to the left then 6 to the right. Repeat another 2-3 times.

Curtseys

Facing the bench do a curtsy to one side and then the other. Try going as low as is comfortable. Stretch one hand to the ceiling at the same time. Repeat 6 times.

USING A CHAIR

Sit to stand

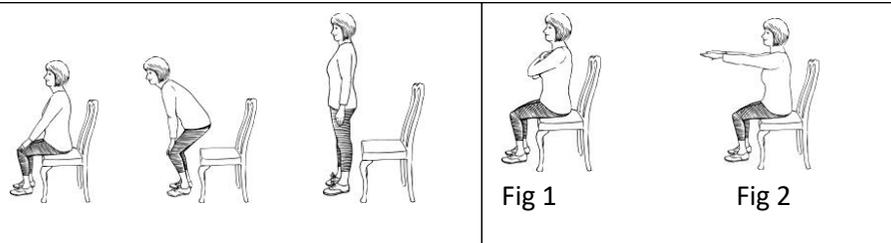
Check your chair is stable or rest it against a wall. **Do 10-15 times**

Challenge levels

Level 1: Hands on knees

Level 2: Arms across chest (fig 1)

Level 3: Arms out at shoulder height (fig 2)



IN OPEN SPACE

Clock face lunges

Imagine you are standing in the middle of a clock face.

Step forward with your right foot to '12 o'clock' then return to centre. Repeat for 3 o'clock and 6 o'clock.

Change to the left leg and repeat to 12 o'clock, 9 o'clock and 6 o'clock. Repeat 2-3 more times

Focus on stepping out with control, then powering back to the centre with more speed.



Walk the plank

Imagine you are standing on a beam. Walk along it placing your heel to your toes each time.

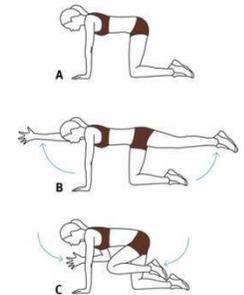
Go slowly and look ahead rather than down at your feet. To make it more difficult lift your knee high with every step.

ON THE FLOOR

Bird Dog

Get into a table-top position on all fours.

Go down on your elbows if your wrists are uncomfortable. Extend one arm and the **opposite** leg out at the same time. Count 3 secs then swap over. Do 10 of these. Make it more difficult by touching your knee to elbow (fig c)



Bridge

Lie on your back. Put a cushion under your head if you need to. With your palms on the floor, lift your hips and squeeze your glutes (butt muscles) at the same time. Repeat for 10 then hug your knees into your chest to release. Great job!

