

Stretch out with *crawley wellbeing*



Gentle exercises to build
strength and keep you moving

Try these simple exercises at home, fit them into your day by either going through the whole booklet or spending 10 minutes doing a few of them. You could even try one exercise during the adverts for your favourite programme or waiting for the kettle to boil.

Before starting any exercise make sure the chair you use is sturdy and that you wear supportive shoes. **If you experience any chest pain, dizziness or severe shortness of breath, stop and call your GP or 111.**

Begin with a warm up to prepare your body for the main exercises. While seated march with your feet for 1-2 minutes to a rhythm that you're comfortable with.

Carry out each exercise for about 30 seconds to a minute.

If you would like to make these exercises more difficult use bottles of water or tins of food to lift when doing the arm exercises.

To carry out the seated exercises sit up straight at the front of the chair and hold sides of the chair if you need to.

It's also fun and sociable to exercise in a group. If you would like to meet some new people and exercise with the direction of a knowledgeable instructor then give us a call on **01293 585317**. We have a number of free exercise classes available for all mobilities.

Legs

*can be done seated or standing

Calf raises*



Sit or stand tall with your feet hip width apart. If standing, hold onto a chair for support. Slowly lift your heels, keeping your weight over your toes. Hold for a count of three then lower your heels slowly and repeat.

Toe raises*



Sitting up straight or standing tall behind a chair, holding on for support slowly lift your toes and then lower slowly and repeat.

Leg extensions



With your feet flat on the floor, slowly extend one leg in front of you. Straighten your leg but don't lock your knee. Hold for one second and slowly lower back down. Repeat for 30 seconds then repeat on the other leg.

Tap out/tap in



Place your feet flat on the ground in front of you and then raise one leg and move it to the side, tap the floor and then return it to the middle. Repeat with the other leg.

Heel to toe*



Move your feet together from heel to toe and back again.

Back taps



Hold onto a sturdy chair for balance. Brush one foot along the floor and tap, keeping your knees close together. Repeat for 30 seconds and change legs.

Kick-backs



Stand behind a sturdy chair, holding on for balance. Slowly lift one leg straight without bending your knee. Hold for three seconds, slowly lower your leg back down and repeat for 30 seconds. Repeat on the other leg.

Alternate foot shuffle



Move one foot forward and the other one back and then swap.

Side taps



With your feet flat move one foot slightly to the side and tap the floor, bring back to the middle, repeat for 30 seconds and then change leg.

Arms and shoulders

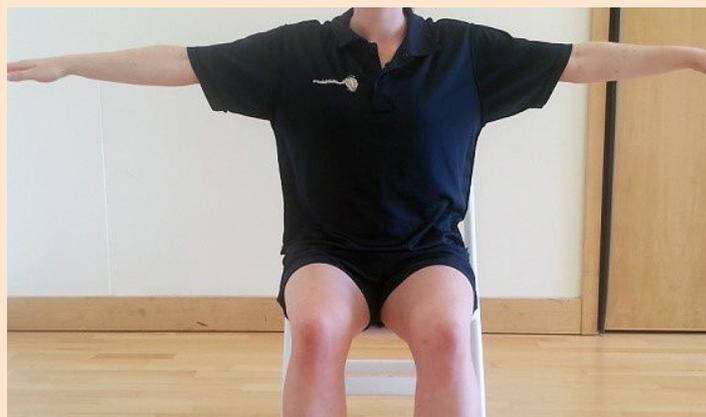
all can be done seated or standing

Straight arm raises – forward



Put your hands on your knees and then raise them forward until they are level with your shoulders. Repeat.

Lateral raises – straight arms/bent arms



Have your arms down by your sides and then lift them up until your arms are level with your shoulders. Repeat.

Tricep extensions (*opt. with resistance band*)



Sit tall with your feet hip width apart. With your arms by your sides slowly bend your arms towards your chest whilst keeping your elbows at your sides. Repeat.

Overhead press



Put your arms in the air and bend your arms so your shoulders line up with your elbows then reach up until your arms are straight and repeat.

Prayer push



With your arms bent at the elbows press your palms together and push up until your elbows reach a 45 degree angle. Repeat.

Chest

Forward push/pull back



Push your arms back, bending at the elbows with your palms facing forward so they are level with your shoulders. Keeping your body in the same position, push forward until your arms are straight and repeat.

Bent arm chest squeeze



Open your arms and bend them at 90 degrees then slowly bring them closer together until your arms touch, return to starting position and repeat.

Wall push ups



Stand a little further than an arm's length away from a wall, with feet shoulder width apart. Put your palms flat against the wall and lean your body forward. Slowly bend your elbows and lower your upper body towards the wall in a slow controlled motion, whilst keeping your feet flat on the floor. Hold for one second then slowly push yourself back until your arms are straight. Repeat for 30 seconds to a minute.

Back

Bent over row/seated row



Lean forward on the chair and let your arms hang by your sides. Then staying in your position pull your arms up keeping them close to your sides.

Reverse fly (lateral)



Lean forward with your arms bent in front of you. Slowly raise your arms until your elbows are level with your shoulders. Slowly lower your arms into the starting position and repeat.

Core

Straight arm forward lean



With your arms stretched in front of you slowly move your body forward by reaching a little further and return back to your original position.

Straight leg lift (seated)



Sit at the end of your chair holding onto the sides and gently lift your legs whilst keeping them straight and lower back down.

Diagonal crunch (seated)



With your fingers behind your ears, put your feet flat on the floor and hip width apart. Then lift one leg still bending at the knee and guide your opposite elbow towards the upper knee. Continue with this motion for 30 seconds and then change legs and repeat on your other side.

Torso twists



Keep your feet flat on the floor and hip width apart. Slowly twist to one side with your waist without moving your hips. Come back to the middle and repeat on the other side.

Arms overhead, side bend



Raise both arms over your head and then gently lean your torso to one side then return to the middle and repeat. Then complete the same amount on the other side.

Disclaimer:

You should be in good physical condition and be able to participate in the exercise. You should understand that when completing these exercises, there is the possibility of physical injury. If you engage in these exercises or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Crawley Wellbeing from any and all claims or causes of action.



If you would like more information or support please contact CrawleyWellbeing on **01293 585317** or at **wellbeing@ Crawley.gov.uk**

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