65+ STAY IN WORK OUT

Keeping Active At Home

Keeping active at home will help you stay healthy and happy during COVID-19 lockdown.

Physical activity can help lift your mood, improve your wellbeing (including sleep), as well as keep your body healthy, supple and strong.

If you can't get out to take a walk, the exercises overleaf will help both your strength and balance, whatever your fitness level.

Other Ways Of Keeping Active

Visit our website:
activesurrey/get-started/older-health

Follow us on social media:
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What To Do If You Have A Fall

If you have a fall, lie still for a minute, stay calm and check if you are hurt. If you know you can't get up, try calling for help or bang on walls/radiators.

Keep warm by covering yourself with something close by and try to keep your limbs moving.

If you have a fall stay calm. If you think you can get up:

1. Roll onto your side, then push up onto your elbows
2. Using your arms push yourself onto your hands and knees
3. Crawl towards a stable piece of furniture (chair or bed ideal) and hold onto it for support
4. Bring your stronger leg forwards. Lean forwards and push up using your arms and front leg
5. Slowly stand, before sitting down to recover

See overleaf for simple strength and balance exercises from the Chartered Society of Physiotherapists.

6 exercises for strength and balance

Maintain your independence with these simple strength and balance exercises.Try doing them three times a week, maybe during TV ad breaks. Always start slowly at your own pace.

SAFETY CHECK:

- Use a stable chair or something solid like a worktop for support.

- Wear supportive and comfortable clothes.

- If any exercise causes pains in your joints or muscles stop, check that you are doing it correctly and try again. If pain persists, seek advice from a health care professional.

- Feeling muscle soreness the next day is normal.

If you experience chest pain, severe shortness of breath or dizziness **STOP IMMEDIATELY** and call 111 or contact your GP.Try not to hold your breath- breathe normally throughout the exercises.

Illustrations courtesy of Chartered Society of Physiotherapists.

1 SIT TO STAND

Sit up tall near the front of your chair. Place your feet slightly back and hip-wide apart. Lean forward slightly and stand up slowly - hands on the chair if needed. Step back until your legs touch the chair. Slowly lower your bottom back onto the chair using your hands if needed. Repeat up to 10 times.

2 HEEL RAISES

Stand tall with your feet hip width apart. Hold your support.
Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.
Repeat up to 10 times.

3 TOE RAISES

Stand tall with your feet hip width apart. Hold your support. Slowly lift the front of your foot, keeping your knees soft.
Try not to stick your bottom out. Lower the toes slowly. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time. Repeat up to 10 times.

4 HEEL TOE STAND

Stand tall, holding support. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds- removing your hands if possible. Take your feet back to hip width apart. Repeat with the other foot in front, balancing for another 10 seconds.

5 HEEL TOE WALKING

Stand tall, side on to your support like a worktop or landing banister. Walk 10 steps placing one foot directly in front of the other, feet forming a straight line. Look ahead and walk slowly. Only hold if you need to. Take your feet back to hip width apart before turning around and repeating 5 times.

6 ONE LEG STAND

Stand close and hold your support.
Balance on one leg, keeping that leg straight but knee soft.
Stand tall and look ahead.
Hold for 10 seconds.
Repeat with other leg.

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