

## Gentle Exercise for Older Adults – Home Workout

**It's never too late to improve physical fitness, to start exercising and reap the rewards that being more active brings, for physical and mental health.**

This is a gentle exercise routine that can be done at home, using equipment from around the house or just using bodyweight. Exercises that can be performed seated and standing, but you can stay seated the whole way through if you need to. Take it at an easy pace that you can manage, rest when you need to and do as much as you can, no pressure!



### Equipment...

- A chair – a sturdy chair that's comfortable, one with arm support if needed.
- A scarf – for use in some of the upper body exercises.
- A tin – to use as a weight in some of the upper body exercises.
- A can of hairspray or something similar – lighter than a tin and a bit easier to hold for upper body exercises.

### Pointers...

- Wear comfortable clothes to exercise in and flat shoes.
- Have a glass / bottle of water close by and be sure to drink throughout.
- Work at your own pace, do as much as you can and don't feel the pressure to keep up with everyone else if doing this with a group. Stay seated throughout if you need to.
- If you have high blood pressure, don't do any exercises / moves above the head – do an alternative (if in doubt marching is always good). If you have any mobility restrictions, work within your comfortable range.
- If you're feeling under the weather, rest – save the exercise for another day.
- Put some music on that you enjoy and have a good old sign-along.

**Warm-up** – do at least 10 minutes of warm-up stretches to ensure muscles are warm and ready to work and joints are well lubricated.

WARM-UP		
Stretch / Move	Teaching Points	Time / Repetitions
<b>Seated marching</b>	Sit upright in chair, back straight, alternate march of knees, bring the arms into the move too, staying loose through the shoulders and elbows.	2 mins
<b>Standing marching</b>	If you can, stand at the back of your chair so you can hold on for support if needed. Standing march taking your knees a little higher if you can. Stay seated if you need to.	2 mins
<b>Stay standing if you can or do in seated</b>		
<b>Neck stretches</b>	Stand/sit up tall, shoulders back, turn head to the side, turn to the front, turn to the other side and repeat. Slow and controlled movement, within your range.	1 min

<b>Side bends</b>	Stand/sit up tall, shoulders back, hands down by the side of your body, slide your hand down to one side, back to centre, slide down to the other side. Slow and controlled movement, within your range.	1 min
<b>Shoulder rolls</b>	Stand/sit up tall, shoulders back, roll shoulders one way for 1 minute and then roll shoulders the other way for 1 minute. Slow and controlled movement, within your range.	2 mins (1 min each way)
<b>Arm circles</b>	Stand/sit up tall, take arms out to sides, circle your arms around one way for 1 minute gradually getting bigger, then circle your arms the other way for 1 minute. Slow and controlled movement, within your range.	2 mins (1 min each way)

**Remember... stay seated throughout if you need to, take it at your own pace.**

MAIN WORKOUT		
Exercise	Teaching Points	Time / Repetitions
<b>Standing behind chair if you can (hold onto chair if needed with one/two hands)</b>		
<b>Standing squat</b> (imagine you're going to sit down and then change your mind)	Stand with feet at hip distance, feet flat on floor, sit back and down into heels, change your mind and stand up, squeeze the muscles in your bum (glutes) at the top. Keep chest up, slow and controlled. <b>If seated:</b> do a knee or leg lift, lift knee / outstretched leg as high as you can, lower under control and repeat. stick with the same leg, do 10-15 reps and then change leg.	10 – 15 reps (go at your own pace, as many as you can do)
<b>Lateral leg raises</b> (leg lift to side)	Stand with feet at hip distance, lift leg to side, pull belly button in towards spine to engage core muscles and try to stay centred. Bring leg back to standing position and repeat. Do 10-15 reps and then repeat on other side. <b>If seated:</b> seated marching, using arms.	10 – 15 reps each leg/side
<b>Leg curls</b> (bend knee and take heel up)	Stand with feet at hip distance, bend knee and curl heel up towards your bum to knee level or lower. Bring leg back to standing position and then repeat. Do 10-15 reps and then repeat on the other side. <b>If seated:</b> do a knee or leg lift, lift knee / outstretched leg as high as you can, lower under control and repeat. stick with the same leg, do 10-15 reps and then change leg.	10 – 15 reps each leg/side
<b>Rest for 1-2 mins, drink water, repeat the exercises above or move on to the next exercises</b>		
<b>Front raises</b> (raise arms up in front)	Use scarf and hold with tension on, raise arms up out in front as high as comfortable and lower, slow and controlled. <b>Note:</b> anyone with high blood pressure only take arms up to shoulder height. <b>If seated:</b> same as above.	10 – 15 reps
<b>Side bends</b>	Use tin as weight, stand up tall, shoulders back, take arm/tin down to side as far as is comfortable and staying close to your leg, then back to centre. Do 10-15 reps and then repeat on the other side. <b>If seated:</b> same as above.	10 – 15 reps each side

<b>Shoulder press</b> (raise arms up with bent elbows)	Use scarf and hold with tension on out in-front, bend elbows (so that they are in-line with shoulders) raise arms up and lower, slow and controlled. <b>Note:</b> anyone with high blood pressure do front raises instead (first exercise). <b>If seated:</b> same as above.	10 – 15 reps
<b>Rest for 1-2 mins, drink water, repeat the exercises above or move on to the next exercises</b>		
<b>Seated exercises</b>		
<b>Knee / leg raises</b>	Sit up tall, pull belly button in towards spine to engage core, lift knee / outstretched leg as high as you can, lower under control and repeat. Stick with the same leg, do 10-15 reps and then change leg.	10 – 15 reps each leg/side
<b>Sit to stand</b>	Sit forward on chair, feet flat on floor at hip distance, chest up, as you stand up lead with the chest and engage core, squeeze glutes (muscles in bum) at the top, slowly lower back into chair (try not to plonk yourself down). Repeat, slow and controlled. <b>If seated:</b> back to seated marching, using arms.	10 – 15 reps
<b>Knee / leg raises</b>	Sit up tall, pull belly button in towards spine to engage core, lift knee / outstretched leg as high as you can, lower under control and repeat. Stick with the same leg, do 10-15 reps and then change leg.	10 – 15 reps each leg/side
<b>Rest for 1-2 mins, drink water, repeat the exercises above or finish with the cool-down</b>		

<b>COOL-DOWN</b>		
Stretch / Move	Teaching Points	Time / Repetitions
<b>Seated stretches</b>		
<b>Seated marching</b>	Sit upright in chair, back straight, alternate march of knees, bring the arms into the move too, bent elbows, loose through shoulders. Slow march to bring heart rate back down.	2 mins
<b>Shoulder rolls</b>	Sit up tall, shoulders back, roll shoulders one way for 1 minute and then roll shoulders the other way for 1 minute. Slow and controlled movement, within your range.	2 mins (1 min each way)
<b>Neck stretches</b>	Sit up tall, shoulders back, turn head to the side, turn to the front, turn to the other side and repeat. Slow and controlled movement, within your range.	2 mins
<b>Hamstring stretch</b>	Sit forward on the chair, bend 1 knee and take the other leg out to the front and point your toes up, lean forwards slightly and rest your hands on the bent knee so that you feel the stretch down the back of the straight leg. Hold the stretch and then repeat on the other leg.	Hold for 30 secs – 1 min each leg

We hope to have our community classes back up and running again soon... as we love and miss the social interaction just as much as you do. You can find out more about the classes we teach on our website, click this link: [bit.ly/strengthandbalanceexercise](http://bit.ly/strengthandbalanceexercise)

Feel free to contact us too...

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