

Older Adults Class Exercises

Exercise 1: Seated Twist



Sit upright in a chair with your feet on the floor. Turn your head and upper body to the side so that you look over your shoulder.

Repeat in alternate directions.

Try counting backwards whilst you do the exercise to challenge your brain.

+ To make this harder, perform the exercise in standing.

- To make this easier, perform the exercise slower, or reduce how far you turn your body.

Exercise 2: Seated Jacks



Sit upright in a chair with your feet on the floor.

Bring your arms out to the side and above your head.

At the same time, lift your feet out to the side.

+ To make this harder, step one foot and lift the same arm in standing.

- To make this easier, perform the exercise with the arm movements only.

Exercise 3: Sit to Stand



Sit on a chair.

Lean your body weight forwards and stand.

Try not to use your hands to assist you.

Sit back down slowly and with control.

+ To make this harder, lightly touch the chair with your bottom and stand up again without sitting.

- To make this easier, use your hands to help you stand and sit.

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Exercise 4: Heel Raise



Stand tall with your feet hip width apart and your weight even on both feet.

Hold on to a support if needed.

Raise up on to your toes, lifting your heels.

Lower your heels slowly and with control.

+ To make this harder, perform the exercise on one leg.

- To make this easier, perform the exercise in sitting.

2 Minute Rest Period (and Brain Exercise)



Take the first letter of your first name
Name 3 animals that begin with that letter
Repeat with the first letter of your surname

Repeat using different categories for 2 minutes

Food & Drink

Girl's Names

Boy's Names

Countries

Exercise 5: Shoulder Press (with weight)



Stand tall and hold weights in each.

With one arm, bend your elbow and then press the weight towards the ceiling.

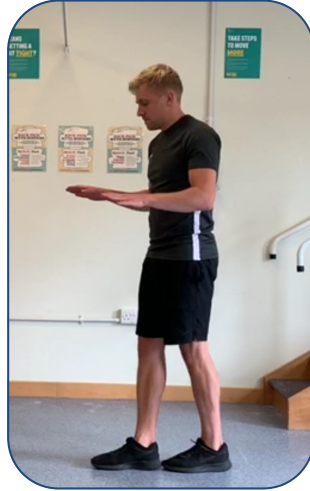
Alternate arms each time.

+ To make this harder, increase the weight you are using or increase the speed of the movement.

- To make this easier, reduce the weight you are using, or perform the exercise in sitting.

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Exercise 6: Heel Toe Stand



Stand with one foot in front of the other.

The heel on your front foot should touch the toes on your rear foot.

Maintain your balance.

+ To make this harder, walk in a straight line. As you step, the heel of your front foot should touch the toes on your back foot.

- To make this easier, hold a stable surface for support, or move your back foot out to increase your base of support.

Exercise 7: Supported Single Leg Balance



Hold on to a stable surface if necessary. Stand on one leg.

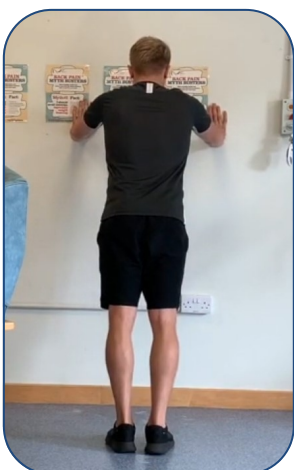
Try to remain balanced.

Hold for 30 seconds and repeat on the opposite leg.

+ To make this harder, turn your head from left to right as you balance.

- To make this easier, increase how much weight you are putting through your hand.

Exercise 8: Wall Press Up



Start facing a wall.

Place your hands shoulder width apart on the wall, and walk your feet back.

Lower your chest towards the floor and push back up through your hands.

+ To make this harder, perform the exercise with your hands on a lower surface.

- To make this easier, move your feet closer to the wall.

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If you do not have weights at home you can use household objects instead, such as tins of beans or bottles of water.

If you normally require a walking aid, you may wish to use it to support you during this exercise circuit.

Perform each exercise for 1 minute.

Once you have completed all 8 exercises, you may rest for 2—3 minutes and then repeat the circuit if you are able to.

Exercise guidelines recommend that you should aim to do 150 minutes of moderate intensity exercise per week.

This is exercise which gets you warm and out of breath.

**** Participation Disclaimer ****

By performing any fitness programme without supervision, you are doing so at your own risk.

To reduce the risk of injury, you should check with your doctor or physiotherapist before beginning any fitness programme.