



Home Exercise

Livingwell Pack



*We hope you enjoy your Home Exercise
Livingwell Pack!*

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Foreword

This Home Exercise Livingwell Pack is funded by the National Lottery Community Fund and has been designed to enable older people to keep fit and healthy within their homes during the Covid-19 outbreak.

Age UK Enfield's Fit for Life project normally runs 24 exercise classes and walks each week. The National Lottery Community Fund has funded this project until 31 March 2020, so we are currently seeking new funding opportunities for the time when classes can resume. In the meantime, we are pleased to provide this pack which will provide excellent guidelines on how to keep fit during this time.

For more instruction on the exercises and using the resistance band please go to YouTube and search Fit for Life Mark's Home Exercise Livingwell Pack.

Advice Guide To Resistance Band, Seated and Standing Exercises

Here are some exercises you can do at home with your resistance band. Try to maintain good posture throughout the exercises (pull up tall through the back, stomach in, shoulders back). Remember to breathe out on exertion (as the band lengthens) and in on relaxation (as the band slackens). Ensure that the movement is smooth, avoiding jerky actions and snapping joints straight. Remember, the nearer the hands are to the end of the band, the easier the exercise will be. Bring your hands closer to the middle of the band to make the exercise harder.

Beginners start with only 6 exercises (page 26 - 37)

Intermediate choose 8 - 10 exercises

Advanced 10 -12 exercises

Aim to do 10 -15 repetitions for most exercises, unless otherwise stated.

(1 set for beginners, 2 sets for intermediates, 3 sets for advanced).

Do not continue with the exercises if you become unwell or suffer from joint discomfort (read workout guidelines).

To maintain the quality and elasticity of your Resistance Band please rub talcum powder on your band monthly.

Workout Guidelines

- ◆ Do not exercise if unwell.
- ◆ Do not exercise immediately after getting out of bed.
- ◆ Do not exercise immediately after a meal.
- ◆ Wear loose, comfortable clothes.
- ◆ Wear comfortable, lightweight shoes which are not too tight, as feet expand when exercising.
- ◆ Make sure water is sipped before, during, and after workouts, especially in warm environments.
- ◆ Make sure you warm up before doing the resistance band exercises, please see warm up and stretch exercises.
- ◆ Carry out the movements in a slow steady manner, no fast movements, avoid snapping joints straight.
- ◆ Remember to breathe! If you can, breathe out when contracting (working the muscle), and breathe in when relaxing the muscle. If this is hard to coordinate, just breathe steadily throughout the movement.
- ◆ Try to maintain a good posture whilst exercising. Sit up tall, straight back, stomach in, shoulders back, head up looking straight ahead.
- ◆ Enjoy yourself! Think of the benefits you gain from exercising, and how much more energy you will have to get through the rest of the day.

Disclaimer

As with all fitness and exercise programmes, when using this exercise pack you need to use your common sense to reduce and avoid injury. You will want to check with your doctor before beginning any fitness programme. By performing any fitness exercises without supervision, you are performing them at your own risk. Age UK Enfield will not be responsible or liable for any injury or harm you sustain as a result of this fitness programme.

Responsibility of the Participant

- Please ensure there is sufficient space to perform all exercises safely and that you can move freely without obstruction.
- Any equipment you use is to be safe and in a suitable condition.
- You have sufficient heating, lighting, ventilation and hydration throughout the exercise session.

Toe Tapping



Tap toes up and down.

Complete exercises for 30 secs, 45 secs or 1 minute.

Seated Marching



Complete exercises for 30 secs, 45 secs or 1 minute.

Ankle Roll



Roll ankle 15 times clockwise and 15 times anticlockwise.

Shoulder Roll



Roll shoulders 15 times forwards and 15 times backwards.

Elbow Circles



Roll elbows 15 times forwards and 15 times backwards.

Heel Digs



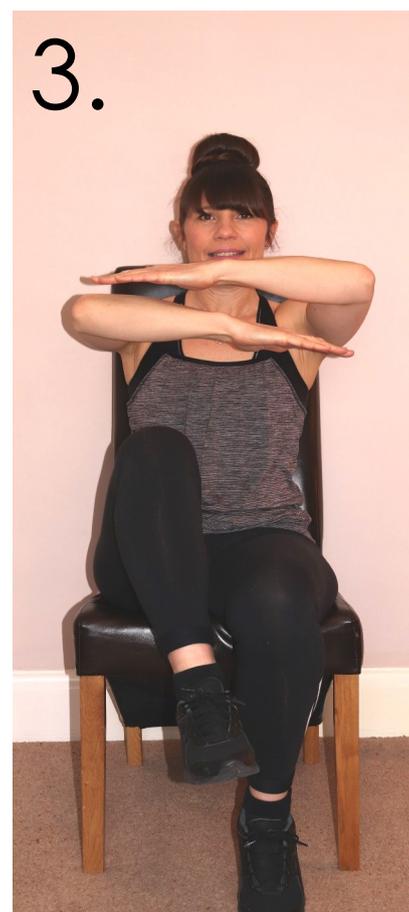
Complete exercise for 30 seconds, 45 seconds or 1 minute.

Alternate Knee Lifts With Arm Swing



Raise opposite arm and leg at the same time, return to start position and repeat with the other side. Complete exercise for 30 seconds, 45 seconds or 1 minute.

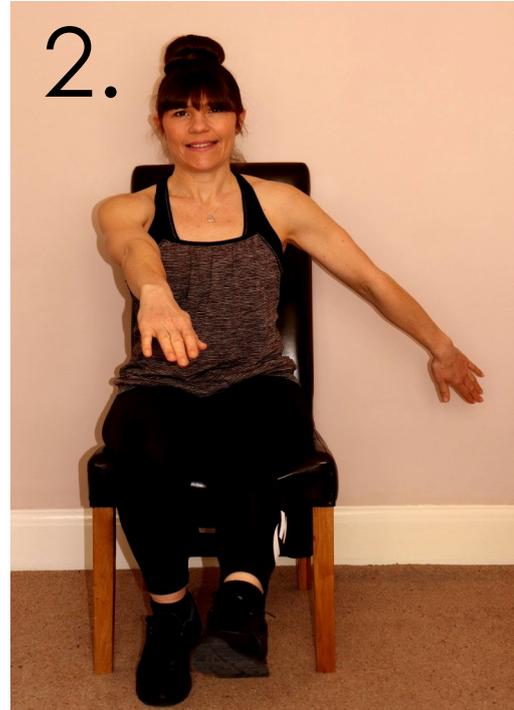
Alternate Knee Lifts With Arm Extension



Alternate knee raise with your arms crossing over,
then extending out.

Complete exercise for 30 seconds, 45 seconds or
1 minute.

Kick Opposite Arm To Leg



Complete exercise for 30 secs, 45 secs or 1 minute.

Sitting Jacks

1.



2.



Complete exercises for 30 seconds, 45 seconds or 1 minute.

Toe Tap With Arm Curl



Point forward alternate toes whilst raising opposing hands to shoulders.

Complete exercise for 30 seconds, 45 seconds or 1 minute.

Heel Digs



Place alternate heels on floor whilst raising your elbows and bringing hands to your chin.

Complete exercise for 30 seconds, 45 seconds or 1 minute.

Knee Raises



Lift alternate knees up with your hands on your hips or swing your arms.

Complete exercise for 30 seconds, 45 seconds or 1 minute.

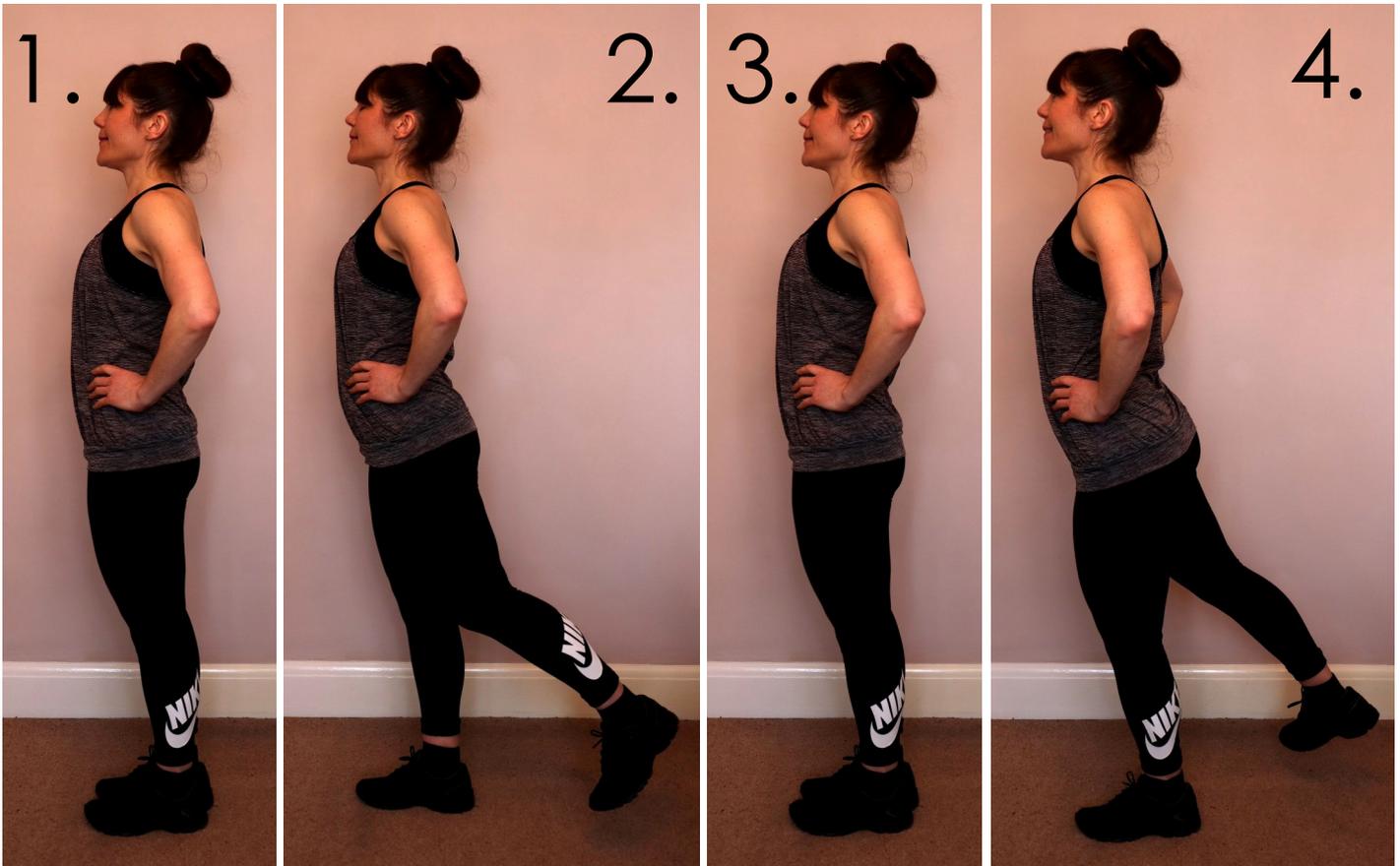
Forward Leg Lift



Keeping back straight, hold onto wall if necessary,
raise your leg in front.

Complete exercise for 30 seconds, 45 seconds or
1 minute.

Reverse Leg Lift



Keeping back straight, hold onto wall if necessary,
Squeezing bottom, lift leg behind.

Complete exercise for 30 seconds, 45 seconds or
1 minute.

Inner Thigh Lift



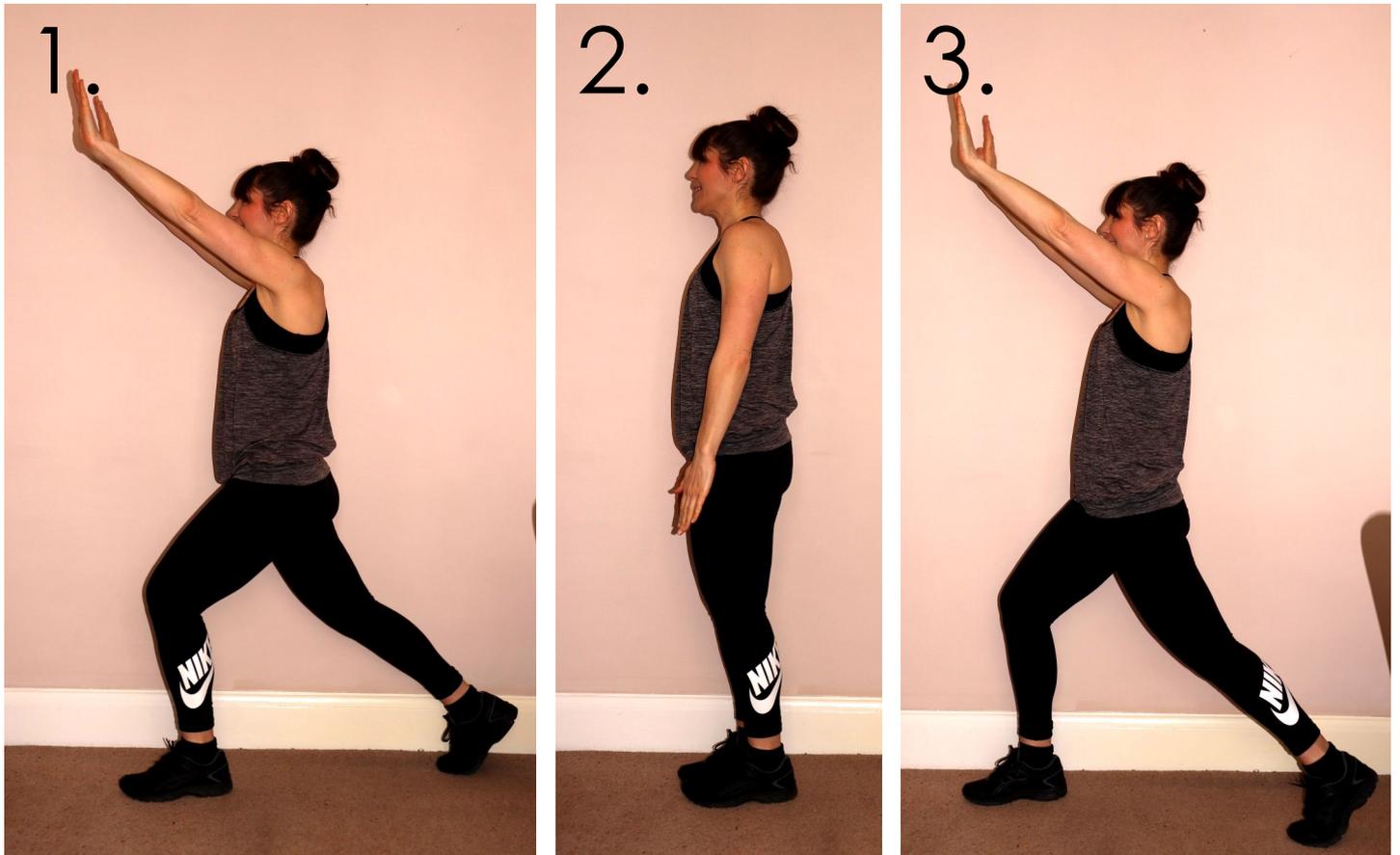
Keeping back straight, hold onto the wall if necessary, swing one leg across the other. Complete exercise for 30 secs, 45 secs or 1 minute.

Outer Thigh Lift



Keeping back straight, hold onto wall if necessary,
take one leg out to the side.
Complete exercise for 30 seconds, 45 seconds or
1 minute.

Step Backs



Take one leg back, tapping your toes on the floor whilst raising your arms to shoulder height, then return to starting position and repeat with other leg. Complete exercise for 30 seconds, 45 seconds or 1 minute.

Leg Curls



Alternating legs, bring heel to bottom.

To make exercise more difficult reach arms to the side when lifting leg up.

Complete exercise for 30 seconds, 45 seconds or 1 minute.

Jumping Jacks



With a jump take legs and arms out at the same time and return to starting position.

Complete exercise for 30 seconds, 45 seconds or 1 minute.

Neck Stretch



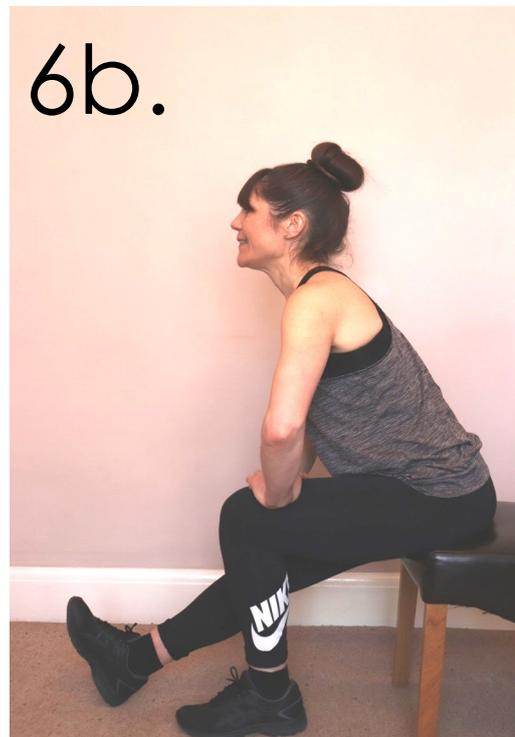
Slowly tilt your head to the left then right 4 times.
Hold for 6 – 8 seconds each side.

Upper back, Chest and Tricep Stretch



Hold warm up stretches for 10 seconds and cool down stretches for between 20 - 30 seconds.

Wrist and Hamstring Stretch



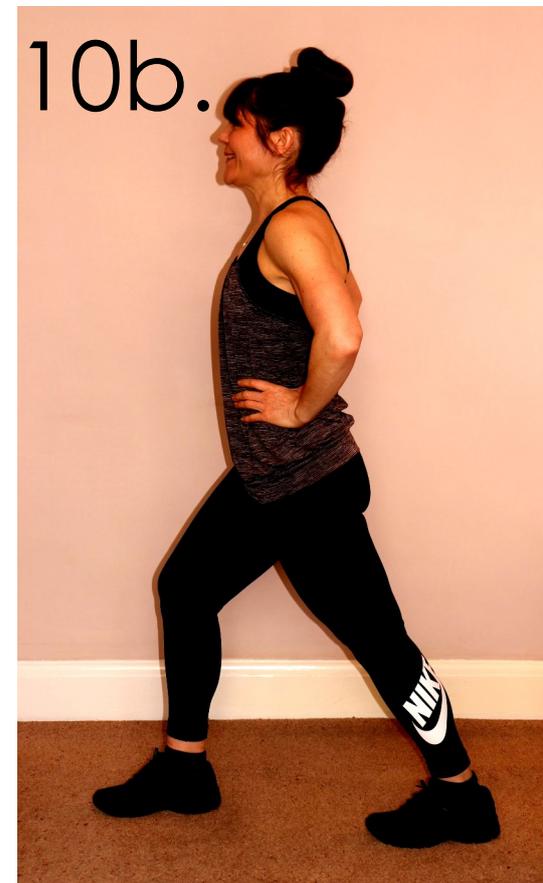
Hold warm up stretches for 10 seconds and cool down stretches for between 20 - 30 seconds.

Bottom and Inner Thigh Stretch



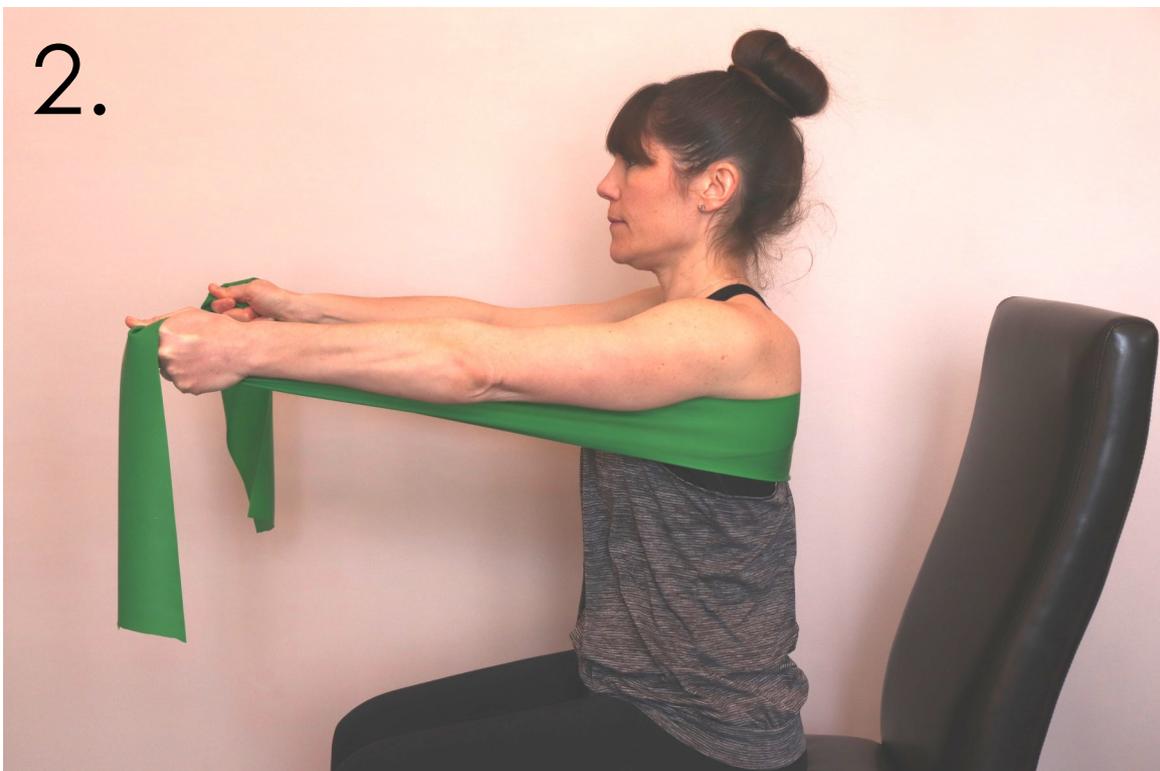
Hold warm up stretches for 10 seconds and cool down stretches for between 20 - 30 seconds.

Upper Thigh and Lower Leg Stretch



Hold warm up stretches for 10 seconds and cool down stretches for between 20 - 30 seconds.

Chest Press



(Working chest, front of shoulders and triceps)

Extend arms forwards, keeping elbows up.

Leg Extensions



(Working your upper leg muscles)

Extend your legs. Hold for a slow count of 5 then slowly release.

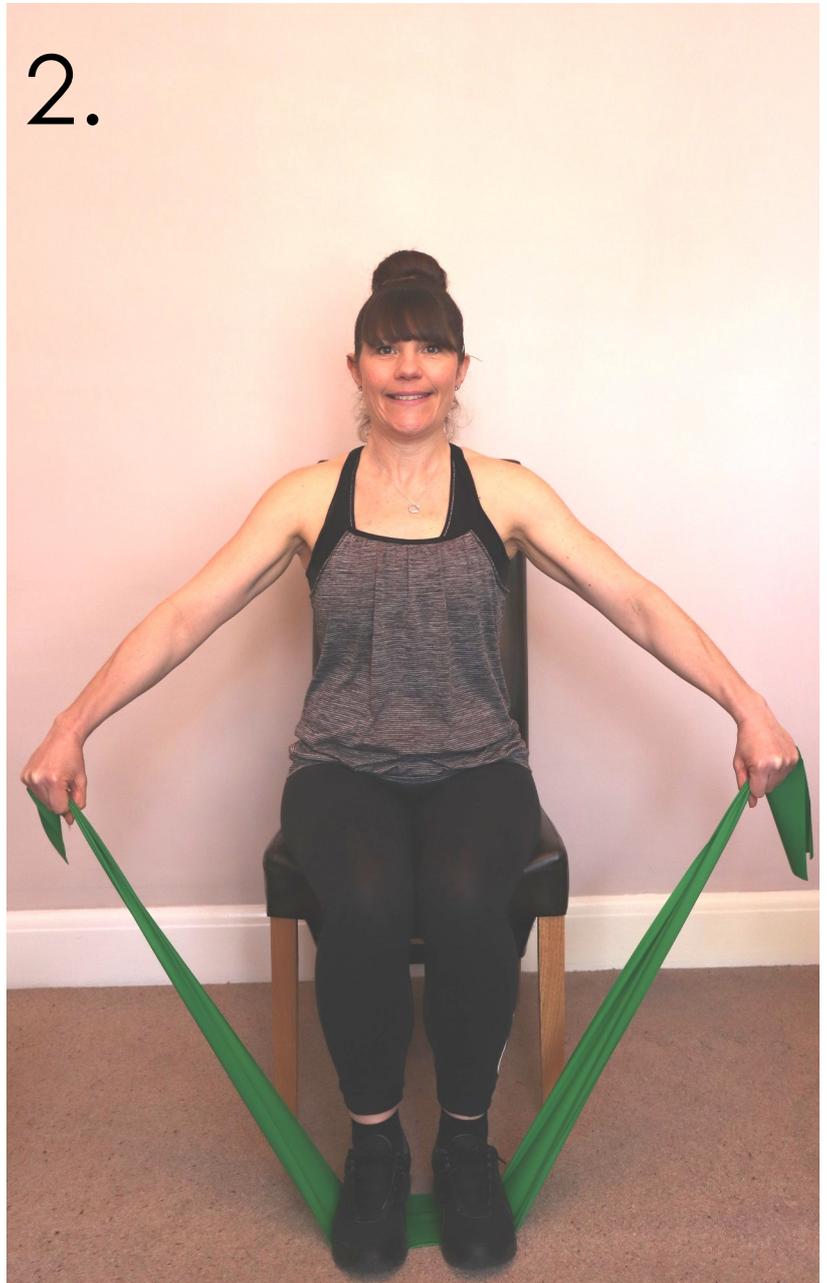
You can do one or both legs at a time.

Lateral Raises

1.



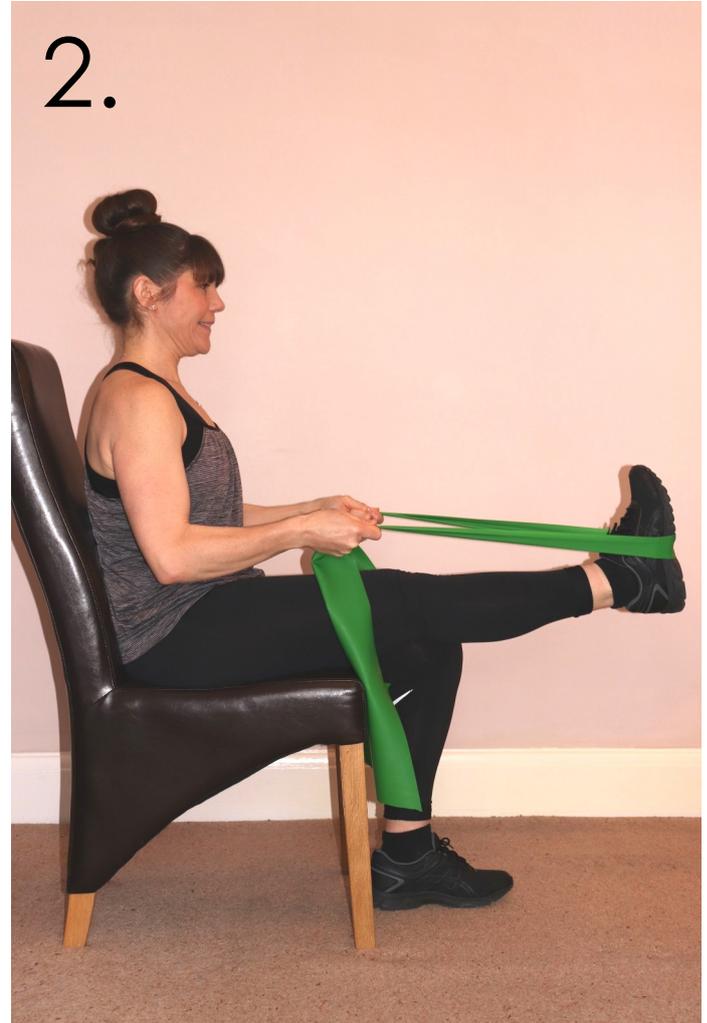
2.



(Working your shoulder muscles)

Keeping your arms straight, slowly lift your arms up to the side, then slowly return to the starting position.

Leg Press



(Working your upper leg and bottom)

Place the band under the ball of your foot.

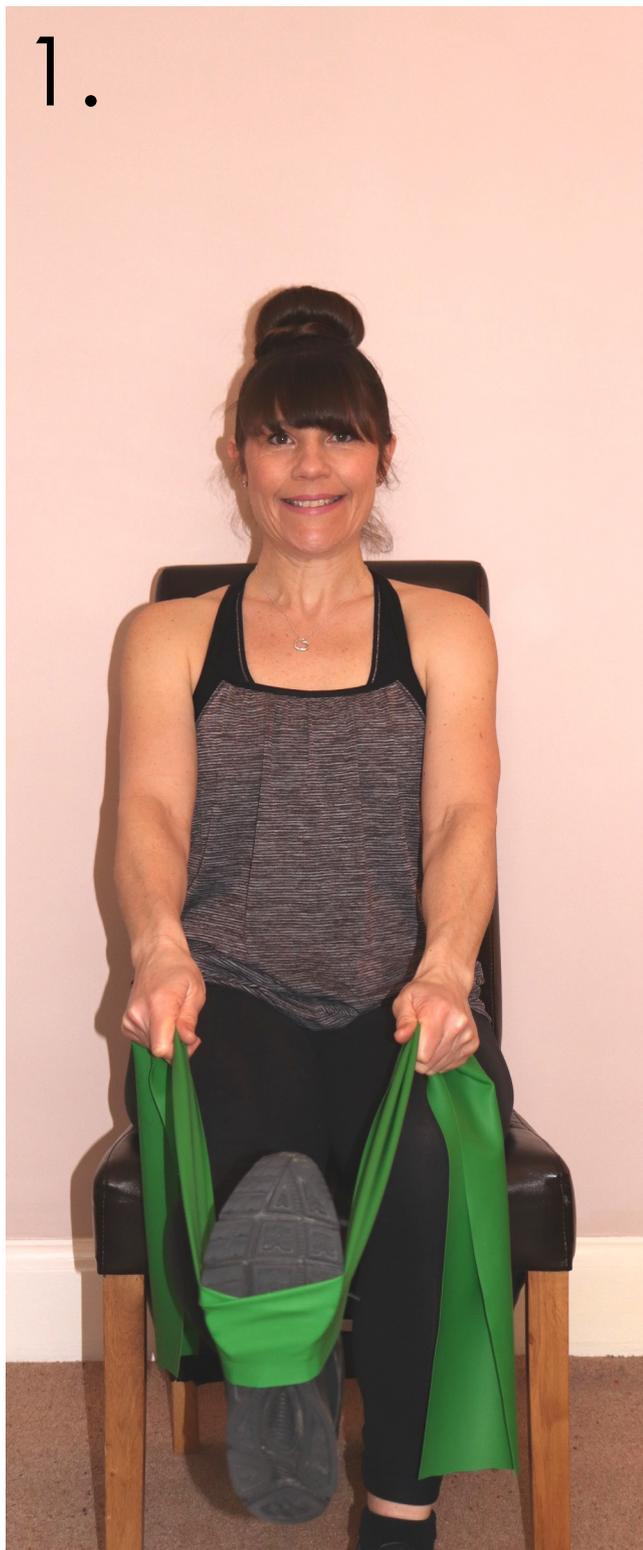
Sit tall, lift your knee up a few inches, pull your hands to your hips and hold. Straighten your leg and hold for a slow count of 5.

Then bend your knee and release your arms.

Repeat 6 -10 times on each leg.

Seated Row

1.



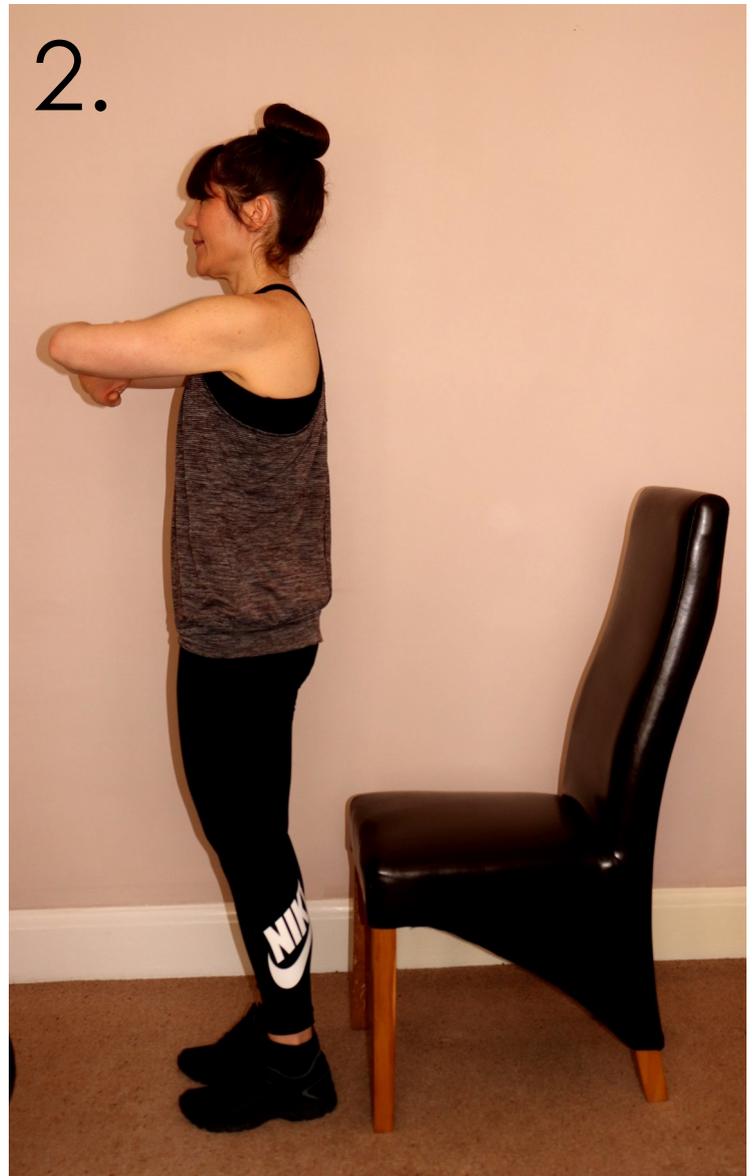
2.



(Working upper back and front of arm muscles)

Pull band as far into body as possible. Extend arms back to starting position.

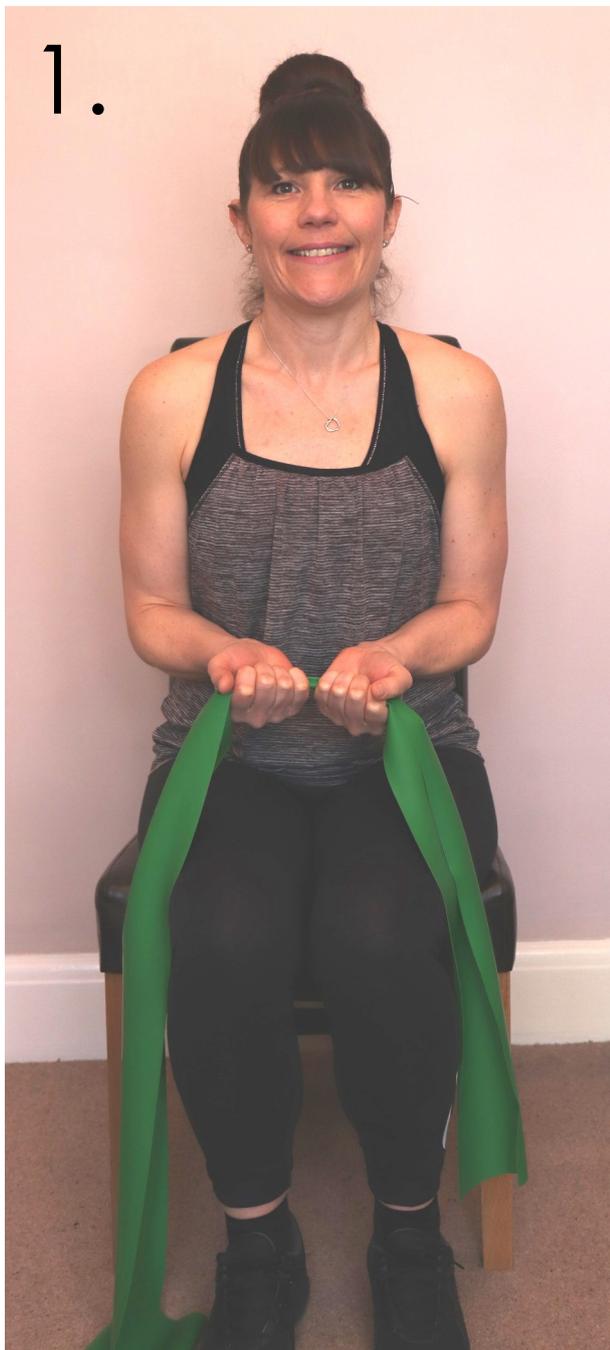
Sit To Stand



(Working front of upper thigh and bottom)

Keeping feet shoulder width apart, place your hands on opposite shoulders and slowly stand up straight and then slowly return to the seat.

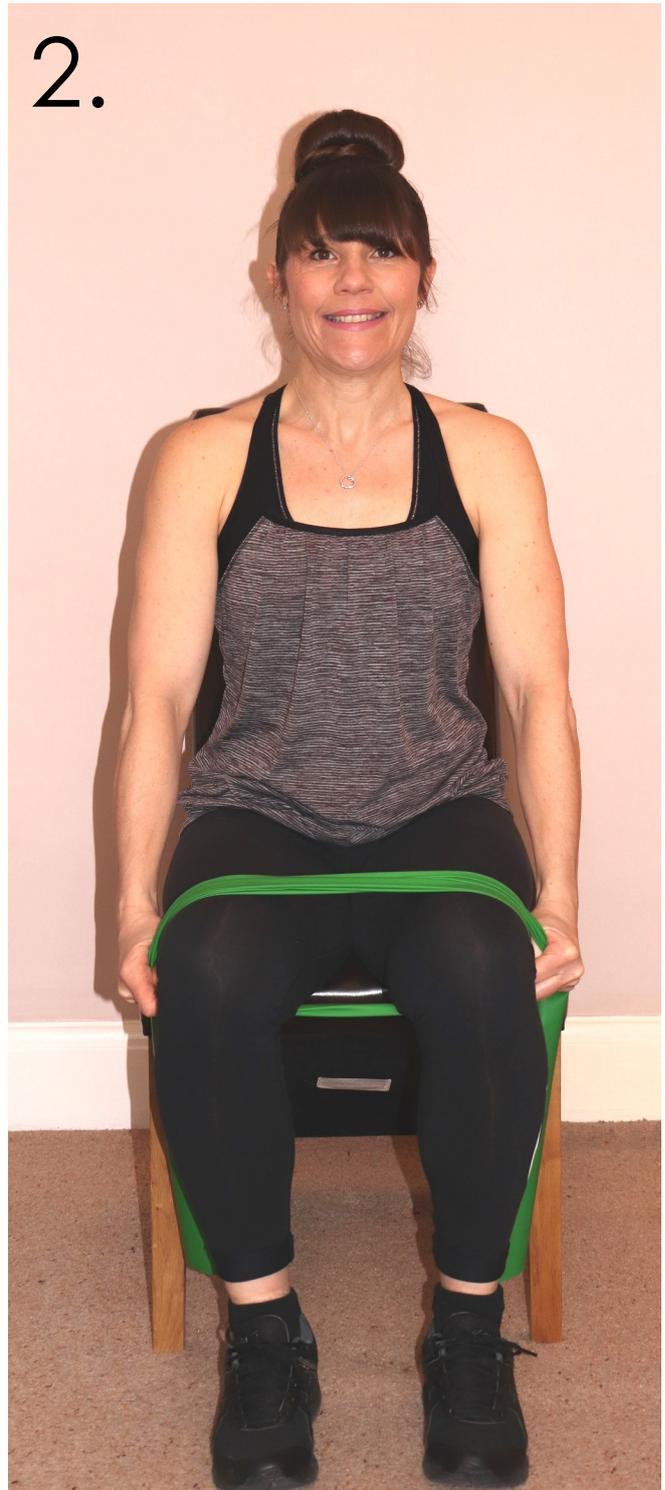
Shoulder Pull



(Working upper back muscles)

Hold band with palms facing up, pull your hands apart. Hold for a slow count of 5.

Outer Thigh Push



(Working your outer thigh muscles)

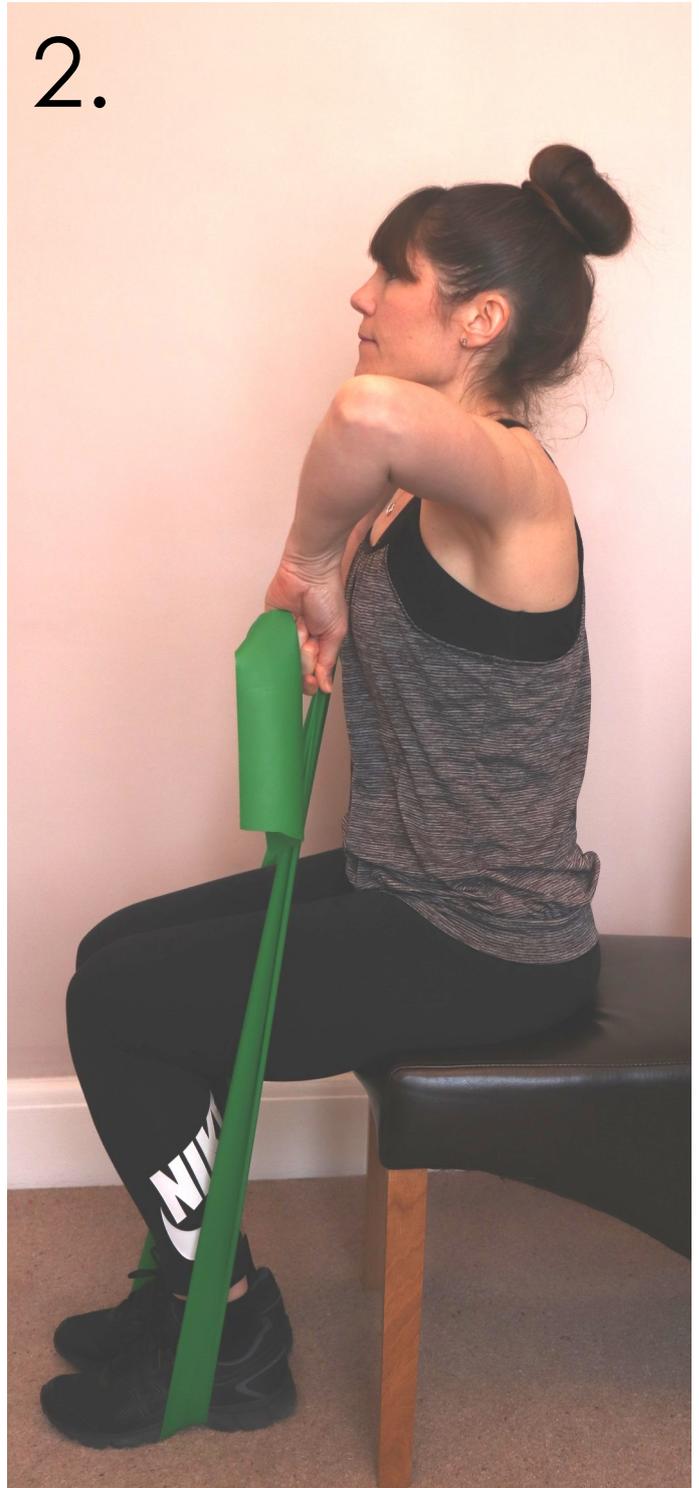
Keeping feet hip width apart. Secure the band around your legs. Slowly push knees outwards.

Upright Row

1.



2.



(Working upper back, shoulders and biceps)

Pull elbows up high, then slowly straighten arms down.

Calf Raises



(Working back of lower leg)

Slowly lift heels up and down.

To assist balance hold onto the back of a chair.

Triceps Extension

1.



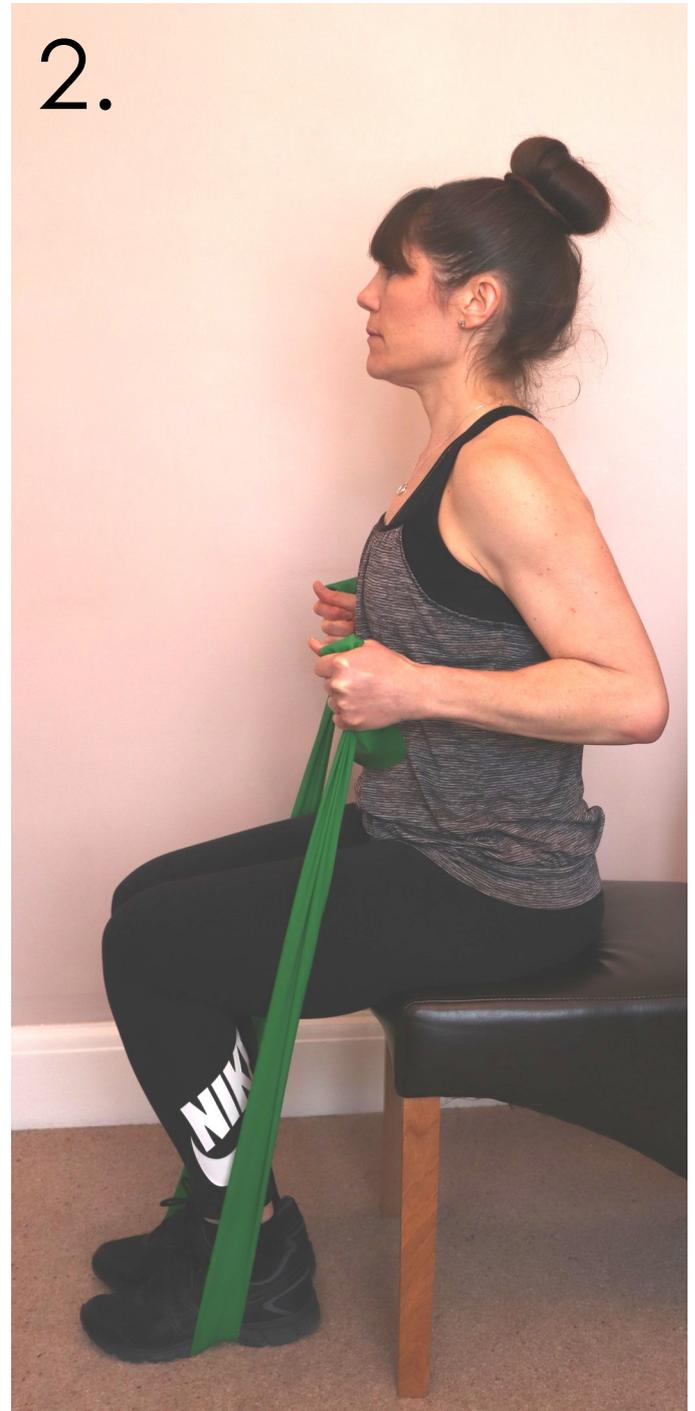
2.



(Working back of upper arm muscles)

Keeping elbow into side, straighten your arm and return slowly to starting position.

Bicep Curls



(Working front of upper arm muscles)

Keeping elbows close to your side, slowly bring hands towards shoulders, then lower.

Cool Down Stretches

Neck Stretch - Page 21

Upper Back, Chest and Tricep Stretch - Page 22

Wrist and Hamstring Stretch - Page 23

Bottom and Inner Thigh Stretch - Page 24

Upper Thigh and Lower Leg Stretch - Page 25

**Congratulations on completing this
Home Exercise Livingwell Pack.**

Home Exercise Livingwell Pack

Written by Mark Huggard, Fit for Life Manager.

Developed to use for Age UK Enfield.

Acknowledgements and photos:

Jo Partridge - Fit Steps, Zumba Teacher.

We at Age UK Enfield have been busy rearranging our services to ensure that we can continue to support older people during this critical time.

Our bases at John Jackson Library and Parker Centre are closed, and our staff and volunteers are working from home.

You can still reach us on our telephone number 020 8375 4120 and email on admin@ageukenfield.org.uk

Our current services include:

Hot meal deliveries

Support with shopping, prescription collection and other practical tasks.

Information & Advice – we can help you via email or telephone with benefits, debt, money issues and much more.

Planning for Later Life – for information on making a will, advanced decisions, and bereavement services.

Telephone Befriending – if you'd like a regular friendly chat.

Fit for Life exercise classes available online YouTube channel, with more added regularly.

Wellbeing packs – including help and advice to stay fit and active through practical exercises in your own home.

Community Activities for people with dementia at home (supporting clients who normally attend the Parker Centre).

Home care services continue to the most vulnerable including personal care, light housework, shopping etc.

ICAN Service including some online Tea & Chatter groups and Dementia Choir, you just need access to the internet to join in.

Please get in touch to find out more about any of our services, what we can do to help, or what you or your family or friends can do to support us and older people.

020 8375 4120

admin@ageukenfield.org.uk

www.ageukenfield.org.uk