**Exercises for over 70s in self-isolation by Nuffield Health**

**Chair squats (sit to stand)**

**To strengthen the muscles of the lower body, bones and joints**

* Stand in front of a chair with your feet as far apart as your hips
* Bend your knees while keeping your shoulders and chest upright
* Lower your bottom slowly (4 seconds) so you sit down
* Then push your body back up to return to a standing position (2-4 seconds)
* Try to avoid using your hands
* Perform this 5-10 times or for a duration of 20-60 seconds, take a rest after for 40-60 seconds
* Repeat this action 2-5 times.



**The stork (single leg stands)**

**To improve balance and bone strength**

* Stand facing a non-moveable chair or surface for support if you need it
* Warm up with a slow march for 1 minute, gradually raising your knees higher
* With your arms at your side, slowly lift your left foot and balance on your right foot for 10 seconds
* Slowly lower your left foot and repeat with your right foot
* Aim to build up the duration by 5 seconds each time as you feel more comfortable
* To increase difficulty, try raising your hand above your head on the same side or slowly swinging your arms like you’re running
* Repeat on both legs 3-5 times each.



**Wall snow angels**

**To improve mobility, posture and strength**

* Stand with your upper back, head, bum and heels against the wall
* Start with your hands out to the side with your palms facing outwards
* Whilst maintaining contact with the wall, slowly raise your hands above your head, stretching as wide and as high as possible
* Slowly return to your starting position and then repeat – aim to complete 5-10 times
* Perform this 2-3 times, take a break for 40-60 seconds before repeating again.



**Rotations**

**To improve upper body and back mobility**

* Holding a stick or broom horizontally behind your head, stand with your feet hip width apart and your knees slightly bent or sit on a chair.
* If you don’t have a broom, put your hands on your shoulders keeping your arms at 90 degrees
* Keeping the broom straight, turn to your right as far as comfortable, twisting through your hips
* Then slowly turn to the other side, building up your range of movement
* Repeat 10-20 times
* Perform this 2-5 times, take a break for 40-60 seconds before repeating again.



**Wall push-ups**

**To maintain upper body strength and bone mineral density**

* Stand at arm’s length in front of a wall which is safe
* Lean forward slightly and put your palms flat on the wall at shoulder height
* If you are just starting out have your feet closer to the wall
* If you want more of a challenge have your feet further back form the wall
* Keep your feet planted as you slowly bring your body towards the wall, aiming to keep your body straight
* Gently push yourself back so that your arms are straight again
* Aim for 5-10 slow repetitions
* Perform this 2-5 times, take a break for 40-60 seconds before repeating again.



**Overhead lifts**

**To improve upper body strength and daily functional movement**

* In a standing position hold 2 evenly weighted objects like cans of beans or bottles
* Start with your hands down by your sides and your palms facing away from you
* Keeping your elbows by your side, slowly bring the objects up to your shoulders then slowly extend your arms above your head
* Reverse the action until your hands are back by your side
* Repeat the movement 5-10 times
* Perform this 2-5 times, take a break for 40-60 seconds before repeating again.



**Stair stepping**

**To improve coordination, aerobic fitness for heart health and lower body strength**

* Stand in front of a staircase or step and step up with your right foot, then up with your left
* Then step back down with your right, then back down with your left. Repeat 10 times or for a period of 20-60 seconds
* Take a rest before changing the leading foot
* If you need a little support, hold on gently to the railing, or gently touch the wall with your finger tip
* If this is comfortable, to increase difficulty, hold some weight in each hand such as a bottle of water
* Perform this 2-5 times, take a break for 40-60 seconds before repeating again.

