

EXERCISES TO KEEP YOU ACTIVE

Exercises are a great way to keep warm and mobile. Anne, Health and Wellbeing Manager at Age UK Northumberland, has some simple exercises to maintain your strength and mobility during the winter months.

Seated March

1. Sit upright at the front of the chair.
2. Raise one knee slowly up as far as it feels comfortable.
3. As you place your foot back down, lift your opposite knee up in a slow marching fashion.
4. Repeat 10-15 times on each side.



Ankle Loosener

1. Sit tall at the front of the chair.
2. Place the heel of one foot on the floor then lift it and put the toes down on the same spot.
3. Repeat 5 times with each foot, making the movement as big as possible.



Head Turn

1. Turn your head towards one side, keeping your chin at the same height.
2. Hold for five seconds.
3. Return your head to the centre and repeat on the opposite side.
4. Repeat five times on each side.

