

# Moving More

A guide to keeping active as you age



7 free  
home  
workout  
routines  
included



Buckinghamshire, Oxfordshire  
and Berkshire West  
Integrated Care Board

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# Keeping active as you age

Moving more can make a huge difference not just to your physical health, but your mental health and your general well-being. It can improve your strength, balance and posture, reduce your risk of falling and provide an instant well-being boost. Even a small amount of movement every day can work wonders.

Getting older can mean changes to our health and we can start to feel less steady on our feet. Although we might think that falling in later life is not something we need to worry about right now, or that it only happens to others, if a fall does happen it can be devastating. The good news is with some early and modest changes, you can greatly reduce your risk of falling in later life.

This booklet includes lots of information about the sort of things you can do to lead a more active lifestyle, improving your confidence and motivation and helping you to stay independent and reduce your risk of having a fall in later life. Included are some short exercise routines you can do at home and information about other sources of support.

If you do fall, do not ignore it. Please speak to family, friends or your health professional who will be able to offer support and advice to reduce any future risk.

# Importance of being active

Our bodies were made to move - getting older doesn't mean stopping being active. It is one of the best things you can do to look after your health, stay independent and keep doing the things you enjoy.

## Being active has lots of benefits. It can:

- Improve your mood, self-esteem and energy levels
- Strengthen your muscles and bones
- Help improve your aerobic fitness, balance, coordination and flexibility
- Reduce your risk of falling
- Reduce your risk of a heart attack, stroke, diabetes and some cancers, and improve blood pressure and cholesterol
- Support you in getting a good night's sleep
- Prevent many aches, pains and long-term health conditions from getting worse
- Provide opportunities for social interaction

There are lots of reasons why getting moving or moving more can be tricky. You might have been ill and lost some strength in your muscles, a health condition might affect your mobility or cause pain, or you might have got out of the habit or feel overwhelmed and not know where to start.

The best way to be active will differ from person to person and it's always a good idea to build up your activity levels gradually. However, the good news is that lots of everyday activities count as exercise and it's about finding something you enjoy, that fits with your daily routine.



## Here are some ways you could add movement into your life:

- Use stairs instead of lifts or escalators.
- Walk or cycle rather than taking the car or bus.
- If driving, choose a parking space a bit further away from the destination, or if you are on the bus, hop off a stop earlier and walk the rest of the way.
- Take a short walk after meals.
- Set reminders to get up and stretch every hour.
- Use the bathroom on another floor (if available) to climb stairs frequently.
- Move about when you are on the phone, during TV adverts or when waiting for the kettle to boil.
- Do some gardening or vigorous housework.
- Take part in an online exercise programme. There are lots of free online options allowing you to choose your own level.
- Do the exercises and routines in this booklet, which require minimal space and little or no equipment.



You could also consider taking up a new hobby or returning to something you once loved. If you start a regular activity with someone else, it also provides social contact and you can support and motivate each other.

### **Here are some ideas:**

- Walking, jogging or cycling – on your own, with a friend or at organised groups or events like ‘parkrun’.
- Attending a local class such as chair-based exercise, yoga, Pilates, dance or Tai Chi.
- Visiting your local leisure centre to swim or use the gym.
- Joining a community sports club such as football, tennis, hockey, netball or bowls. Many clubs now provide walking versions of sports to enable people to play for longer or enjoy a gentler version.

It’s never too late to be active and start moving more. The earlier we do and the more consistent we are, the better we can improve our physical health and reduce the risk of falling.

## How much physical activity should older adults be doing?

The Chief Medical Officer recommends that older adults:

- Are active for 150 minutes of moderate intensity activity per week. This can be spread throughout the week in shorter sessions. Moderate intensity means taking part in an activity that makes you feel a bit warmer, breathe a little faster and raises your heart rate, but you can still hold a conversation.
- Do muscle strengthening and balance activities on at least two days a week.
- Break up extended periods of inactivity or sitting with at least light physical activity.

It's important to recognise that some physical activity is better than none. Even light activity brings some health benefits compared to spending a lot of time sitting or not moving much.

### Top tips for keeping active

- If you're currently inactive, you should see huge benefits from starting to move more! Start slow, progress gradually and make it enjoyable.
- Make a weekly plan – schedule days and times for your activity as this will help you get into a routine.
- Set realistic and achievable goals to give you something to work towards.
- Remember - the benefits outweigh the risks.
- Listen to your body.



# Your health

As we get older, we notice changes to our health. This can include feeling less steady on our feet, which can be caused by our eyes, ears, feet and bones.

This section talks about how sight and hearing are crucial for maintaining balance. As we age, issues with our eyes and ears can develop gradually, making them hard to notice. Having your eyes and ears tested can identify any changes early and help reduce any risks.

This section also provides information about how medication can affect your stability.

## Eyesight

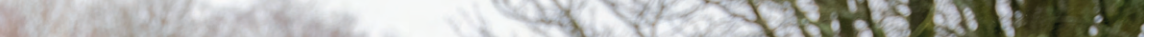
Sight problems are more common in later life, so it's important to look after your eyes in any way you can.

### Problems can include:

- Decreased contrast sensitivity - making it harder to see the edge of steps and kerbs
- Altered depth perceptions - making it harder to judge how far away things are
- An increase in visual field disturbances - making it harder to see things clearly in certain areas of your vision

### Looking after your eyes

- Have your eyes checked and your glasses prescription reviewed **every two years**, or more often if your optician recommends it.
- Get a regular eye test **even if you think your sight is fine**, as opticians can detect eye conditions at an early stage. **NHS eye tests in England are free once you're aged 60.**
- Ask your optician for advice if you use glasses with bifocal or varifocal lenses as they can make objects and surfaces appear closer than they really are.
- Adjust the settings on any electronic devices to make what's displayed on the screen as clear as possible.
- If sight problems affect your ability to go about your daily life safely, you can contact social services (see p42) about equipment and support that might help.





## Feet and footwear

As we age, our feet can lose some feeling and flexibility, which can affect our balance. Taking care of them and wearing the right footwear can really help.

- Keep toenails short and smooth.
- Dry your feet carefully after a shower or bath, particularly between your toes.
- Ensure slippers have a good grip and fasten up. Loose slippers, with worn-out soles or broken-down backs are a common cause of falls.
- When out and about, wear well-fitting, supportive shoes. High sided shoes with flat soles and good grip, or trainers, are a good choice. A long-handled shoehorn can be helpful.

Please note that if you have painful, swollen or tingling feet, which are hampering mobility (especially if you have a long-term health condition such as arthritis or diabetes) you should speak to your health professional.



## Bones

Stronger bones not only make falling less likely but also reduce the risk of severe consequences, such as fractures, if you do fall. This is true for both men and women but is especially true for post-menopausal women.

Regular weight-bearing activities, like walking, help maintain bone strength. This can be further enhanced by doing strength exercises and eating a healthy, balanced diet rich in calcium and vitamin D.

### Sources of calcium include:

- Milk, cheese and other dairy foods
- Green leafy vegetables – such as kale
- Bread, cereal and anything made with fortified flour
- Canned fish with edible bones – such as sardines
- Pulses and nuts – such as almonds



### Vitamin D helps the body absorb calcium and can be obtained through:

- **Diet:** A few foods such as oily fish, red meat and egg yolks contain vitamin D.
- **Sunlight:** In the spring and summer most people get the vitamin D they need from exposing their face and arms to sunlight (take care not to let your skin burn).
- **Supplements:** In autumn/winter or if you have little or no sun exposure during spring/summer, taking a daily supplement containing 10 micrograms of vitamin D is recommended. For over 65s, a daily supplement is recommended all year round.

## Managing medication

With all medications there are **potential side effects**, which may include drowsiness, dizziness, confusion, dehydration and visual disturbances, all of which can cause or contribute to a fall. If you experience any side effects, it's a good idea to let your doctor or pharmacist know.

- The effects of medication, such as lowering blood pressure, or **interactions between different medicines (especially when taking four or more medications)**, can increase the risk of falling.
- If you take medication, it's important for it to be **reviewed regularly (at least once a year)** to ensure it is having the desired effect on your health.
- **Never stop taking any prescribed medicine suddenly** – if you think your medicine is making you feel unwell, drowsy or dizzy, then speak to your GP surgery or community pharmacist.

## Still have concerns about your health?

This booklet offers key information and tips from the NHS, the Oxfordshire Falls Service and Age UK to provide an overview of how your health, medication and body can affect the risk of falling. This is intended as general guidance - if you still have concerns we recommend discussing them with your health professional.



# At home

Staying active at home is important, and it's helpful to be aware of potential things that could cause trips, slips or falls. While some hazards might not feel risky now, being mindful of them can help prevent falls in the future.

There are simple steps and small adjustments that can be made to improve safety, comfort and independence. These tips might also be useful to share with a friend or someone you care for.

Lots of these things may seem obvious, but unfortunately factors around the home continue to be a big cause of falls-related injuries and hospital admissions.

## Hazards

We all know that things like clutter, trailing wires and wet floors can be risky. Here are a few more things to watch out for:

- Check any mats or rugs have a non-slip backing and that their edges aren't sticking up or crumpled.
- Heavily patterned carpets can make it hard to focus.
- Keep garden paths and external steps clear, and consider fixing any loose or uneven pathways.
- Pets can get underfoot! A bright collar and a bell can help make them more noticeable.

## Lighting

Good lighting at home reduces the risk of falls, especially on any stairs, landings, hallways and external doors.

For any nighttime trips to the loo, consider movement sensor lights or have a torch handy. If it's a regular occurrence, keeping a landing light on can help.



## Other tips

- Keep frequently used items within easy reach.
- Avoid standing on chairs and get someone to help if using a step ladder.
- Do you need to rush when answering the door or telephone?
- Avoid carrying too much when going up or down stairs.
- After sitting or lying down for a while, take a moment to sit and march your legs for a few seconds. This helps get the blood flowing and reduces the chance of feeling dizzy when you stand up.
- Home adaptations may help. There are many things available such as handrails or shower stools. You may be able to borrow or access daily living aids for free. Visit [www.oxfordshire.gov.uk](http://www.oxfordshire.gov.uk) (search 'daily living aids') to find out more or call **0345 050 7666**.
- It's a great idea to think about establishing a buddy system with your neighbours. You can check on each other if someone's curtains are still drawn at a certain time.

## Mobile phones and personal alarms

Thinking about how you would get help should you need can help you and your loved ones continue life without unnecessary worry.

- Have your mobile phone charged, turned on and in your pocket, with important numbers programmed in.
- Also available are personal alarms which will allow you to call for help if you're unwell or have had a fall and can't reach a telephone. By pressing a button on a pendant or wristband, you can contact a 24-hour response centre where staff will then call your chosen contact or the emergency services if the situation is urgent.

## Still have concerns about your home?

You could ask a relative, friend or neighbour to walk around your house with you, using the tips in this section, to see if they spot anything else.

The Oxfordshire Falls Prevention Service also offer a one-off assessment which can also look at the home environment to identify any additional risks. Find out more on pg 42.









# Out and about

Getting out and about is fantastic for our well-being. However, it's important to be mindful of the following points. While they might seem obvious, they contribute to many falls-related injuries and hospital admissions making them worth your attention!

## Raised doorways

- Watch out for shop entrances with 'lipped' door frames, especially when stepping inside from bright light. Give your eyes time to adjust to the darker conditions.

## Pavements

- Be aware of any changes to the pavement or kerb, especially near pedestrian crossings, as they often have subtle gradient differences.
- Shopping bags can block your view of the pavement and where you're walking. Consider using a rucksack or trolley instead.

## Getting the bus

- It's easy to lose your balance on a moving bus, so ask the bus driver to wait until you're seated before driving away. Wait for the bus to come to a complete stop before you stand up to get off.
- Remember to consider whether you could hop off the bus one stop earlier to help you move more!

## Distractions

- Looking at a mobile phone when walking can mean not seeing potential trip hazards like cracked pavements or obstacles. Take time to look around where you're walking.





# Home exercise ideas

**In this section you'll find several short routines that you can complete at home with little or no equipment.**

Strength and resistance exercises are beneficial for muscle, bone and joint health, and can help make everyday tasks easier. Balance exercises give greater confidence, improve posture and help to reduce your risk of falls.

For the strength exercises you'll need a resistance band which you can buy from most sports shops and online retailers. If you don't have one, you could use a pair of tights.

- **The Golden Routine (pg 26)** – Our name for the best 'bang for your buck' exercises for a full body strength and balance routine.
- **Three Strength Routines (pg 28)** – To offer you variety and demonstrate different progressions. Includes a chair-based routine for those who are more comfortable seated.
- **Static Balance Routine (pg 34)** – Allowing you to work on your balance whilst your body remains stationary.
- **Dynamic Balance Routine (pg 36)** – A routine to maintain and develop balance while moving your body.
- **Floor Routine (pg 38)** – To maintain the ability and confidence to get up from the floor.

Being active is safe for most people and it has many benefits for your health and well-being. If you are concerned about an existing medical condition, please contact your healthcare professional to check before you start.

If you enjoy these exercises, why not find out if there's something similar running online or at a centre near you.

## Here are some tips to keep your home exercise safe and effective

- If you feel chest pain, dizziness or severe shortness of breath while exercising, stop immediately. If the symptoms do not go away once you have stopped exercising, contact your GP or call the emergency services on 999.
- Exercise in a well-lit, clutter-free area that is not too hot or cold.
- Have water ready to sip during your exercise.
- Wear well-fitting, supportive, securely-fastened shoes and comfortable clothing.
- If alone, always keep a phone within reach in case of emergencies.
- When doing any balance exercises, make sure you're near something sturdy and solid (a stable chair or kitchen work surface). If you need to hold on to begin with, you can challenge yourself by letting go slightly/altogether.
- If performing seated exercises, make sure the chair is sturdy and won't move during the exercises. You should be able to sit with your feet flat on the floor and your knees bent at right angles.
- Listen to your body! If an exercise causes pain, discomfort or makes you feel unsteady or unsafe, modify it (try an easier version or use support for balance) or skip it altogether.
- It's really important that you warm up and cool down properly.







## Warming up and cooling down

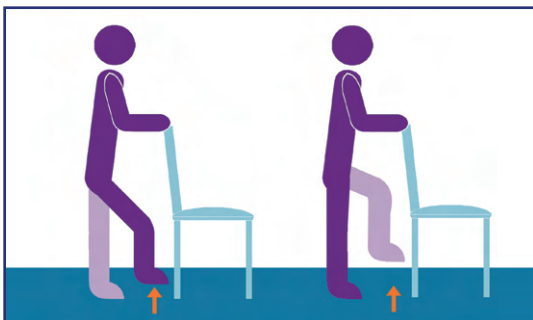
Before starting any exercise, it's important to complete a thorough warm up. This prepares your cardiovascular system by raising your body temperature and increasing blood flow to your muscles and reduces the likelihood of sore muscles and injury.

Cooling down is just as important. It allows your heart rate and blood pressure to gradually return to pre-exercise levels. Stopping exercise abruptly can cause your blood pressure to drop dramatically and make you feel faint. Stretching post-exercise also helps reduce the risk of muscle ache and injury.

It is common for muscles to feel a bit stiff and slightly sore for a few days after you've worked them, especially if you haven't used them for a while. This is normal and shows that your body is responding to the increased movement.

On the following page you'll find a warm up and cool down routine. Complete the full warm up if you are doing your exercises in one session. If you decide to spread your exercises over the day, complete the march warm up exercise before you move on to do your strength, balance or stretch exercises. The warm up and cool down exercises can be done seated or standing, it's up to you.

## Warm up



### March on the spot

*2 mins*

On the spot, march toe to heel, encourage your posture to be upright and gradually feel your body get slightly warmer.



### Shoulder circles

*Repeat 4 times*

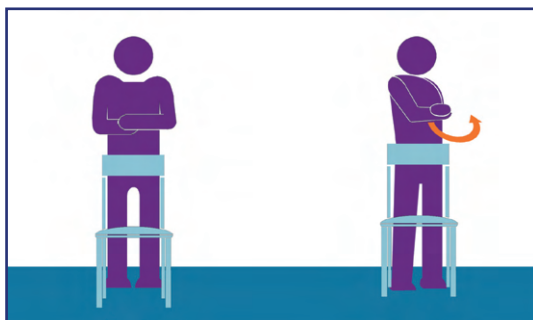
In a circular motion roll your shoulders forwards and up, then backwards and down.



### Ankle loosener

*Repeat 4 times each leg*

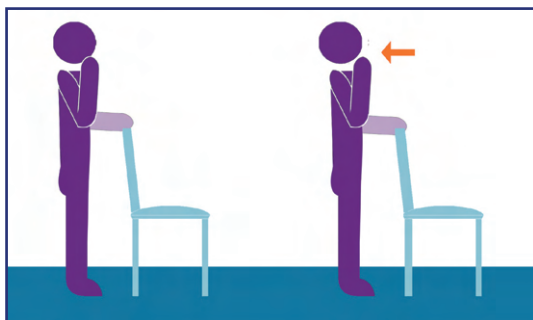
Circle your ankles in both directions and flex and point the toes.



### Trunk twist

*Repeat 4 times each side*

On an out breath, twist your trunk to look over one shoulder, keeping shoulders down and hips facing forward. Pause before repeating on other side.

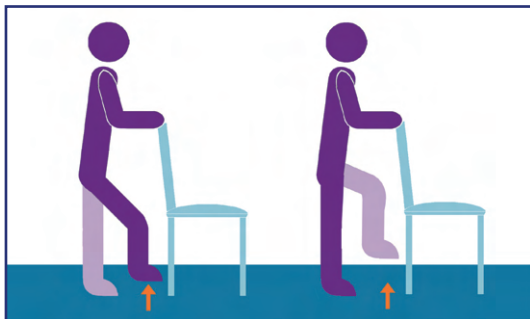


### Neck movements

*Repeat 4 times*

Place 2 fingers on your chin, then on an out breath, move your head backwards away from your fingers, as if you're pressing it back against a wall. Keep your gaze forward.

## Cool down



### March on the spot

*2 mins*

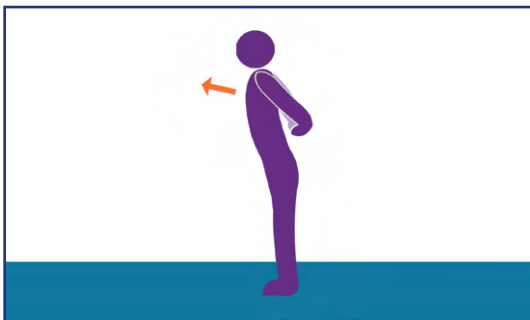
On the spot, march toe to heel, encourage your posture to be upright and gradually feel your body get slightly warmer.



### Calf stretch

*Hold for 10 seconds each leg*

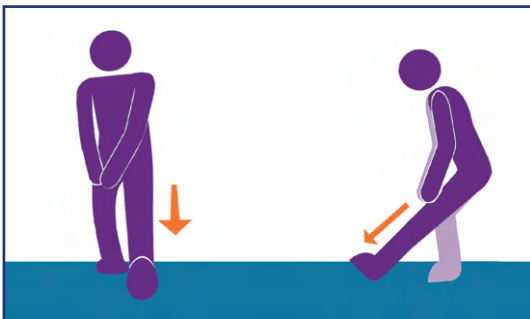
One leg straight, press heel into the floor, weight slightly forward. Toes and heels forward. If seated, one leg straight, draw toes towards you, pushing your heel away.



### Chest stretch

*Hold for 10 seconds*

Pull shoulder blades together to lengthen and open the muscles across your chest. Hands can rest on lower back, or back of chair if seated.

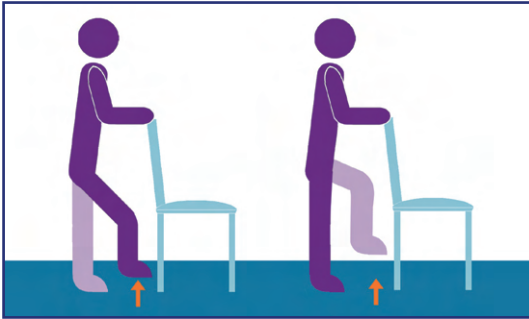


### Back of thigh stretch

*Hold for 10 seconds each leg*

With one leg slightly bent and the other straightened, bend forwards keeping your back straight and gaze to toes.

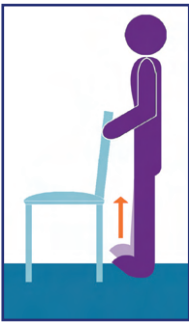
## The Golden Routine



### March on the spot

*2 mins*

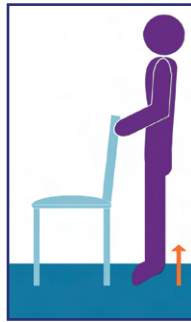
On the spot, march toe to heel, encourage your posture to be upright and gradually feel your body get slightly warmer.



### Toe raises

*Repeat 10 times*

Raise and lower toes slowly, keeping your tail bone tucked underneath you. Stand upright looking forward.



### Heel raises

*Repeat 10 times*

Raise and lower heels slowly, keeping weight over big/second toe. Stand upright looking forward.



### One leg stand

*Hold for 10 seconds each leg*

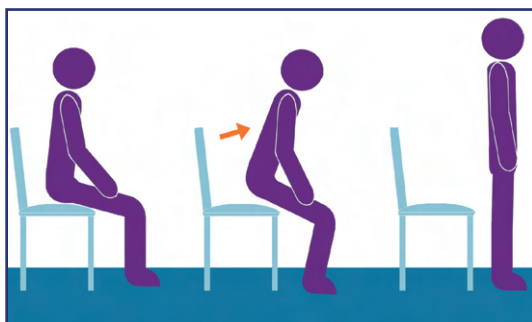
Stand upright, look to a point in front of you that isn't moving and lift one leg off the floor.



### Wall press

*Repeat 8 times*

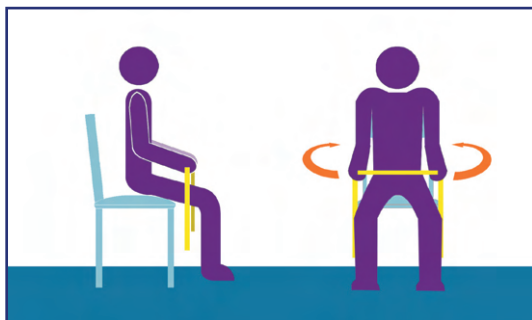
Place palms on wall then shuffle feet backwards keeping heels on the floor. Slowly bend then straighten elbows, keeping back straight and tummy muscles tight.



### Sit to stand

*Repeat 8 times*

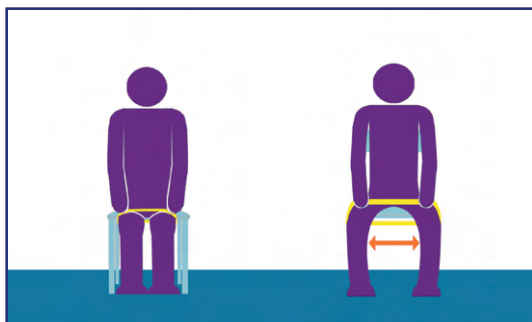
Sit tall near the front of the chair. Place feet slightly back and lean forwards. Press down through feet and thighs to stand. Bend knees and hips to lower down slowly.



### Upper back strengthener

*Repeat 8 times*

Elbows close to side of body, palms upwards holding band. Pull hands apart then draw band towards your hips, squeezing shoulder blades together. Hold for 5 seconds.



### Outer thigh strengthener

*Repeat 8 times*

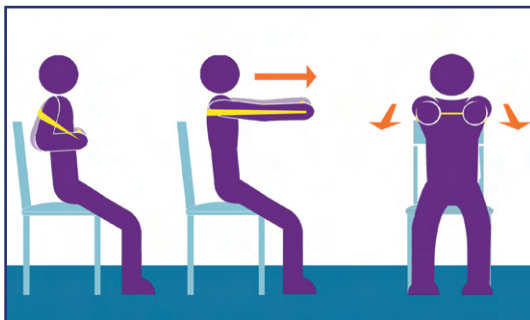
Have feet and knees touching and wrap band around your legs. Keep feet flat on the floor, open and hold knees wide for 5 seconds then close.

### Pelvic floor

*Repeat 10 times slow, 10 times fast*

Tighten/contract the muscles around your back and front passages and lift up inside as if trying to stop passing wind and urine at the same time. Hold and then release.

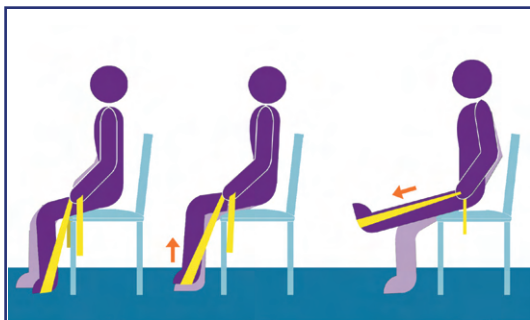
## Chair-based Strength Routine



### Chest press

*Repeat 8 times*

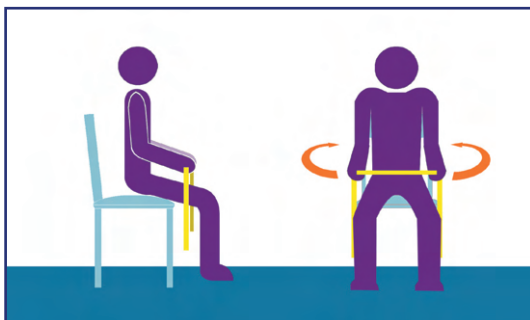
Wrap band around your upper back, holding the ends in each hand. Push arms forward. Avoid locking out elbows and keep thumbs on top. Slowly return to start position.



### Thigh strengthener

*Repeat 8 times each leg*

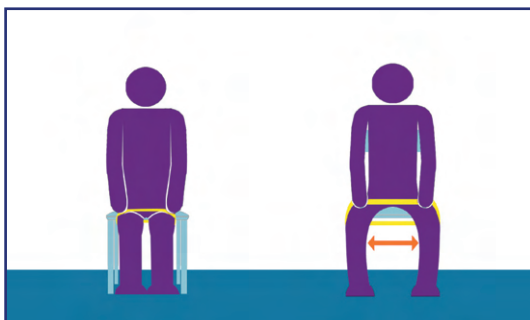
Sit tall at the front of your chair. Placing a band under the ball of one foot, grasp each end of the band. Lift foot from floor and place hands on hips. Press heel away from you.



### Upper back strengthener

*Repeat 8 times*

Elbows close to side of body, palms upwards holding band. Pull hands apart then draw band towards your hips, squeezing shoulder blades together. Hold for 5 seconds.

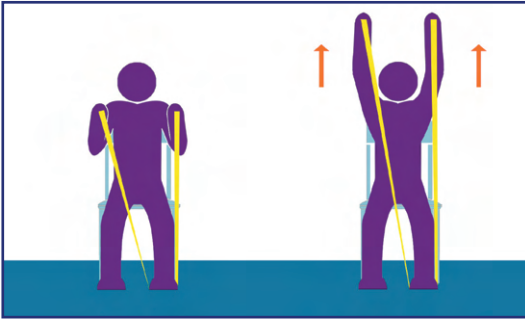


### Outer thigh strengthener

*Repeat 8 times*

Have feet and knees touching and wrap band around your legs. Keep feet flat on the floor, open and hold knees wide for 5 seconds then close.





### **Shoulder press**

*Repeat 8 times*

Place centre of band under one foot. Grasp each end of the band, palms facing forward. Extend arms upwards, keeping back straight. Slowly return to starting position.

### **Pelvic floor**

*Repeat 10 times slow, 10 times fast*

Tighten/contract the muscles around your back and front passages and lift up inside as if trying to stop passing wind and urine at the same time. Hold and then release.

### **Wrist strengthener**

*Repeat 4 times for each wrist*

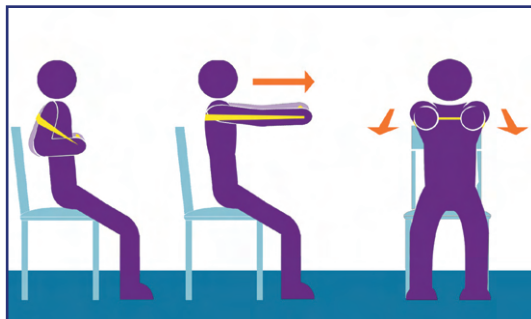
Scrunch up your band into the palm of one hand. Squeeze and release 5 times.

## Resistance Band Strength Routine

### Wrist strengthener

*Repeat 4 times for each wrist*

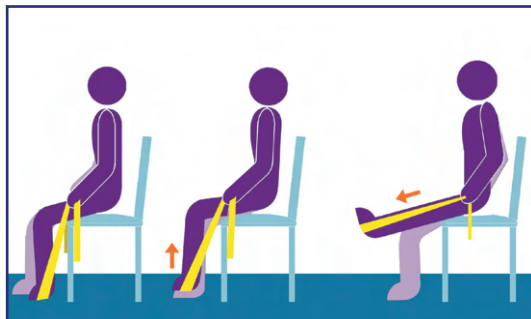
Scrunch up your band into the palm of one hand. Squeeze and release 5 times.



### Chest press

*Repeat 8 times*

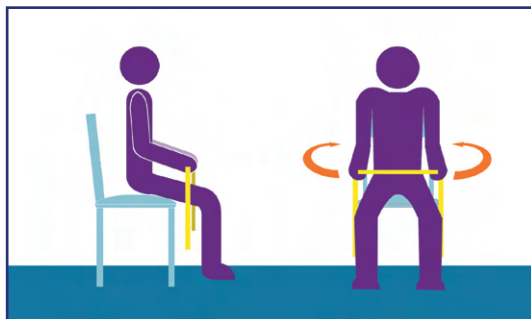
Wrap band around your upper back, holding the ends in each hand. Push arms forward. Avoid locking out elbows and keep thumbs on top. Slowly return to start position.



### Thigh strengthener

*Repeat 8 times each leg*

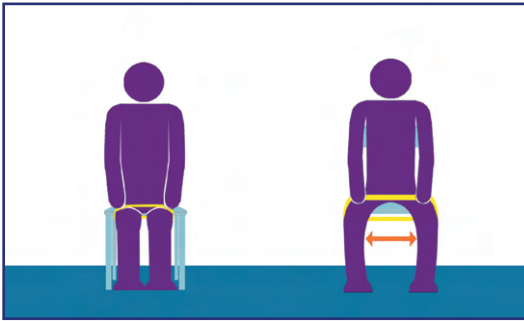
Sit tall at the front of your chair. Placing a band under the ball of one foot, grasp each end of the band. Lift foot from floor and place hands on hips. Press heel away from you.



### Upper back strengthener

*Repeat 8 times*

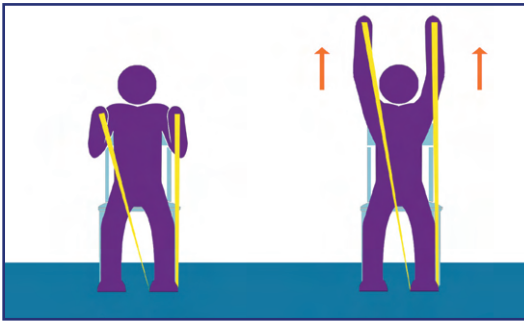
Elbows close to side of body, palms upwards holding band. Pull hands apart then draw band towards your hips, squeezing shoulder blades together. Hold for 5 seconds.



### **Outer thigh strengthener**

*Repeat 8 times*

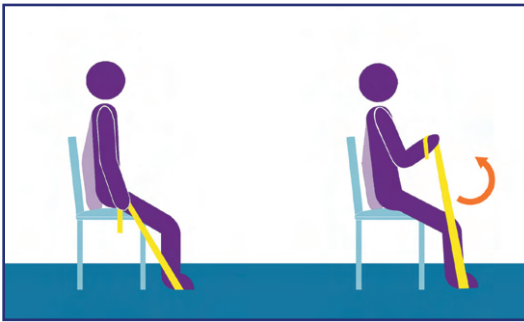
Have feet and knees touching and wrap band around your legs. Keep feet flat on the floor, open and hold knees wide for 5 seconds then close.



### **Shoulder press**

*Repeat 8 times*

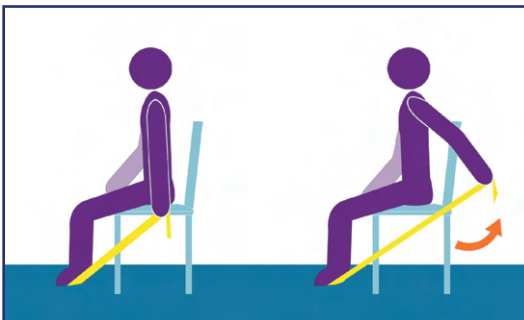
Place centre of band under one foot. Grasp each end of the band, palms facing forward. Extend arms upwards, keeping back straight. Slowly return to starting position.



### **Arm curl**

*Repeat 8 times each arm*

Place band under both feet and grasp the other end of the band. Keep elbow in contact with waist, shoulder facing forward. Lift fist towards shoulder, then slowly lower.

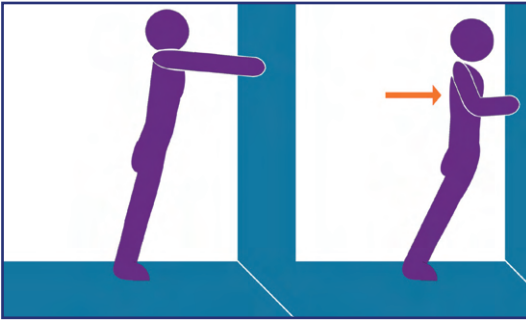


### **Backward arm press**

*Repeat 8 times*

Place band under both feet and grasp the other end of the band, arm down by your hip and thumb pointing down. Pull your arm backwards keeping your chest facing forward.

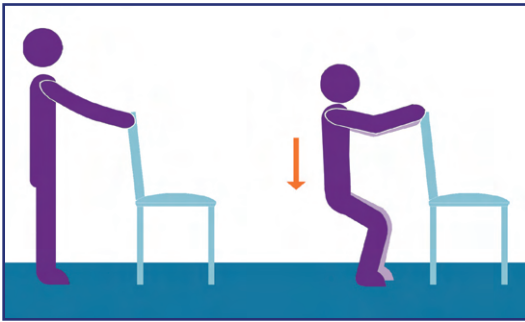
## Full Body Strength Routine



### Wall press

*Repeat 8 times*

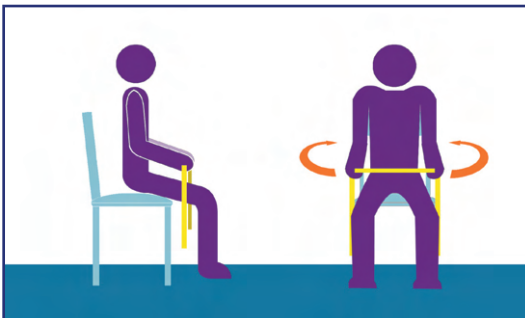
Place palms on wall then shuffle feet backwards keeping heels on the floor. Slowly bend then straighten the elbows, keeping back straight and tummy muscles tight.



### Squat / mini squat

*Repeat 8 times*

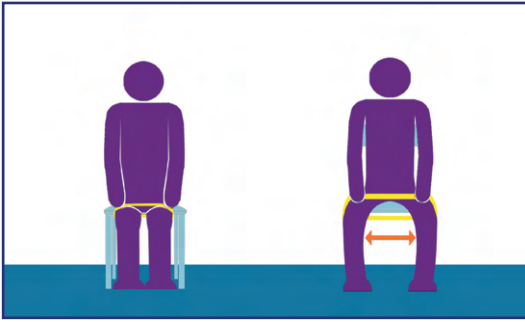
Feet hip width apart, slowly bend knees as far as is comfortable. Keep back straight, aim for knees to be over big toe. Squeeze buttocks as you slowly return to standing.



### Upper back strengthener

*Repeat 8 times*

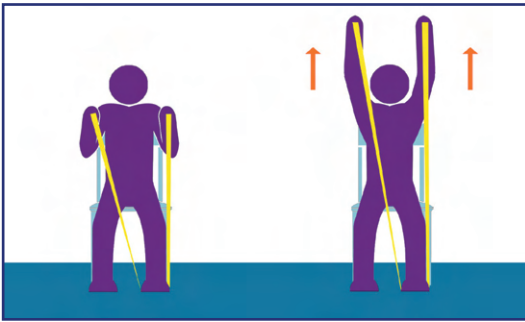
Elbows close to side of body, palms upwards holding band. Pull hands apart then draw band towards your hips, squeezing shoulder blades together. Hold for 5 seconds.



### **Outer thigh strengthener**

*Repeat 8 times*

Have feet and knees touching and wrap band around your legs. Keep feet flat on the floor, open and hold knees wide for 5 seconds then close.



### **Shoulder press**

*Repeat 8 times*

Place centre of band under one foot. Grasp each end of the band, palms facing forward. Extend arms upwards, keeping back straight. Slowly return to starting position.

### **Pelvic floor**

*Repeat 10 times slow, 10 times fast*

Tighten/contract the muscles around your back and front passages and lift up inside as if trying to stop passing wind and urine at the same time. Hold and then release.

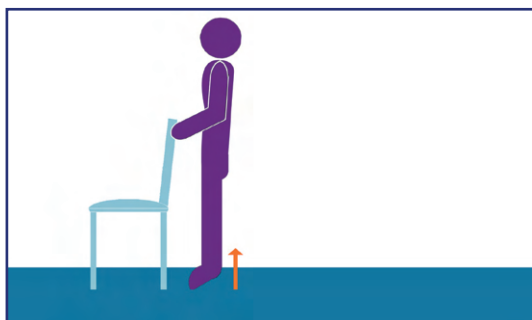
## Static Balance Routine



### **Toe raises**

*Repeat 10 times*

Raise and lower toes slowly, keeping your tail bone tucked underneath you. Stand upright looking forward.



### **Heel raises**

*Repeat 10 times*

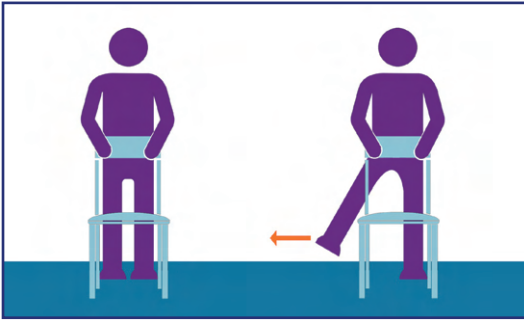
Raise and lower heels slowly, keeping weight over big and second toe. Stand upright looking forward.



### **One leg stand**

*Hold for 10 secs each leg*

Stand upright, look to a point in front of you that isn't moving and lift one leg off the floor.



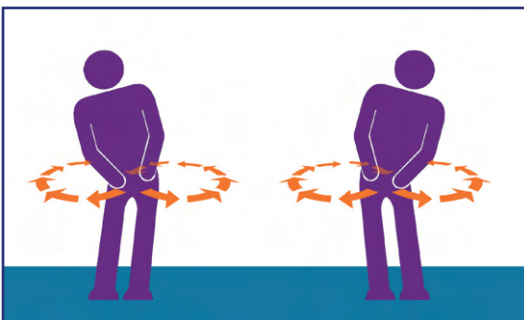
### **Side leg raise**

*Repeat 10 times each leg*  
 Feet hip width apart. Leading with the ankle bone, lift the straight leg out to the side, with toes pointing forward. Slowly return to starting position.



### **Heel toe stand**

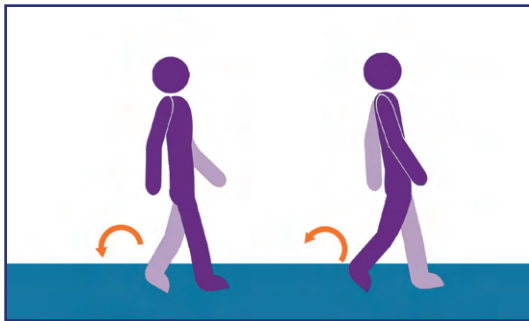
*Hold for 10 secs each leg*  
 Stand tall, side on to support if needed. Place one foot in front of the other so the feet form a straight line. Look forward, keeping weight evenly distributed.



### **Hip figure of 8**

*4 each direction*  
 Standing with a wide base of support, circle your hips in a figure of 8 movement, one way then the other.

## Dynamic Balance Routine



### Backwards walking

*Take 10 steps*

Walk toe through to heel, stand upright and look forward. Take small backwards steps.



### Toe walking

*Take 10 steps*

Stand side onto support if using. Keep weight over big and second toe, look forward, take small steps until you get more balanced.



### Heel walking

*Take 10 steps*

Stand side onto support if using. Look ahead and keep upright, lift the toes keeping tail bone tucked underneath you. Walk steadily and controlled on heels.

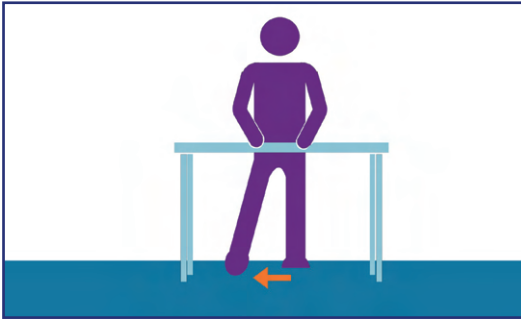


### Flamingo swing

*Repeat 10 times each leg*

Standing tall, holding support, swing/sweep the leg furthest away from the support, forwards and backwards with control. Knee going no higher than hip that remains still.





### **Sideways walking**

*Repeat 10 times each leg*

Stand tall, facing support if using. Step sideways keeping hips forward and knees soft. Build up to taking wide shoulder-width steps.



### **Heel toe walking**

*Take 10 steps*

Stand side onto support if using. Look forward and stand upright. Walk forward placing one foot directly in front of the other so the feet form a straight line.

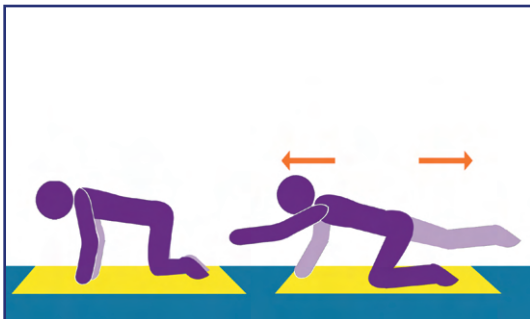


### **Walk and turn/ figure of 8**

*Repeat twice each direction*

Walk at your usual pace in a figure of 8 shape, around 2 chairs if easier for you. Try to maintain upright posture.

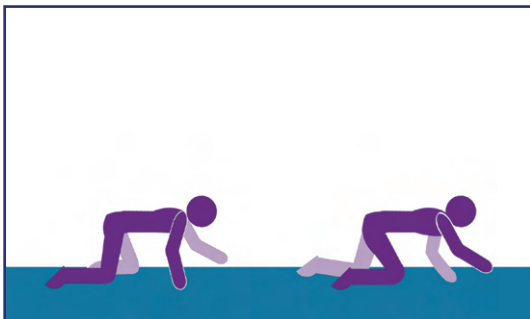
## Floor Routine



### All fours box balance

*Repeat 3 times each side*

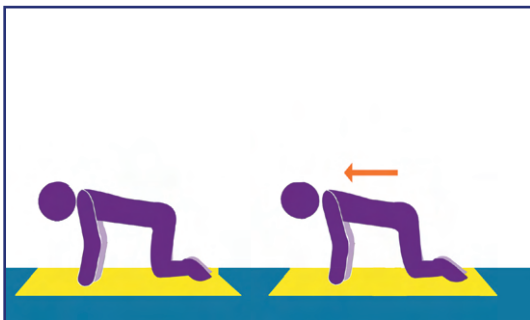
On all fours with hands under shoulders and knees under hips. In turn lengthen one limb away from body and return. Build up to raising opposite hand and leg at same time.



### All fours crawling

*Repeat 4 times forwards and backwards*

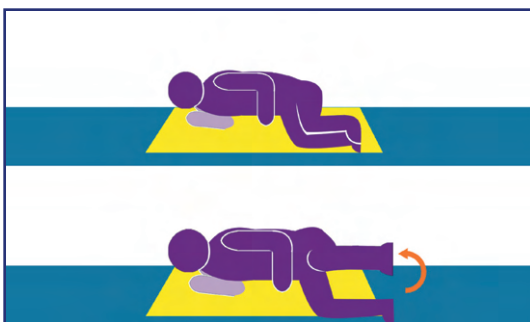
On all fours with hands under shoulders and knees under hips. Transfer the weight from knee to hand, keeping back straight and gaze down.



### All fours wrist bone load

*Hold for up to 10 seconds*

On all fours with hands under shoulders and knees under hips. Move the trunk and hips slightly forward to increase the amount of body weight over the wrists and hold.



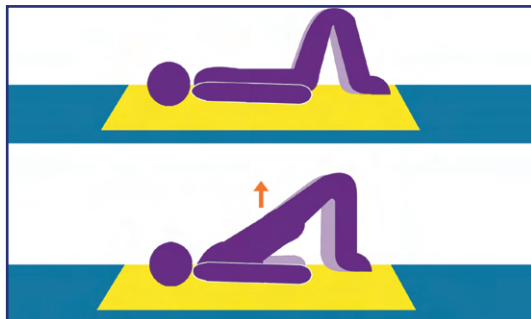
### Clam – side hip strengthener

*Repeat 9 times each leg*

Lying with head supported and top hand resting on the floor. Knees and hips bent to 90 degrees if possible. Lift top leg.

## Prone abdominal lift

Lie face down on floor, elbows out to the side. Keep buttock muscles relaxed, try lifting the belly button away from the floor.



## Hip bridge

*Repeat 8 times*

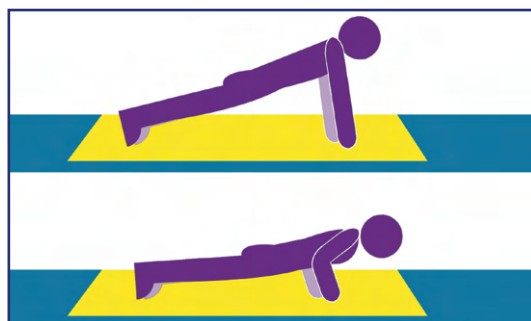
Lay on back with knees bent and feet on floor. Lift pelvis whilst pressing the feet into the floor, squeeze buttocks on lift. Knees and hips stay in alignment during movement.



## Hip walks

*Repeat 4 times*

Sit on floor with legs out in front and knees bent. Lift chest and lengthen spine. Hip walk forward and back lifting one buttock at a time. Add arm swings if comfortable.



## Press up

*Repeat 5 times*

Face down, on your knees if needed, lower your chest towards the floor, bending then straightening your elbows. Gaze to floor, back straight.

## **Wishing you a safe and active journey ahead**

We hope the information and exercises are useful in helping you to move more. By incorporating these exercises into your routine, you can improve your strength, balance and coordination, significantly increasing your stability.

Remember, while doing more exercise is great, preventing falls is not just about staying physically active but also about creating a safe environment and being mindful of your daily activities. Making small changes to your home and lifestyle can have a big impact on your overall safety.

Stay proactive, stay safe and keep moving! If you have any questions or need further assistance, you'll find some useful sources of support below.

## **Where else you can find support**

### **Age UK Oxfordshire**

#### **Strength and Balance Exercise Classes**

Community strength and balance exercise classes both in person across Oxfordshire and online. Featuring many of the exercises in this resource, these classes provide you with the opportunity to join others in a fun, friendly and social environment.

#### **Stay Strong and Steady – A falls prevention course**

A free in-person programme for those who are worried about their balance or have had a fall. This gentler introduction provides strength and balance exercises, along with information and discussions to support you to regain confidence and stability.

**[www.ageuk.org.uk/oxfordshire/our-services/exerciseandwellbeing](http://www.ageuk.org.uk/oxfordshire/our-services/exerciseandwellbeing)**  
**01235 849 403**  
**[active@ageukoxfordshire.org.uk](mailto:active@ageukoxfordshire.org.uk)**

## **Foot Care**

A friendly, professional foot care service for those aged 50+, available at clinics across Oxfordshire. Helping you to take good care of your feet so you can remain comfortable, healthy and independent.

[\*\*www.ageuk.org.uk/oxfordshire/our-services/footcare\*\*](http://www.ageuk.org.uk/oxfordshire/our-services/footcare)

**01865 717 615**

[\*\*footcare@ageukoxfordshire.org.uk\*\*](mailto:footcare@ageukoxfordshire.org.uk)

## **Couch to 5K and Active 10**

These free, easy-to-use apps are great for beginners and are designed to support and motivate you every step of the way.

Use Couch to 5K to build up to a 5K run and Active 10 to track and increase brisk walking.

[\*\*www.nhs.uk/better-health/get-active\*\*](http://www.nhs.uk/better-health/get-active)

## **Move Together**

A county-wide pathway into physical activity, designed to provide support, advice and guidance to people living with long-term health conditions, as well as those who could benefit from moving more to support their mental and physical health and well-being.

[\*\*www.activeoxfordshire.org/move-together\*\*](http://www.activeoxfordshire.org/move-together)

## **Oxfordshire County Council**

### **Live Well Oxfordshire**

Find a local activity, group or service through Oxfordshire's easy-to-use online directory. Find activities and organisations by postcode, age group and type.

[\*\*www.oxfordshire.gov.uk/livewell\*\*](http://www.oxfordshire.gov.uk/livewell)

**01235 849 410**

[\*\*livewell@ageukoxfordshire.org.uk\*\*](mailto:livewell@ageukoxfordshire.org.uk)

### **Services to help you stay living at home**

Information about equipment to help you at home, home care, community support, keeping warm and improving your home.

[\*\*www.oxfordshire.gov.uk\*\*](http://www.oxfordshire.gov.uk)

(search 'services to help you stay living at home')

## **Oxfordshire Falls Prevention Service**

Support and advice to help people avoid falls and regain confidence if they have experienced a fall.

Resources are available online and information can be provided over the phone. If needed, a falls assessment can be offered to create a personalised risk management plan for reducing falls and refer for longer-term management as necessary. This assessment is carried out by a specialist healthcare professional, either in a clinic or at the person's home.

To be eligible for an assessment, you must be over 65, registered with an Oxfordshire GP, have fallen at least twice in the past year (including once in the last 6 months) and be able to walk.

[\*\*www.oxfordhealth.nhs.uk/service\\_description/falls-service\*\*](http://www.oxfordhealth.nhs.uk/service_description/falls-service)

**01865 903 750**

[\*\*falls@oxfordhealth.nhs.uk\*\*](mailto:falls@oxfordhealth.nhs.uk)

## **Oxford Health NHS Foundation Trust**

NHS advice about good lifestyle choices to help improve mental well-being and reduce the risk of serious illness. Covering healthy living topics including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol.

[www.oxfordhealth.nhs.uk/health/lifestyle](http://www.oxfordhealth.nhs.uk/health/lifestyle)

## **NHS Fitness Studio**

Find video workouts including adapted exercises, cardio, strength and balance and yoga. Plus information and advice, fitness plans and printable pages.

[www.nhs.uk/conditions/nhs-fitness-studio](http://www.nhs.uk/conditions/nhs-fitness-studio)

## **Social Prescribing**

Social prescribing is a service offered by your local GP surgery that connects you with a range of local, non-medical activities, opportunities and community support that can improve your health and help you to live life to the full.

Speak to your surgery directly and ask to be put in contact with their Social Prescriber.

## **We are UndefeatABLE**

A national campaign with resources available to support those with health conditions to become more active.

[www.weareundefeatable.co.uk](http://www.weareundefeatable.co.uk)



**Buckinghamshire, Oxfordshire  
and Berkshire West**  
Integrated Care Board

This resource has been produced by Age UK Oxfordshire in collaboration with NHS Buckinghamshire, Oxfordshire and Berkshire West Integrated Care Board and Oxfordshire County Council. If you would like to receive this guide in an alternative format, please call **01235 849 403** or email **[active@ageukoxfordshire.org.uk](mailto:active@ageukoxfordshire.org.uk)**.  
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