



## **The cuppa routine**

4 simple exercises in the time it takes to boil the kettle!

### **1 10 x heel raises**

- Feet hip width apart, hold onto the work surface for support
- Raise your heels then lower back down slowly



### **2 10 x arm raises**

- Start with arms by side
- Lift up no higher than shoulder height, then lower (use tinned food as weights)



### **3 10 x sit to stand**

- Place chair against wall or cupboards
- Sit on front third of chair - stand up, then slowly sit back down



### **4 10 x leg raises**

- Hold on to work surface or chair
- Keep feet facing forwards, lift leg to the side and lower slowly



Watch the full routine on YouTube:  
[www.youtube.com/moveitorloseituk](http://www.youtube.com/moveitorloseituk)

For more information on Move it or Lose it go to:  
[www.moveitorloseit.co.uk](http://www.moveitorloseit.co.uk)

or email us at [info@moveitorloseit.co.uk](mailto:info@moveitorloseit.co.uk)

# The Sit to Stand

The BEST exercise for the over 60s!

## 1 Start seated

- Sit in a chair, just off the back rest,
- Feet flat on the floor, and slightly behind your knees.



## 2 Rise up

- Lean forward slightly and push yourself up and out of the chair seat,
- Use your arms for to help if needed.



## 3 Stand Up

- Rise out of the chair until you are standing up,
- Then begin to lower yourself back into the chair.



## 4 Return to sitting

- Use your arms to reach for the chair, if needed,
- Slowly bend your knees and return to a sitting position.

