

# Are you fit for life?

## Try the strength & balance challenge

As we get older, we naturally lose muscle mass & strength, to help slow the progression, strengthening is the key! Are you fit for life?

### Balance Challenge



#### One Leg Stand:

Find a safe place - close to a chair or wall for support, if needed

- Stand tall with your arms by your sides
- Take one foot off the floor and start counting

#### Stop when you:

- Count to 30 seconds
- Need to put your foot down
- Need to grab something for support
- Need to rest one leg against the other

### How did you do?

#### Balance Challenge

Did you manage to keep your balance for 30 seconds?

If not, use the strength & balance fit for life exercises.



### Strength Challenge - Sit to stand for 30 seconds

#### Sit to Stand:

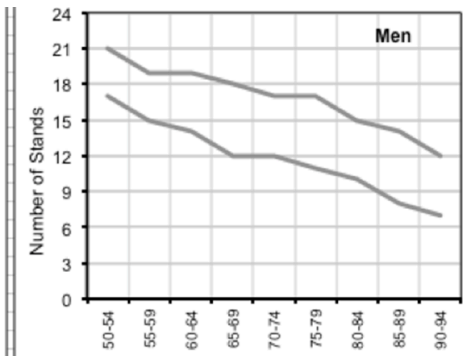
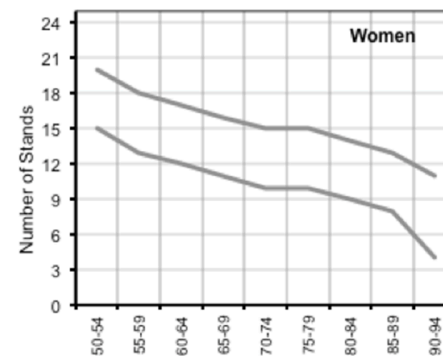
- Sit tall near the front of the chair
- Place your feet flat on the floor and hip width apart
- Stand up and sit down as many times as you can in 30 seconds without using your arms to help (place your arms in an x across your chest).

#### Stop when you:

- Reach 30 seconds
- Need to or feel unsteady or tired

### How did you do?

How many times did you manage to stand and sit in 30 seconds for your age? Check out the graphs below to get your score:



To help you stay fit and strong, try these 6 exercises, twice per week. Try to combine these with aerobic activity such as walking/wheeling - something that makes you huff & puff a bit, but you can still hold a conversation.

## 1 Sit to Stand

1. Shuffle forward on a chair, feet behind your knees as you sit.
2. Lean forwards over your knee's and push up to stand up.

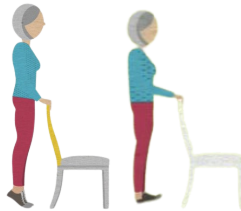


Try not to use your arms to push up out of the chair. Use your legs instead to push up.

Place arms across your chest in an X if you can.

## 2 Heel & Toe Raises

1. Place your feet hip width apart.
2. Slowly raise your heels off the ground.
3. Lower your heels back down.
4. Slowly raise your toes off the ground and hold a few seconds.
5. Lower to your starting position. Repeat 20 times.



This exercise can also be done while sitting.

## 3 Knee Bends

1. Squat down by bending the knees so that the knees move over the feet and the heels do not lift.
2. Slowly straighten up into start position.
3. Repeat 10 times.



Use a sturdy chair, worktop or wall for support if needed.

## 4 Hip Strengthening

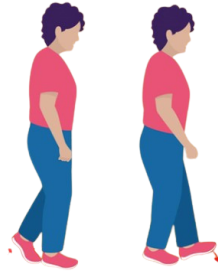
1. Raise one leg straight out to the side, keeping both hips facing forwards.
2. Lower the leg back to starting position and repeat 10 times.



Use a sturdy chair or wall for support if needed.

## 5 Heel Toe Standing

1. Place left foot directly in front of the right so they form a straight line.
2. Hold for 10 seconds.
3. Change position to place the left foot behind the right. Hold for 10 seconds
4. Repeat 10 times.



Use a sturdy chair, worktop or wall for support if needed.

## 6 Single Leg Stand

1. Stand up tall lift one foot and stand on one leg.
2. Balance on one leg, keeping your support leg straight but your knee soft.
3. Hold for 10 seconds, repeat with the other leg.



Use a sturdy chair or wall for support if needed.

### Safety Check:

- Use a sturdy table/chair/worktop for support.
- Wear comfortable and supportive clothes.
- If you feel any pain in you muscles or joints - stop and check how you're performing the exercise.
- Feeling some muscle soreness the next day is normal.
- If you feel chest pain/shortness of breath or dizziness stop immediately and contact your health professional.
- Breathe normally throughout each exercise.