

8 ways FOR OLDER ADULTS to Stay Active at home

SIT LESS – MOVE MORE

1 Add activity throughout your day

Avoid sitting for long periods, get up, move and stretch your muscles.



2 Dance to music

Enjoy dancing, put some music on and get moving.



3 Sit to stand

Using a dining chair. See if you can stand up and sit down 5-10 times.

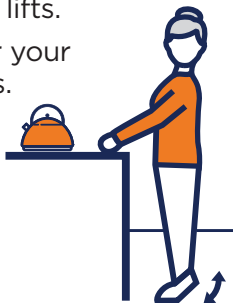
Do this three times a day to keep your legs strong.



4 Kettle boiling exercises

While you boil the kettle do some heel lifts.

Lift and lower your heels 10 times. Hold on to the bench as you go.



5 Balance challenge 1

Improve your balance by standing on one leg for 10 seconds.

Hold on to the wall. Do this 3 times on each leg and repeat 3 times a day. Can you hold onto the wall less each time?



6 Climb your steps

Step up and down on your first step for 1 minute.

Remember to change your lead leg. Repeat 3 times per day.



7 Ad break activity

While watching TV, get up during each ad break and march on the spot.

Start with 30 seconds each break then see if you can do more each day.

Mix this up with arm punches in front of your body.



8 Balance challenge 2

Do the heel-toe stand. Place one foot, heel in front of the other toe and balance. Hold a chair or wall if you need support.

Progress to heel-toe walking along an imaginary line in your hallway.

