



Exercise Handbook

We hope this booklet helps you get stronger
and makes daily tasks easier at home.





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How being active helps



Being active improves:

- ✓ The strength of your arms and legs.
- ✓ The strength of your bones.
- ✓ How well you fight infections.
- ✓ Your flexibility and joint mobility.
- ✓ Your energy levels.
- ✓ Your well-being and confidence.
- ✓ How you do daily tasks.

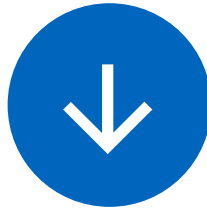


Being active reduces:

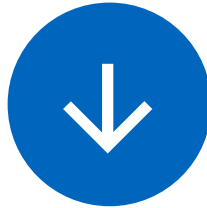
- ✓ Depression and anxiety-stress levels and blood pressure.
- ✓ Risk of falling.
- ✓ The risk of getting other health conditions such as heart disease, stroke, diabetes, osteoarthritis, dementia and some cancers.

What happens when you are less active?

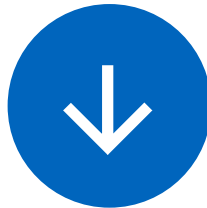
Physical inactivity



**Loss of muscle mass
and functions**



Getting tired easily



**Increased risk of injuries
and other health problems**

Barriers

Finding a way



'I don't have time to exercise'

Your activity does not need to be structured, combine your activity with a task that is already part of your day.



'I'm too tired'

Regular, moderate physical activity can help reduce fatigue and manage stress.



'It's too boring'

Do things you enjoy and try new activities to find what is right for you.



It's too expensive'

You don't need a gym!
Go for a walk, wear comfortable shoes, or use household items like cans of beans for strength training.

Goals



What are goals?

Goals are targets we aim to achieve.



Why is it important to set goals?

Goals help us stay motivated and give us small steps to follow to achieve your goal.

Smart Targets



Specific

What do you want to achieve?



Measurable

How will you know you've achieved your goal?



Achievable

Is it something that you can achieve yourself?



Realistic

Can you realistically achieve it?



Time

When do you need to do this by?

Example

- ✓ **Specific**
Walk 200m to the shop.
- ✓ **Measurable**
When I achieve this distance.
- ✓ **Achievable**
I will try my hardest to make this happen.
- ✓ **Realistic**
I can walk 100m, I think 3 weeks is realistic.
- ✓ **Time**
In 3 weeks time.

My goal

- ✓ **Specific**
- ✓ **Measurable**
- ✓ **Achievable**
- ✓ **Realistic**
- ✓ **Time**

Monitoring exercise using BORG's rating of perceived exertion (RPE)

Perceived Exertion Rating	Description of Exertion	
6	No exertion: sitting and resting	
7	Extremely light	
8		
9	Very light	
10		
11	Light	
12		You will benefit most when working around 12-14.
13	Somewhat hard	
14		
15	Hard	
16		
17	Very hard	
18		
19	Extremely hard	
20	Maximal exertion	

This chart helps track how hard you're working during exercise.

When scoring your effort, think about your muscles, joints and breathing.

Bed based exercise



Shoulder Shrugs

- Raise your shoulders up to your ears.
- Relax them to their normal position.

Sets:



Reps:



Pillow Squeeze

- Keep your knees bent with your feet flat on the bed.
- Place a pillow between your knees.
- Squeeze the pillow together with your knees for **x** seconds and relax.

Sets:



Reps:



Lateral Raise

- With arms down by your side, elbows bent at 90 degrees.
- Keeping elbows bent at 90 degrees, bring your arms up and out to shoulder height.
- Return your arms down by your side.

Sets:



Reps:



Bed based exercise



Straight Leg Raise

- Keeping your legs straight on the bed.
- Lift 1 leg at a time up off the bed.
- Relax the leg back down.

Sets: Reps:



Ankle Rotations

- Rotate your ankles in a circular motion.
- Complete this in both directions.

Sets: Reps:



Chest Press

- Lying down hold your hands palms facing up above your shoulders.
- Push your hands up towards the ceiling.
- Bring them back down to your shoulders.

Sets: Reps:

Seated exercises



Seated Row

- Hold your arms straight at shoulder height.
- Pull your elbows back, squeezing your shoulder blades together and hold for seconds.
- Return your arms outstretched at shoulder height.

Sets: Reps:



Leg Extensions

- Start with your feet flat on the floor.
- Pull your toes up and straighten your knee.
- Hold for seconds.

Sets: Reps:



Torso Twists

- Sit upright with your arms folded across your shoulders.
- Rotate the upper half of the body to the left, looking over your shoulder.
- Return to the centre.
Rotate the upper half of the body to the right, looking over your shoulder.

Sets: Reps:

Seated exercises



Calf Raise

- Start with your feet flat on the floor.
- Seated, move on to your tip toes and hold for 10-15 seconds.
- Return to a normal seated position slowly and repeat.

Sets: Reps:



Chair Push

- Start with your feet flat on the floor
- Push down against the arms of the chair until your arms are near extended.
- Slow and controlled, lower yourself back to the chair.

Sets: Reps:



Seated March

- Sat with your feet on the floor, lift your knees alternately and march.
- If able, use opposite arm to opposite knee whilst marching.

Sets: Reps:

Chair assisted exercises



Single Arm Row

- Start with a split stance (make sure it is a wide stance) and back straight.
- Keeping your elbow tight to your body, bring your hand up towards your body

Sets: Reps:



Sit to Stands

- Start in a seated position with hands on arm rests.
- Push through the hands and legs to get to a standing position. Reverse this to sit back down.

Sets: Reps:



Standing March

- Start by standing side on with the chair, hold on with one hand.
- At your own pace bring one knee up to comfortable height and then backdown.
- Repeat with other leg.

Sets: Reps:

Chair assisted exercises



Hip Abduction

- Start by standing up straight while holding onto a chair.
- Keeping your leg straight and slowly lift it to the side.
- Return to normal standing.

Sets: Reps:



Calf Raise

- Start by standing up straight while holding onto a chair.
- Slowly and carefully move on to your tip toes.

Sets: Reps:



Heel Flicks

- Start in a standing position with your hands on the back of the chair.
- Bring your heel towards your bum and then back down to the floor.
- Repeat with other leg.

Sets: Reps:

Standing Exercises



Box Squat

- Start standing with your arms crossed over your chest.
- Slowly take your bum towards the seat.
- Only touch the seat and then stand again.

Sets: Reps:



Steering Wheels

- Start standing with arms straight in front of you.
- March on the spot, then turn your hands 90 degrees and back.
- Repeat in the other direction.

Sets: Reps:



Leg Curl with Arm Curl

- Start standing with your hands by your sides.
- Bring one heel towards your bum while bending your arms at the elbows.
- Lower both at the same time, then repeat with the other leg.

Sets: Reps:

Standing Exercises



Backwards Toe Tap + Front Raise

- Start by standing up straight.
- Step one leg back and tap your toe, while raising your arms to the front.
- Return to standing and repeat.

Sets: Reps:



Side Step with Lateral Raise

- Start by standing up straight.
- Take a big step to one side while raising your arms to the side.
- Return to standing and repeat on other side.

Sets: Reps:



Wood Chop

- Stand with your arms in front, palms together.
- Keep your hips facing forwards.
- Keeping arms straight, rotate your upper half of the body, swinging your arms to bottom right then diagonally up to the top left corner.

Sets: Reps:

We hope that this booklet will help you to...

- 1 Increase your activity levels at your own pace
- 2 Maintain or increase muscle mass and function
- 3 Delays tiredness, so you can do tasks for longer
- 4 Reduce the risk of injuries and health problems

Helpful Links

Speak to your GP regarding the Exercise on Referral Fitter futures programme if based in Warwickshire.

Or please use the Fitter Futures website to search for inclusive activities in your area.

Go to <https://fitterfutures.everyonehealth.co.uk> and use the 'Physical Activity Directory'
For support with domestic activities please visit: Ageuk <https://www.ageuk.org.uk>

Exercise NHS - www.nhs.uk/live-well/exercise

Exercise and physical activity | National Institute on Aging
www.nia.nih.gov/health/exercise-and-physical-activity

