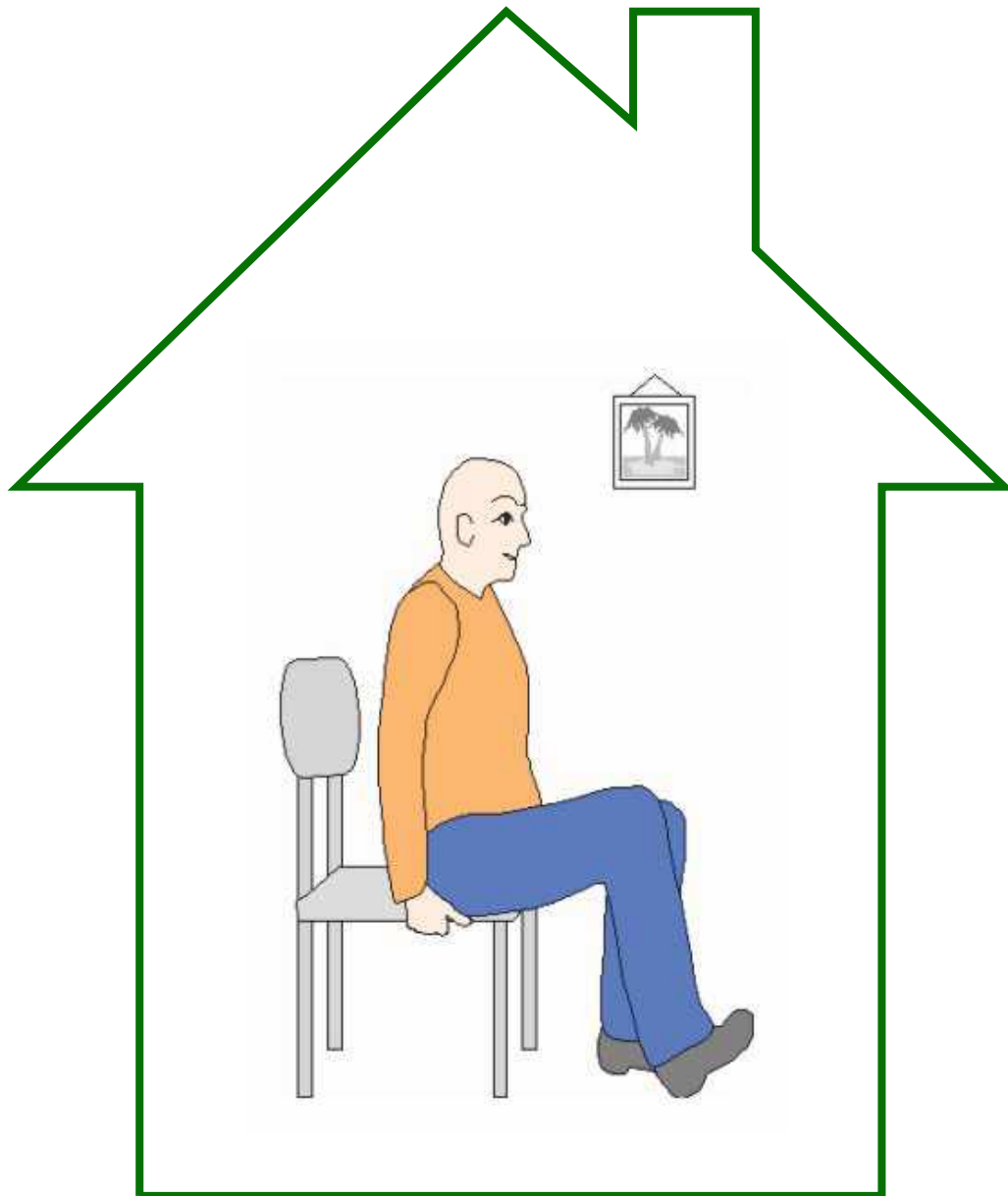


CHAIR BASED EXERCISE

Home Exercise Programme



Do you want to live life to the full? Doing the exercises in this booklet at least three times a week will help improve your strength, flexibility and stamina. In addition, taking a daily walk can help keep you strong and walk steadily, reducing the risk of falls.

These exercises have been used in seated exercise classes across the world and have been shown to maintain function and independent living.

Ideally, set aside a time to do all (or some) of the exercises at once. Alternatively, you can do these exercises as part of your everyday routine - for example, try a march in your seat at the breakfast table, or do the sit to stand exercise during the advertisements on television.

If you choose to do the exercises throughout the day, do a little march first to warm yourself up and prepare for exercise.

Safety

Ensure that the chair you use is sturdy and stable, and that it won't move during the sit to stand exercise in particular. Wear comfortable clothes and supportive footwear.

Prepare a space and have your exercise band and a glass of water (for afterwards) ready before you start.

While exercising, if you experience chest pain, dizziness or severe shortness of breath, **stop immediately** and contact your GP (or call an ambulance if you feel very unwell and your symptoms do not go away when you stop exercising).

If you experience pain in your joints or muscles, stop, **check your position** and try again. If the pain persists, seek advice from your Chair based Exercise Leader or your GP.

However, feeling your muscles working or slight **muscle soreness** the next day after exercise is **normal** and shows that the exercises are working.

Breathe normally throughout and enjoy, try not to hold your breath.

Aim to do these home exercises twice per week in **addition** to your exercise class.

If you are using this booklet without attending a supervised exercise session, consult your GP to check it is suitable for you.

Please read the Disclaimer at the back of this booklet.

Warm Up Exercises

Always begin with a warm up to prepare your body for the main exercises.

There are **4 warm up** exercises.

Complete them **all** if you are doing your exercises in one session.

If you decide to **spread** your exercises over the day, do the **March** exercise before you move on to do your strength, balance or stretch exercises.

Alongside the exercises are tips or suggestions of when you could do these exercises in your own daily routine, to help make them more of a habit.



Tip:

While seated
after breakfast.

March

- Sit tall at the front of the chair
- Hold the sides of the chair
- March with control
- Build to a rhythm that is comfortable for you
- Continue for 1-2 minutes

Tip:

While seated
after breakfast.

This exercise helps
warm the muscles
and prepares the
body for movement



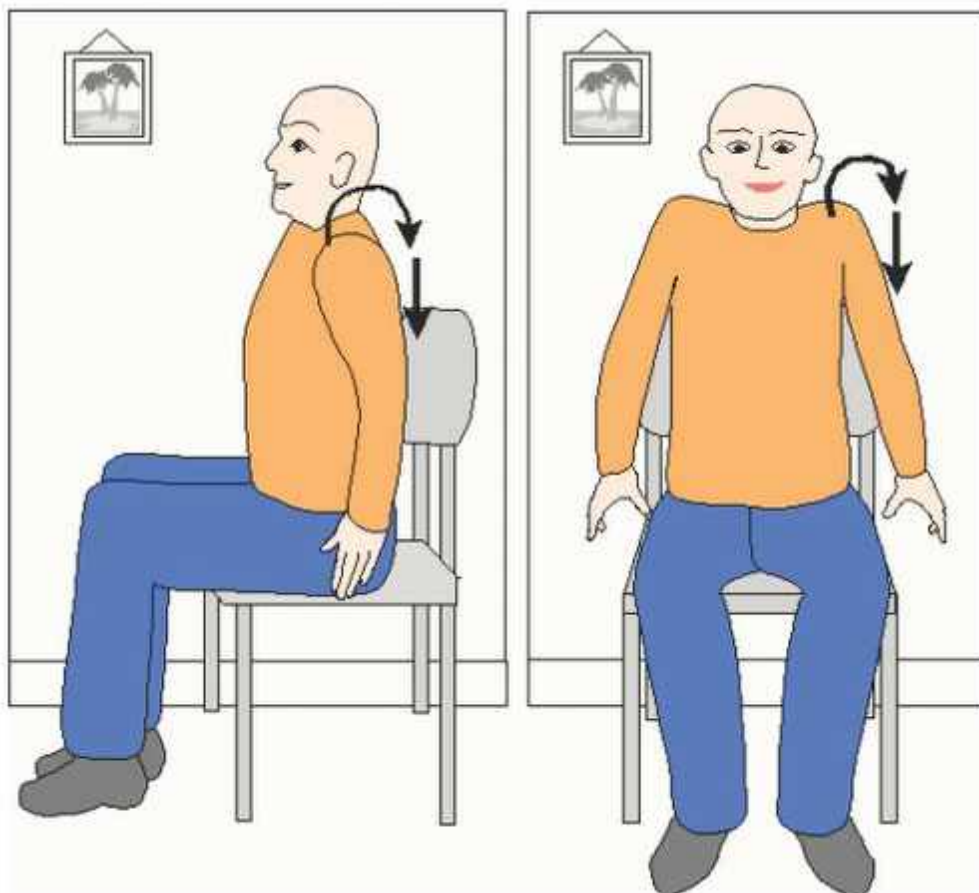
Shoulder Circles

- Sit tall with your arms at your sides
- Lift both shoulders up to your ears, draw them back then press them down
- Repeat slowly 5 times

Tip:

While seated
after breakfast.

This exercise helps reduce
neck/shoulder tension



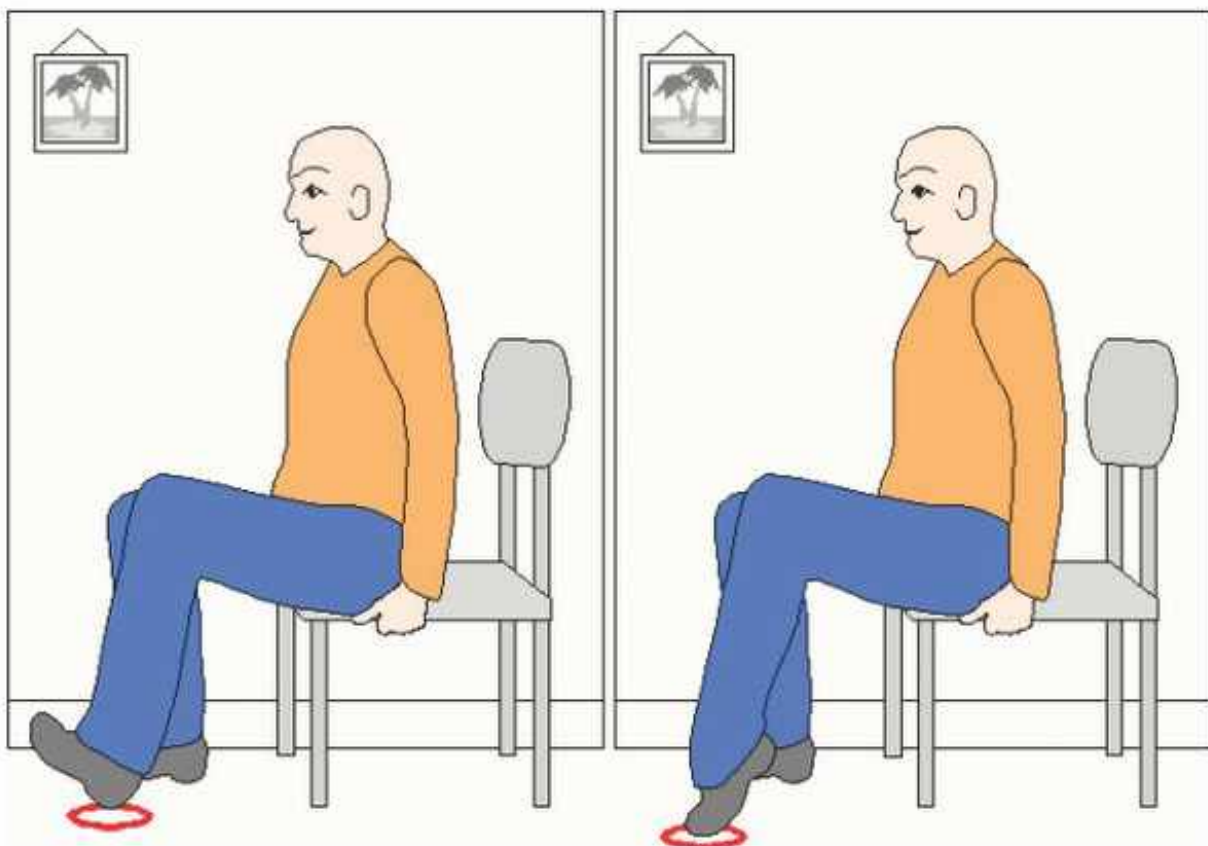
Ankle Loosener

- Sit tall at the front of the chair
- Hold the sides of the chair
- Place the heel of one foot on the floor then lift it and put the toes down on the same spot
- Repeat 5 times on each leg

Tip:

While you are watching TV.

This exercise helps loosen ankles and improves the heel/toe walking action



Spine Twists

- Sit very tall with your feet hip width apart
- Place your right hand on your left knee and hold the chair back with your left hand
- Twist your upper body and head to the left
- Repeat on the opposite side
- Repeat 4 more times each way

Tip:

Sitting on the toilet (lid down).

This exercise loosens the spine and helps with putting on seat belts, looking over your shoulder and turning in bed



Main Exercises

There are 9 exercises in this section to help improve your strength, flexibility and endurance.

Try to complete them **all**, unless instructed by your Chair Based Exercise Leader.

If you choose to do the exercises throughout the day, do a little march first to warm yourself up and prepare for exercise.

Get your exercise band ready.

Upper Back Strengthenener

- Hold the band with your palms facing upwards and your wrists straight
- Pull your hands apart then draw the band towards your hips and squeeze your shoulder blades together
- Keep the band low (near your belly button) and shoulders down
- Hold for a slow count of 5 whilst breathing normally
- Release, then repeat 7 more times

Tip:
Do while listening to the radio.

This exercise helps improve posture, prevents stooping. It also helps with opening heavy drawers or changing bedding



Thigh Strengthenener

- Sit tall at the front of your chair
- Place the band under the ball of one foot and grasp it with both hands at knee level
- Lift your foot just off the floor then pull your hands to your hips
- Now press your heel away from you until your leg is straight and your heel is just off the floor
- Hold for a slow count of 5 then return to the starting position
- Repeat 6-8 times on each leg

Tip:

Do in the kitchen
after chores

This exercise helps with driving,
getting out of a chair more
easily and your grip strength



Arm Curl

- Sit tall at the front of your chair
- Place one end of the band securely under both feet on the floor and grasp the other end of the band with one hand at about knee level
- Now lift your fist slowly towards your shoulder keeping your wrist straight and your elbow close to your side
- Slowly lower
- Repeat 6-8 times on each arm

Tip:

Do in bedroom after chores.

This exercise helps lifting groceries or carrying heavier things



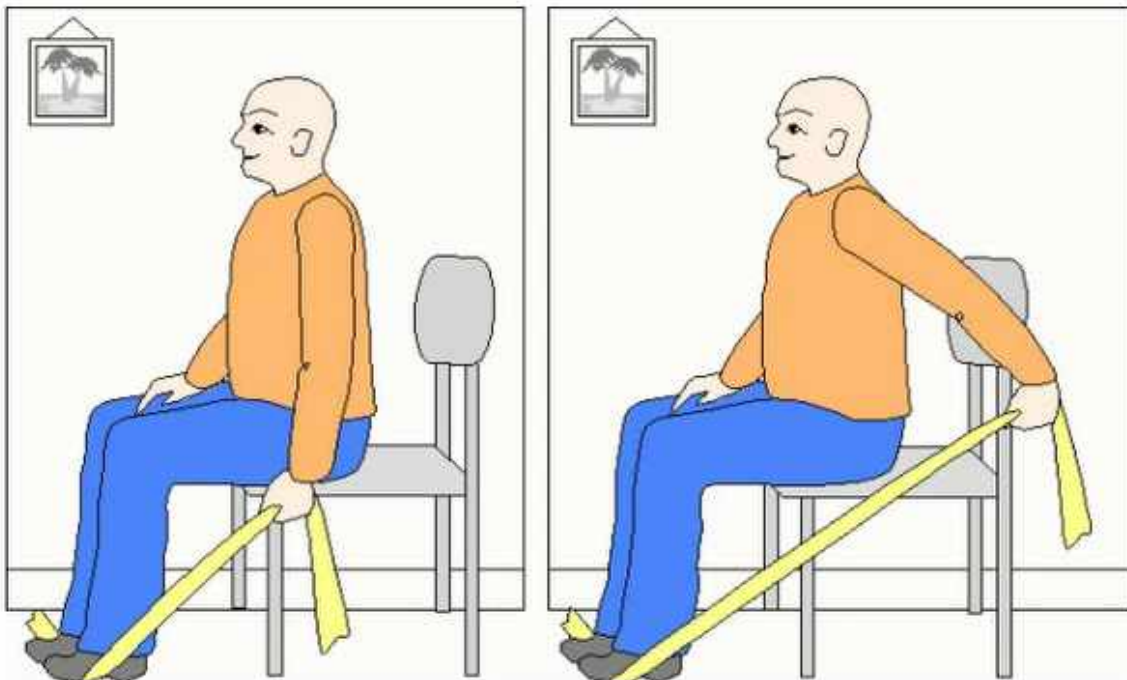
Backward Press

- Sit tall at the front of your chair
- Place one end of the band securely under both feet on the floor, grasp the other end of the band with one hand with the arm down by your hip
- Now pull your arm backwards keeping your chest facing forwards
- Hold for a slow count of 5 then relax
- Repeat 6-8 times on each arm

Tip:

Do in bedroom after chores.

This exercise helps with things like pushing yourself up out of bed, or getting up out the bath



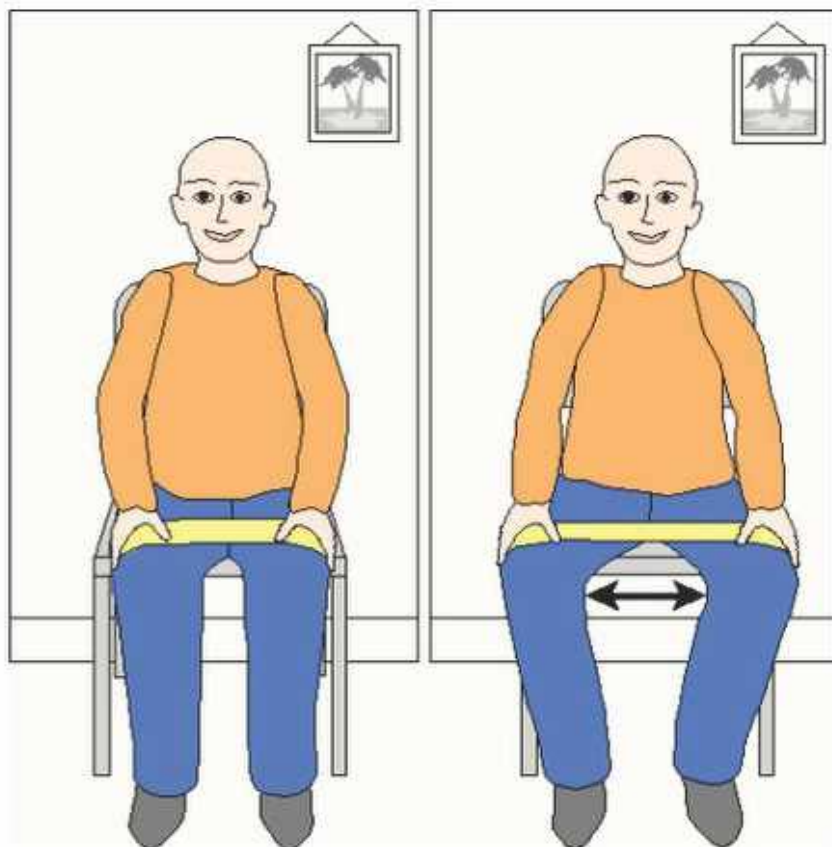
Outer Thigh Strengthenener

- Sit tall near the front of the chair with your feet and knees touching then wrap the band around your legs (keeping the band as flat as possible)
- Take your feet and knees back to hip width apart
- Keep your feet flat on the floor
- Push your knees outwards and hold for a slow count of 5
- Release, then repeat 7 more times

Tip:

Do whilst watching TV.

This exercise helps with getting out of a car, or stepping sideways steadily



Sit to Stand

- Sit tall near the front of the chair
- Place your feet slightly back
- Lean forwards with a straight back
- Stand up (using your hands on the chair if needed)
- Step back until your legs touch the chair then slowly lower your bottom back into the chair
- Repeat 4 - 8 times



Tip:

At the end of your TV Programme.

This exercise will help improve the ease you can get out of a chair or squat to do things

SAFETY POINT

Have a table or support in front of you for when you stand up, if you need it

Wrist Strengthenener

- Fold or roll your band into a tube shape
- Sit tall then squeeze the band tightly with both hands, hold for a slow count of 5 then release
- Make this exercise more challenging by squeezing then twisting your band before holding for 5 seconds
- Repeat this exercise 6-8 times

Tip:

You could use a towel in the bathroom.

This exercise will improve your grip strength and help with opening jars



Pelvic Floor Strengtheners

1. Tighten 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.

Avoid:

- squeezing your legs together
- tightening your buttocks
- holding your breath

2. Try to hold the contraction for **10 seconds**. Rest for 4 seconds, then repeat. Perform this **10 times**.

Next perform **10 quick contractions** by drawing up the pelvic floor as fast as possible, holding for just one second then releasing.

Tip:

As no one will see you doing these, you can do them anytime.

This exercise will help you manage your bladder and bowel better and reduce 'leaking' when you cough or laugh

Ending the Session

Finish by marching at a relaxed pace for 1-2 minutes



Then try to perform all of the following stretches.
They will help with walking and stability.



Back of Thigh Stretch

- Make sure you are right at the front of the chair
- Straighten one leg placing the heel on the floor
- Place both hands on the other leg then sit really tall
- Lean forwards with a straight back until you feel the stretch in the back of your thigh
- Hold for 10-20 seconds
- Relax and repeat on the other leg

Tip:

Do these when you first get up in the morning.

This stretch will help you put your shoes and socks on more easily and lengthen your stride when walking



Chest Stretch

- Sit tall away from the back of the chair
- Reach behind with both arms and grasp the chair back
- Press your chest upwards and forwards until you feel the stretch across your chest
- Hold for 10-20 seconds



Tip:

Do these at the breakfast table.

This stretch will help improve your posture and reaching backwards more easily

Calf Stretch

- Sit forwards in your chair and hold the sides
- Straighten one leg placing the heel on the floor
- Pull your toes up towards the ceiling
- Feel the stretch in your calf
- Hold for 10-20 seconds
- Repeat on the other leg



Tip:

Sitting on the toilet (lid down).

This stretch will help ensure you lift your toes when walking and get your shoes and socks on more easily

Finished!

Well done! You have finished your exercises for today.

Try to do these home exercises at least **two more times** this week.

Set a day and a time aside for a second session now.

Or try to get into a routine of doing some exercises each day for 10 minutes or so.

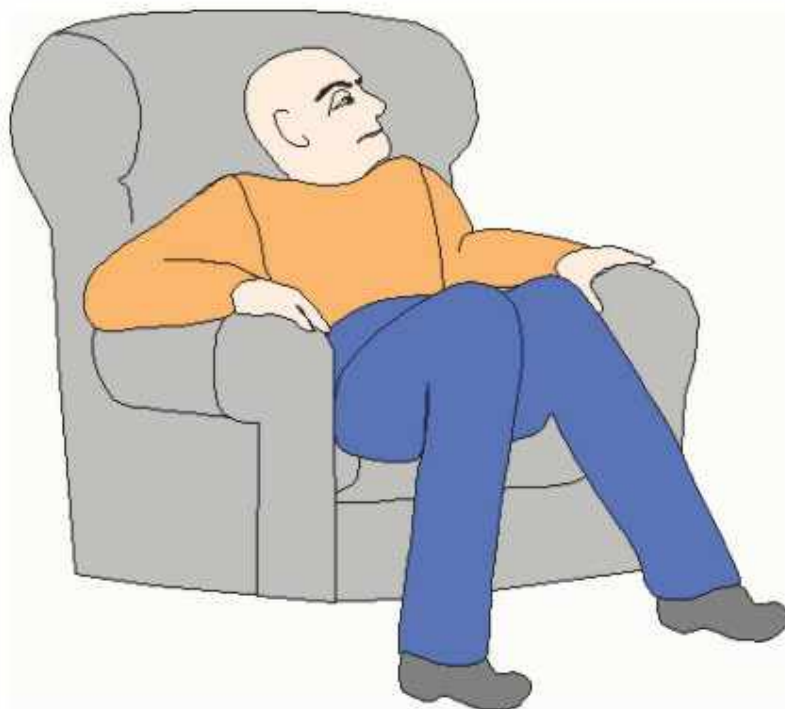
Sit Less

We now know that long periods of sitting, like watching the television all evening, are not good for our health. The more we sit, the more likely we are to get thicker around the waist, develop diabetes, become less mobile and have a low mood.

People who get up more regularly and break up long periods of sitting (every 1 - 2 hours at least) are more mobile and healthy.

Tips to break up long periods of sitting

- Stand up after a few chapters of your book
- Remain standing while the kettle boils
- Do one of the standing exercises in this booklet



Acknowledgements

We would like to acknowledge the following content resources:

Later Life Training Chair-based Exercise Manual © 2012

Skelton DA et al. The effects of resistance training on strength, power and selected functional abilities of women aged 75 and over. Journal of The American Geriatric Society, 1995, Vol 43, p1081-1087.

Skelton DA, McLaughlin A. Training functional ability in old age. Physiotherapy, 1996, Vol 82, p159-167.

With additional thanks to:

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Disclaimer

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Whilst these exercises have been used in research trials and many thousands of older people do similar exercises from other home exercise booklets, the authors do not know you, your medical conditions or physical fitness and cannot give advice tailored to you, your medical condition or physical function. The authors cannot guarantee the safety or effectiveness of this program of exercises for you. Any noticeable changes in health, pain, mobility or falls should prompt a visit to your GP.

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