



Community  
Integrated  
Care



# ACTIVE AT HOME

## ACTIVITY TOOLKIT



# THIS BOOKLET CONTAINS STRENGTHENING, CARDIO AND STRETCHING EXERCISES THAT CAN BE COMPLETED USING MINIMAL EQUIPMENT AND A CHAIR.

These exercises offer simple and fun ways to promote staying active at home. They can support your health and mobility.

Please follow the guidance in this document carefully and make sure that you always do your warm up first!

For every exercise, we also include an adaption. This can help you to simplify or adjust any movements, if you need.

## BEFORE YOU BEGIN

### IN ORDER TO REMAIN SAFE

- This booklet does not replace any medical advice, if you are unsure whether to begin the exercises consult your exercise professional who can advise you with your next steps.
- If you feel dizziness, chest pain or severe shortness of breath stop the exercise you are doing and seek medical attention. Call an ambulance if symptoms do not go away once you have stopped the exercise.
- If any of the exercises cause you pain, stop and ensure that you are using the correct technique. If the pain doesn't alleviate then stop the exercise completely and consult an exercise professional.
- Aim for an upright posture and rhythmic breathing throughout all the exercises and take a rest if you need to.

### IT IS HANDY TO HAVE

- A sturdy chair that allows your feet to touch the floor, ensure there is adequate space around it.
- All of your equipment (e.g. resistance bands, tea towels, tin cans or water bottles) available before you begin.
- Footwear and clothing suitable for exercise.
- Have a bottle of water near to you for when you have finished.
- Put on some feel-good music of your choice!

# WARM UP

You must always start with a warm up before exercising as this will prepare the body for the main activities.

Complete all the exercises below for 1-2 minutes each before completing a full session. If you split up the exercises throughout the day, always carry out a few of these exercises first to warm up the body beforehand.

## HEEL LIFTS

- Keeping the toes on the floor slowly lift one heel at the time off the floor (alternating).

## TOE TAPS

- Extend the leg to tap your toes out in front of you one at a time.

## MARCHING

- Hold on to the sides of the chair and lift one knee upwards at a time – continue at a pace that is comfortable for you. To make it harder add in an arm swing.

## TAP AND CLAP

- Tap your hands on your thighs and clap at chest height. You can make it harder by clapping to the side or at head height too.

## YMCA

- Spell out Y, M, C and A using your arms above your head. Change the direction of your C each time.

# MOBILITY EXERCISES

Complete the exercises below 8 times. No need to hold these exercises, as they are designed to warm you up, not to stretch!

## SHOULDER ROTATION

- Keep your toes wiggling in your shoes, lift your shoulders up towards your ears, push them back and then lower them down slowly.

## SIDE BENDS

- Imagine you are between two panes of glass. Keeping both sides of your bottom on the chair lean over to the side. Make sure you do both sides!

## TORSO TWISTS

- Place both hands on opposite knee. Slide your top hand back to your hip and look over your shoulder. Make sure you do both sides!

## ANKLE ALPHABET

- Sit back in your chair and lift your feet off the floor. Draw the letters of the alphabet with your toes, rotating at the ankle joint. Remember, you can do both upper and lower case!





## MAIN EXERCISES

**Can you aim for 5 exercises and 5 stretches every day?**

Use the tick sheet at the end of this booklet to mark off all the exercises that you have completed!

- Make sure you have carried out an adequate warm up before you begin and that you have the correct equipment to carry out the exercises.
- Ensure you are sitting in an upright position with your back away from the back-rest on the chair before you begin. Your feet should be flat on the floor with your knees and toes facing forwards.

## CARDIO EXERCISES

- The following exercises are designed to raise your heart and breathing rate to give your cardiovascular system a great workout - just like going out for a good brisk walk!

## RESISTANCE EXERCISES

- The following exercises are designed to build strength. Remember the last couple of exercises might be a little tough but if you feel any pain please stop the exercise.





# ACTIVE AT HOME

## CARDIO EXERCISES

### 1. PUNCHING FORWARDS

#### EXAMPLE



#### HOW TO..?

- Keep both fists near your jaw.
- Extend one arm in front of your body at shoulder height.
- Repeat on the other arm.
- Continue at a pace to suit you for 30 seconds.



#### REMEMBER

- This is great for your cardiovascular fitness and muscular endurance in your shoulders.



#### ADAPTATION

- Keep your elbows relaxed.
- Keep your shoulders relaxed.



CLICK HERE

TO WATCH A VIDEO OF THE EXERCISE



# ACTIVE AT HOME

## CARDIO EXERCISES

## 2. HIP MARCHING

### EXAMPLE



#### HOW TO..?

- Start by sitting upright at the front of your seat.
- Marching your legs, try to move yourself towards the back of the chair.
- Repeat, this time trying to move yourself to the front of your chair.
- Aim for 30 seconds.



#### REMEMBER

- Try not to shuffle or slide on your seat.



#### ADAPTATION

- You can make it easier by only moving yourself once forwards and once backwards.



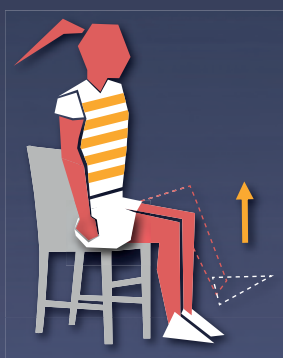


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## CARDIO EXERCISES

### 3. CHAIR MARCH AND SPRINT

#### EXAMPLE



#### HOW TO..?

- Start by sitting upright at the front of your seat.
- March your legs for 20 seconds.
- Holding onto your seat, sprint on the balls of your feet for 5 seconds.
- Repeat this 3 times.



#### REMEMBER

- Try not to lean back on your chair when doing this exercise.



#### ADAPTATION

- Make the exercise harder by sprinting for 10 seconds instead.







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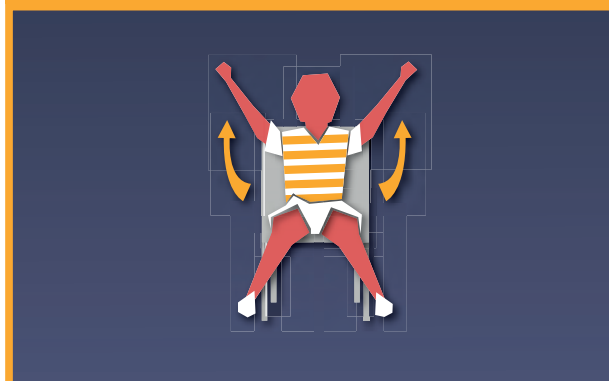
## CARDIO EXERCISES

### 4. SEATED STAR JUMPS

EXAMPLE 1



EXAMPLE 2



#### HOW TO..?

- Start by sitting upright at the front of your seat.
- Point both of your toes out to the side.
- Take your arms out to the side also.
- Bring them back in together.
- Repeat for 30 seconds.



#### REMEMBER

- Try not to lean back on your chair when doing this exercise.



#### ADAPTATION

- Make the exercise easier by doing one side of your body at a time.



**CLICK HERE**  
TO WATCH A VIDEO OF THE EXERCISE



# ACTIVE AT HOME

## RESISTANCE EXERCISES

### 5. BICEP CURLS

#### EXAMPLE



#### HOW TO..?

- Start with your arms down by your side.
- Bend your elbow and lift your hand up towards your shoulder.
- Slowly lower your hand down back to the starting position.
- Repeat 10 times on both arms.



#### REMEMBER

- Ensure your elbows remain by your side.
- Try not to swing your arms.



#### ADAPTATION

- You can use cans of beans or water bottles for added weight.



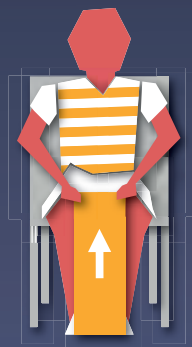


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## RESISTANCE EXERCISES

### 6. ROLLING RESISTANCE BAND

#### EXAMPLE



#### HOW TO..?

- Start with the resistance band straight in front of you.
- Roll the resistance band up, using your fingers until you reach the end of it.
- Repeat three times.



#### REMEMBER

- This exercise is great for maintaining strength and mobility in the fingers and wrists.



#### ADAPTATION

- If you don't have a resistance band you can use a tea towel.





# ACTIVE AT HOME

## RESISTANCE EXERCISES

### 7. SHOULDER CIRCLES

#### EXAMPLE



#### HOW TO..?

- Start with your arms reaching out to the side.
- Circle both arms forwards in small motions 5 times.
- Repeat the same motion backwards 5 times.



#### REMEMBER

- Keep your elbows relaxed.



#### ADAPTATION

- You can use a towel or dry cloth, if you don't have a resistance band.



**CLICK HERE**

TO WATCH A VIDEO OF THE EXERCISE



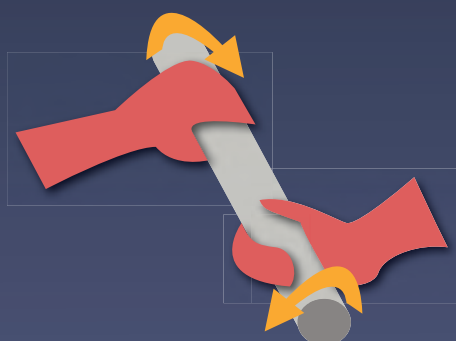


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## RESISTANCE EXERCISES

### 8. WRIST STRENGTHENING

#### EXAMPLE



#### HOW TO..?

- Roll up a resistance band.
- Squeeze it between your hands and bring your wrists in towards each other (repeat 10 times).
- Repeat taking your wrists away from each other (repeat 10 times).



#### REMEMBER

- Ensure your elbows remain by the side of your body.



#### ADAPTATION

- You can use a towel or dry cloth if you don't have a resistance band.





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## RESISTANCE EXERCISES

### 9. SEATED ROW

#### EXAMPLE



#### HOW TO..?

- Place resistance band under the arch of the feet.
- Hold the end of the band in each hand at your knees.
- Pull the band back to your waist.
- Slowly release back to the starting position.



#### REMEMBER

- Ensure your elbows stay tucked in.



#### ADAPTATION

- You can do this exercise without a resistance band.



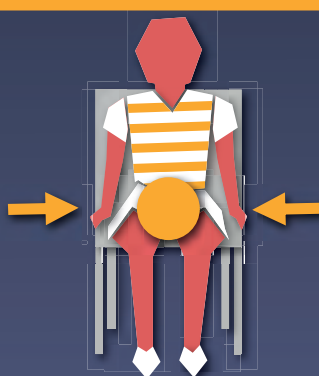


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## RESISTANCE EXERCISES

### 10. LEG ADDUCTION

#### EXAMPLE



#### HOW TO..?

- Place the soft foam ball between your knees.
- Squeeze the ball between your knees.
- Release the ball from your knees by relaxing your muscles.
- Repeat 10 times.



#### REMEMBER

- Count to three on the inwards and outwards movements to ensure a controlled technique.



#### ADAPTATION

- You can use a towel between your knees, if you don't have a ball.



**CLICK HERE**

TO WATCH A VIDEO OF THE EXERCISE



# ACTIVE AT HOME

## RESISTANCE EXERCISES

### 11. LEG ABDUCTION

EXAMPLE 1



EXAMPLE 2



#### HOW TO..?

- Sit with feet parallel hip width apart and knees facing forwards.
- Wrap the band around your legs – ensure it is flat.
- Keep your feet flat on the floor and pull your knees apart.
- Repeat 10 times.



#### REMEMBER

- Ensure your feet stay flat.
- This exercise helps to stabilise yourself if you step to the side.



#### ADAPTATION

- It can be done without a resistance band.



**CLICK HERE**  
TO WATCH A VIDEO OF THE EXERCISE





# ACTIVE AT HOME

## RESISTANCE EXERCISES

### 12. SHOULDER PRESS

EXAMPLE 1



EXAMPLE 2



#### HOW TO..?

- Start with your hands bent up to your shoulders.
- Push your arms straight above your head keeping your elbows relaxed.
- Return slowly to the starting position.



#### REMEMBER

- Avoid this exercise if you have high blood pressure and carry out the adapted exercise.



#### ADAPTATION

- Press arms in front of the chest, don't go above shoulder height.
- Can use cans of beans.



**CLICK HERE**

TO WATCH A VIDEO OF THE EXERCISE

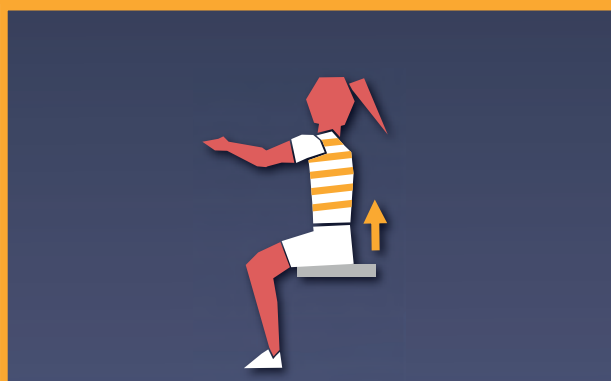


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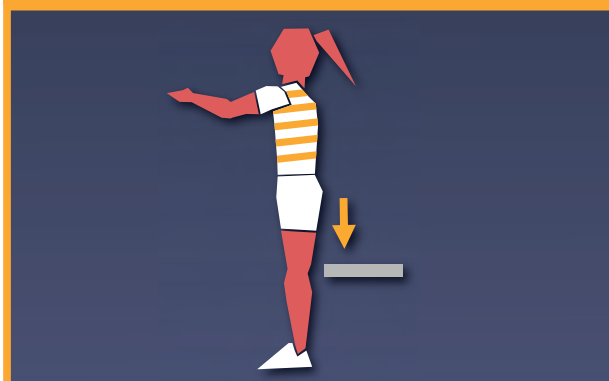
## RESISTANCE EXERCISES

### 13. SIT TO STAND

EXAMPLE 1



EXAMPLE 2



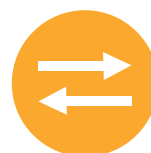
#### HOW TO..?

- Tuck your heels back and place your arms in front of you or hands across your chest
- Stand up from the chair and move your feet
- Stick your bottom out, so your knees are behind your toes, and sit down.



#### REMEMBER

- You don't have to fully stand up.



#### ADAPTATION

- To make it harder, hover over your chair for 5 seconds before you sit down.





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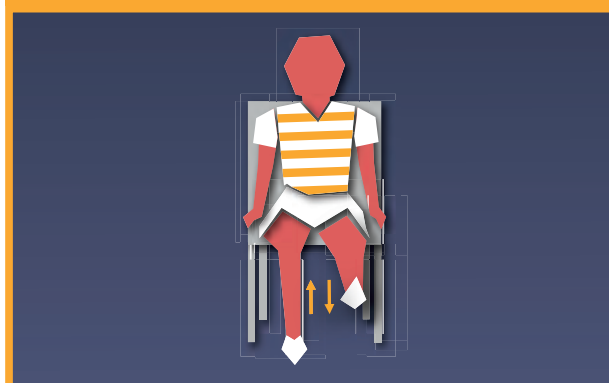
## RESISTANCE EXERCISES

### 14. LEG EXTENSION

EXAMPLE 1



EXAMPLE 2



#### HOW TO..?

- Sit in an upright position on the chair.
- Hold onto the sides for support.
- Lift your knee upwards.
- Extend your foot straight out in front of you.
- Repeat 8 times on both legs.



#### REMEMBER

- Don't fully extend/ lock your knee.



#### ADAPTATION

- Aim for 12 on each leg instead to make it harder.



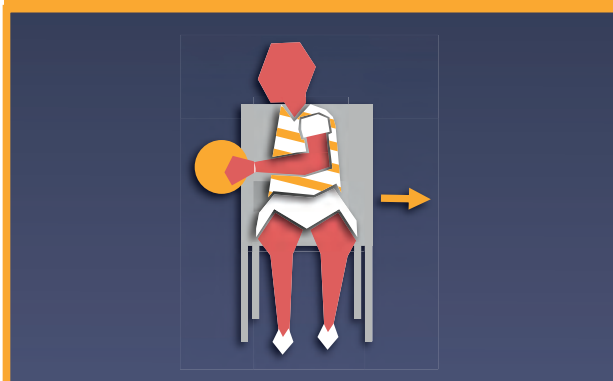


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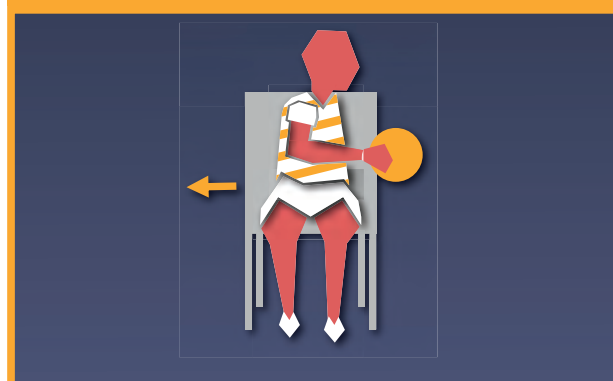
## RESISTANCE EXERCISES

### 15. SEATED TWISTS

EXAMPLE 1



EXAMPLE 2



#### HOW TO..?

- Sit upright and away from the back of the chair.
- Hold an object in your hands (e.g, a football).
- Imagine a piece of string attaches from your chin to the object.
- Turn to face one side and then turn to face the other side.



#### REMEMBER

- Don't turn too far.
- Don't let your head turn past your body.



#### ADAPTATION

- Choose a heavier object to hold.



**CLICK HERE**  
TO WATCH A VIDEO OF THE EXERCISE





# ACTIVE AT HOME

## EXERCISES

### TICK THE EXERCISES YOU HAVE DONE

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# COOL DOWN

It is important to finish the end of the session with a cool down.

Begin by carrying out a seated march for 1 - 2 minutes.

Then carry out the following stretches:

## CHEST STRETCH

- Hold your hands on the side of the chair and push your chest forwards (hold for 10-20 secs).

## UPPER BACK STRETCH

- Link your fingers and push your hands forwards, rounding your upper back.

## HAMSTRING STRETCH

- Place one leg in front of you with your heel on the floor, place both hands onto your other leg and then lift your chest and look forwards (hold for 10-20 secs).

## CALF STRETCH

- Place one foot in front of you with your toes pulled towards your body.

## TRICEPS STRETCH

- place your hand on your shoulder and use your other hand for support – walk your fingers down your back whilst raising your elbow as far as it will go.



# STRETCHES

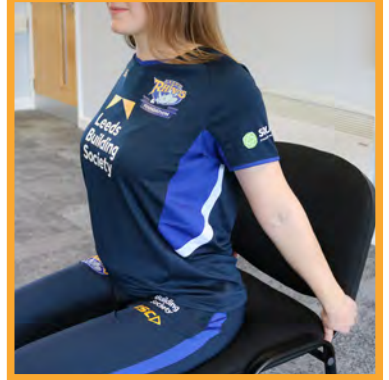
1. CALF  
STRETCH



2. CHEST  
STRETCH



3. CHEST STRETCH  
(FROM THE SIDE)



4. HAMSTRING  
STRETCH



5. HIP  
STRETCH



6. QUADRICEPS  
STRETCH



7. SHOULDER  
STRETCH



8. TRICEP  
STRETCH



9. UPPER BACK  
STRETCH





# ACTIVE AT HOME

## STRETCHES

### TICK THE STRETCHES YOU HAVE DONE

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# WELL DONE

Share your progress with us on social media.  
Pictures, videos, tweets and posts with the hashtag  
#ActiveAtHome

