



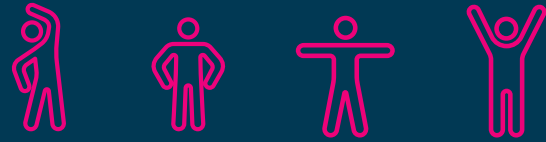
STAY STRONG AND ACTIVE AT HOME

STEADY SEVENS

Safety check: Sturdy chair, or solid worktop, or wall for support. Supportive footwear and comfortable clothes. Water to hand. If exercises cause pain STOP, but feeling your muscles work, or a slight muscle soreness the next day is normal. If you experience chest pain, severe shortness of breath or dizziness STOP immediately and contact your GP or emergency services 999 or 112.

- ✓ Do these exercises 3 or more days per week.
- ✓ Stay active, eat well, manage your medicines.
- ✓ Consider Vitamin D for bone health.
- ✓ Have an emergency plan in case you have a fall. Tell someone if you have a fall.

Mobilisers:



These seven exercises will increase blood flow to your joints and enable you to move more freely. Do each movement 7-10 times.

Seated on a sturdy chair, move bum away from back of chair, use your own back! Feet flat on the floor to start. Slow big breath in and slow easy breath out, ensure you lift the chest on the in breath and lower on the breath out. Repeat 3 times.

1. Play piano with fingers, hands below the heart

Clench hands and release

Touch thumb to each finger, both hands 7-10 times

2. Bend wrists up and down, side to side and circle 7-10 times

3. Lift one shoulder up and down, then other side. Slow single circles with each shoulder

Swim in a breaststroke, wide strokes 7-10 times

ACTIVE REST - Toe tapping, keep heels on floor. Heel tapping, keep toes on floor, until ready to move again

4. Start walking movement on chair, lift one foot then the other

Bring in arm movements, swinging arms by each side of chair

Bring to a march if suitable 7-10 times

ACTIVE REST - Toe tapping, keep heels on floor. Heel tapping, keep toes on floor, until ready to move again

5. Tight fists, punch air in front several times, then upwards, several times 7-10 times

ACTIVE REST - Toe tapping, keep heels on floor. Heel tapping, keep toes on floor, until ready to move again

6. Easy kicks, one foot then the other 7-10 times

ACTIVE REST - Toe tapping, keep heels on floor. Heel tapping, keep toes on floor, until ready to move again

7. Easy knee lifts, lift one knee slowly then the other, little stall at the top 7-10 times

ACTIVE REST - Toe tapping, keep heels on floor. Heel tapping, keep toes on floor, until ready to move again

Steady Sevens repeat 5 to 10 times



Posture Perfect

Stand near a chair, roll shoulders up and back with hands resting on side seams of trousers or skirt, pull tummy in and look straight ahead. (all muscles of body)



Sit to Stand

Use a sturdy chair against a wall. Sit towards the front of chair. Feet slightly behind your knees, hands on side of chair, keep eyes ahead. Lean forward and slowly push off to a standing position. Allow back of legs to feel the chair, slowly return to the seat, hands on seat to return. (thigh and bum muscles)



Heel Lift

Posture perfect, hands on back of chair, slowly lift heels off the floor and return with control. Body tall not leaning forward. (calf and ankle muscles)



Toe Lifts

Posture perfect, hands on back of chair, slowly lift toes off floor and return with control. Body tall, don't stick bum out. (shin and ankle muscles)



One Leg Stand

Posture perfect, stand close behind chair using one or both hands on chair, keep standing knee slightly bent, slowly lift other leg, heel towards bum return slowly to floor, repeat with other leg. (using all muscles to improve balance)



Pedal Pushes

Posture perfect, pedal your feet slowly up and down as if on a bike. (use wall or back of chair for balance if needed) Do not look at your feet. (toe, ankle, calf muscles)



Side Stepping

Posture perfect, using countertop or wall in hall, keep eyes ahead, slowly sidestep to end of support, STOP and sidestep back to end of support. (muscles on outside of legs)



If you do a bit, then do another bit, then do all that again, then a bit becomes A LOT



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**SPÓRT ÉIREANN
SPORT IRELAND**



Marino Institute of Education
Griffith Avenue, Dublin, D09K4P6
Ireland

t +353 (0)1 8057709

e info@ageandopportunity.ie

