

Let's Get Moving Again

30 minutes of moderate intensity physical activity on 5 days of each week is recommended.

Getting active can help your body to stay strong, improve balance and coordination, boost your mood and energy! It is important to pace your return to outdoor exercise, as after a period of inactivity you may find some activities more challenging to do than before.

Here are some **tips** to get you active again:

- ✓ Exercise outdoors during non-peak times adhering to national social distancing guidelines.
- ✓ Wear supportive shoes.
- ✓ Dress for the weather, this includes wearing sunscreen with a SPF of at least 30+.
- ✓ If you have been advised to use a walking stick or walker, bring it with you.
- ✓ If nervous, ask a family member to go with you to build up your confidence with outdoor exercise.
- ✓ Wait at least 1 hour after eating a large meal before exercising.
- ✓ Stay hydrated! Aim to drink 8 glasses of water throughout the day. You may need to drink more on warmer days.
- ✓ Set realistic goals. Start low and go slow building back up your fitness. Slow and steady wins the race!
- ✓ Exerting yourself makes you breathless – this is normal! Stop and rest for two or three minutes if you start to become breathless. It is not normal if you feel dizzy or develop chest pain. Seek advice from your GP or if you develop new chest pain attend your nearest Emergency Department.
- ✓ If you have an underlying heart or lung condition and have a GTN spray and/or rescue inhaler, bring it with you.
- ✓ After periods of inactivity there is a higher risk of developing a blood clot in your leg. Look out for new signs such as: severe calf pain, swelling in one leg (rarely affects both legs), red or discoloured skin on the leg, a feeling of warmth in the leg. If you are experiencing any of these symptoms contact your GP immediately.



**“Most importantly,
HAVE FUN!”**

Let's begin!

TO WARM UP: Holding two water bottles in each hand, March on the spot for 30 seconds, rest for 1 minute and repeat 3 times. If you are able to, keep holding the bottles and swing your arms.

All exercises can be progressed by choosing ONE of the following:

- ✓ Increasing the number of repetitions of each exercise and/or the number of sets.
- ✓ Decreasing the rest time between sets.
- ✓ Increasing/adding weight to the exercise.
- ✓ Please follow the instructions in black print for each exercise. Once you are confident doing these, challenge yourself to complete the next level of the exercise in blue print.

1 Knee Strengthening

- Sit tall in a chair with your back well supported.
- Straighten your right leg fully and bring your toes up towards you.
- Hold for 5 seconds.
- Lower the leg slowly.
- Repeat 10 - 15 times, on each side.

Progression:

Level 1 - Repeat the exercise twice.

Level 2 - If you have a light weight, strap this onto your ankle.



2 Arm Strengthening

- Sitting tall.
- Hold a tin securely in each hand.
- Lift one arm over your head at a time.
- Replace onto your lap.
- Repeat 10 - 15 times, on each side.

Progression:

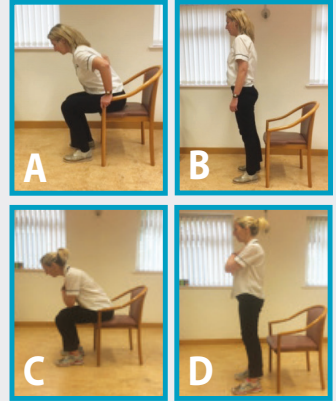
Level 1 - Repeat the exercise twice.

Level 2 - Increase the weight of the tin - as you are able.



3 Sit to Stand

- Where possible put your chair against the wall.
- Move your bottom forwards in your chair.
- Bring your feet behind your knees.
- Lean forwards bringing your head over your knees.
- Push off with both hands to stand up.
- Step back until you feel the chair against your legs.
- Bend in the middle, reaching back for the arm rests and slowly sit back down.
- Repeat 10 - 15 times - as you are able.



Progression:

Level 1 - If you can, stop using your hands to push up. Place your hands across your chest.

Level 2 - If you have light weights, hold a weight in each hand by your side or across your chest.

4 Calf and Toe Raises

- Stand tall in front of your kitchen sink or the back of a sturdy chair.
- Hold on with both hands and look ahead.
- Place your feet hip width apart.
- Lift up onto your toes slowly, making sure you are not leaning forward.
- Lower your heels back onto the ground slowly.
- Then place your weight onto your heel and lift your toes and the front of your feet off the ground, keeping your bottom tucked in, making sure not to lean backwards.
- Lower your feet back to the ground slowly.
- Repeat 10 - 15 times - as you are able.

Progression:

Level 1 - Tip-Toe walking - holding onto a kitchen counter/table walk on your tip-toes for 30 seconds.



"If you feel unwell on any day, don't push yourself to complete these exercises."

5 Hip Strengthening

- Stand tall in front of your kitchen counter or the back of a sturdy chair.
- Hold on with both hands.
- Standing on your left leg, keep your right leg straight and your right foot facing straight forward.
- Lift your right leg out to the side slowly.
- Return your right leg to the starting position slowly.
- Repeat 10 - 15 times on each side - as you are able.

Progression:

Level 1 - Repeat the exercise twice.

Level 2 - If you have a light weight, strap this onto your ankle.

Level 3 - Side stepping - holding onto a kitchen counter/table step sideways the length of the counter/table, leading with your RIGHT leg and then returning leading with your LEFT leg.



6 Step-Up

- Stand at the base of a step/stairs, use hand rails for support.
- Step up with the RIGHT leg leading, and then step down.
- Repeat up to 10 times with the RIGHT leg leading.
- Step up with the LEFT leg leading, and then step down.
- Repeat up to 10 times with the LEFT leg leading.



Progression:

Level 1 - If you have light weights, strap these onto your ankles.

7 Balance Heel Toe Standing

- Facing your kitchen counter, hold onto your counter with two hands and look ahead.
- Place right foot directly in front of the left foot.
- Hold this position for 10 seconds.
- Change feet and hold for 10 seconds.

Progression:

Level 1 - Use one hand for support.

Level 2 - Try no hand support, hover your hands over the kitchen counter to provide support if needed.



8

Balance One Leg Stand

- Hold onto your kitchen counter with two hands and look straight ahead.
- Stand on your left leg.
- Hold for 10 seconds.
- Repeat on the right leg.

Progression:

Level 1 - Use one hand for support.

Level 2 - Try no hand support, hover your hands over the kitchen counter to provide support if needed.



WALKING PLAN:

GOAL: To achieve 30 minutes of walking at a moderate intensity 5 days a week, either continuous or in smaller amounts spread throughout the day e.g. 10 minutes 3 times a day.

The following is an example of how you might safely increase your walking time:



EXAMPLE OF WALKING PLAN

Week 1	5 minute walk, 1 minute rest x 2 times. Three days a week. (10 minutes in total three days per week).
Week 2	5 minute walk, 1 minute rest x 3. Three days a week. (15 minutes in total three days per week).
Week 3	5 minute walk, 1 minute rest x 4. Three days a week. (20 minutes in total three days per week).
Week 4	5 minute walk, 1 minute rest x 5. Three days a week. (25 minutes in total three days per week).
Week 5	5 minute walk, 1 minute rest x 6. Four days a week. (30 minutes in total four days per week).
Week 6	5 minute walk, 1 minute rest x 6. Five days a week. (30 minutes in total five days per week).

Tips to check your body's response to your new exercise routine:

- ✔ **Talk Test** - if you can talk and sing while exercising without getting out of breath, you are exercising at a low intensity. During moderate-intensity exercise, you can comfortably chat, but you can't sing any more than a few words without getting out of breath, while during high intensity you cannot talk at all.
- ✔ Check how you **FEEL**. Examples of signs to look out for to see if you are overdoing things include: your muscles feeling jelly-like, twitching or cramping; you may be short of breath and not able to hold a conversation; significant fatigue after exercise; soreness the next day that you are not able to exercise. Pace your-self, take breaks as needed, listen to your body.
- ✔ Use a scale like the **Rate of Perceived Exertion** opposite to check how hard you feel your body is working. Stay in the Green Zone!

How Hard Should It Be?

- 0 No effort
- 1 Very, very light
- 2 Very light
- 3 Very easy to manage
- 4 Easy to manage
- 5 Very slight challenge
- 6 Slight challenge
- 7 Challenging
- 8 Hard
- 9 Very hard
- 10 Extremely hard



Keep it in the Green Zone!



***“Congratulations!
Keep going. Don’t
forget to go to the
front cover and tick
the box, record walk
distance and time!”***

This brochure is brought to you by
**PCC Physiotherapy Services in Dublin South,
Kildare, West Wicklow and Cork North / South Lee**
in partnership with



Disclaimer

It is your responsibility to undertake these exercises safely. Stop performing these exercises if you experience pain or you feel unwell. The authors and advisors, who have created this brochure, accept no liability for injury caused as a result of participation in these exercises.

The Irish Society of Chartered Physiotherapists reprints this document with kind permission of the authors and chartered physiotherapists from HSE Dublin South, Kildare, West Wicklow and Cork North/South Lee Primary and Continuing Care Physiotherapy Services.