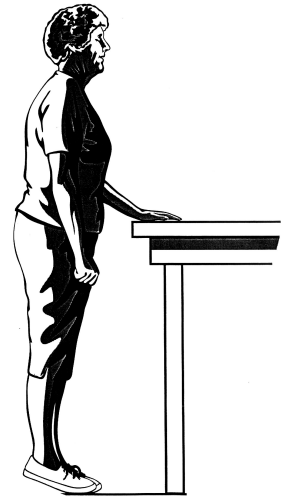


Home Gym Fitness - part of everyday life

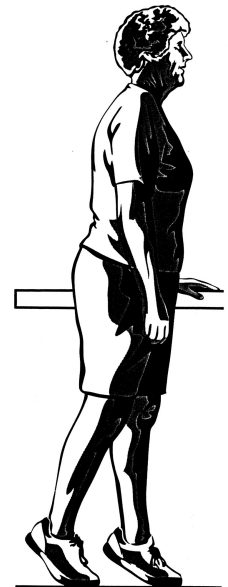
Kitchen Bench Exercises – hold the bench if necessary

- While washing the dishes:
 - 5-10 knee bends: heels down: bend as far as comfortable [for thigh muscles]
- While drying dishes
 - 5-10 heel raises [for calf muscles]
- waiting for the kettle to boil:
 - heel/toe stand (feet in line one in front of the other). Balance with as little support as possible for 10 seconds! Change feet and repeat [for balance]
- waiting for the microwave:
 - 'mini-jog' on the spot without the feet leaving the ground; 30 seconds minimum [for leg muscles and aerobic fitness]



Hallway Exercises

- After using the bathroom
Tip-toe walk at least 20 paces [for calf muscles, ankles and balance]
- Using a hallway: once in the morning and once in the afternoon heel/toe walk [for balance]



Bathroom Exercises

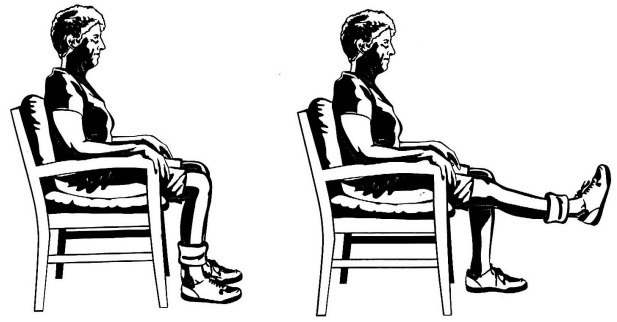
- After teeth cleaning

Posture check!

- Shoulders back, head up, chin tucked in
- A back stretch as far as comfortable

Lounge Exercises

- Every ad break on TV
 - Straighten leg fully with toe pulled up; lower slowly
 - Straighten leg fully with toe pulled up; hold 5 seconds
 - Straighten leg fully taking 5 seconds; hold 5 seconds, lower taking 5 seconds



These can be done with a weight on the ankle [for thigh muscles]

- Tuck chin in then practice turning your head to look over your shoulder – left and right [neck mobility]



Bedroom Exercises

- In bed before rising [for joint mobility]
- Bend one leg at a time as far as possible, then stretch out straight on the bed, making sure the knee is fully straightened -5 x
- Bend both knees and place feet on the bed; lift your bottom up, hold 5 seconds and lower [for buttock and trunk muscles] – 5 x
- Stretch both arms above your head, helping the weaker one with the stronger one if necessary [shoulder stretch]
- Opening the drawers – do a knee bend instead of bending your back [for thigh muscles]

These exercises are designed to increase strength and improve balance.

Do them within your limit of comfort – they SHOULD NOT CAUSE PAIN.

Dining Room/Kitchen Exercises

- **Sit to Stand** Sit on dining chair and stand up using your arms as little as possible.

Repeat 5x. Work up to 20x for leg and buttock muscles

Leg Weights Exercise for thigh muscles

Sit on dining chair – wrap weights round ankle

Start with:

- Straighten leg fully with toes pulled up; lower slowly

Progress to:

- Straighten leg fully; hold 5 seconds; lower slowly

Further progression:

- Straighten leg fully; taking 5 seconds; hold 5 seconds, lower leg fully taking 5 seconds

Note:

- Begin with a weight that feels comfortable for you.
- Do weights exercises 3 x per week.
- All movements should be slow and controlled to build muscle strength
- Start by doing one set ie 5 strengthening exercises.
- Do this three times in one session.
- Gradually work up to 15-20 exercises on each leg. 3x each session.



Band Exercises

Sitting – before lunch exercises

Do each exercise slowly – control the stretch and release part of the movement.

- Hold band as shown. Stretch band up and out – for shoulder and triceps muscles.
- Hold band as shown. Stretch down and back towards the floor.
- Hold band 20 cm apart under chin. Pull elbows back – for shoulder and back muscles
- Hold band as shown, elbows at waist. Pull band apart.
- Hold band as shown. Straighten leg and move out sideways and in [for muscles on the outside of the thigh]
- Wrap band around lower thighs, move one knee and foot sideways, hold briefly, move back.

