

EXERCISE TO IMPROVE FITNESS/STAMINA

For everyday life

There are 6 exercises in total
These exercises are designed to increase your heart and breathing rate
Some work on your balance as well

You should feel a little out of breath when doing these

Shuttle Walking

Wall Press

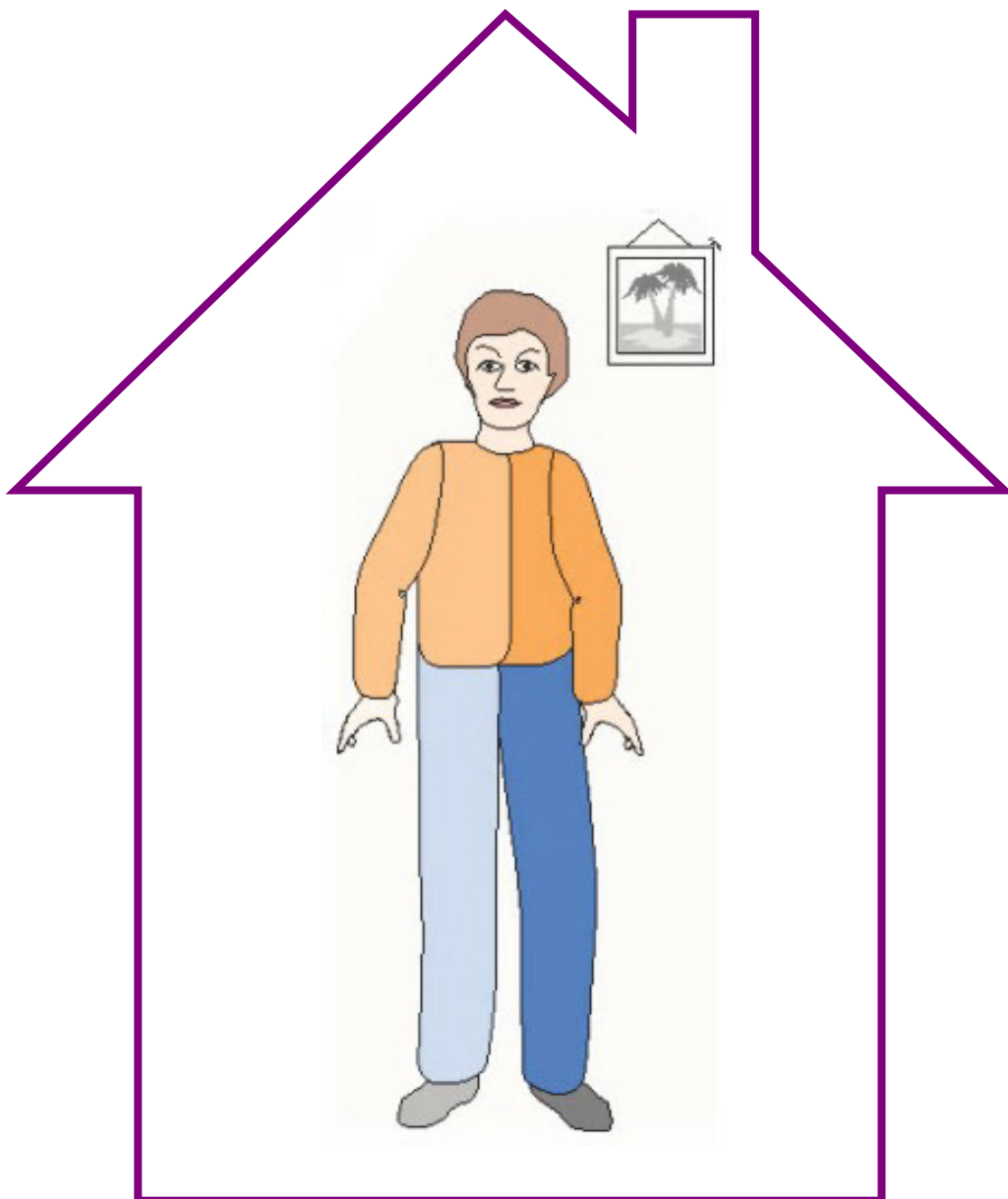
Hand to Knee

Ball Raise

Step Ups

Sit to stand

You may not have all 6 exercises in your programme

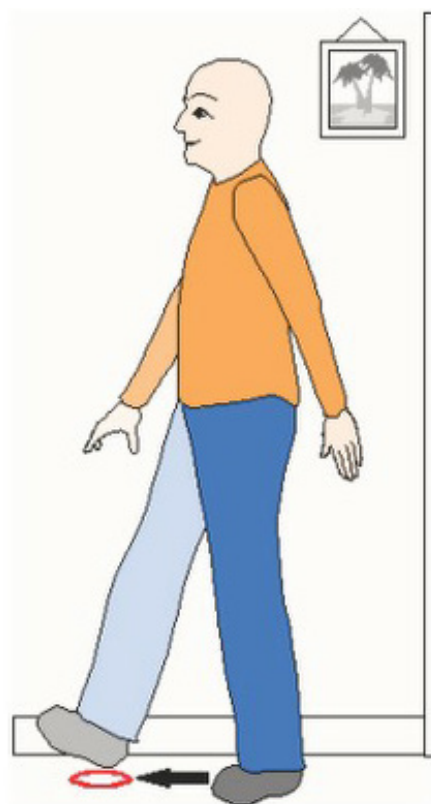


Shuttle Walking

To Improve Fitness/Stamina and Walking

You can practice walking indoors or outdoors. Use an area free of obstacles where you can walk up and down practicing your walking/striding

- Stand upright
- Try to lift your knees as you walk, to have a longer stride
- Lift your feet and place the heel down first as you walk
- Try to stride evenly
- Try to lengthen your stride and walk evenly
- Look at your foot placement if this helps



Specific Notes For _____ Written by _____

Wall Press

To Improve Arm Movement and Posture

This exercise may need some adaptation from your EfS specialist exercise instructor

- Place feet hip width apart
- Aim to have both hands flat on the wall
- Hands are shoulder height and shoulder width
- Breathe normally
- If you wear a splint, step forward this foot so heel is down
- Bend the elbows as if doing press ups on the wall
- Start with 10 seconds progressing to 1 minute, rest when you need



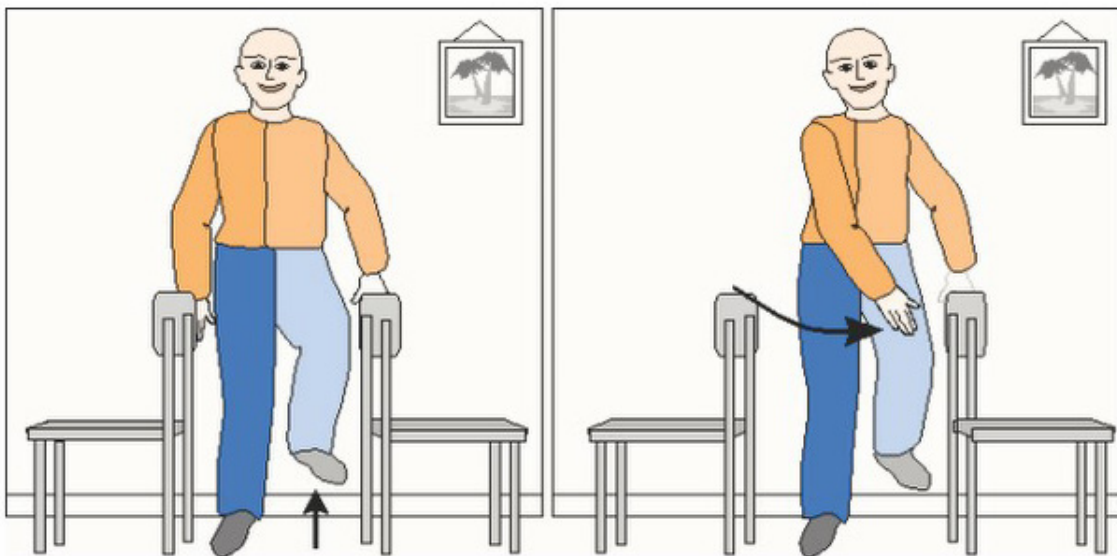
Specific Notes For _____ Written by _____

Hand to Knee

To Improve Coordination, Balance and Fitness

Perform this exercise standing with your back close to a wall. This exercise may challenge your balance so use reliable support if needed

- Place feet hip width
- Raise the knee (bending from the hip)
- Avoid 'hitching the hip'
- Replace the foot and get your balance
- Lift the other leg
- Aim for even height knee raises
- Progress to add hand touching opposite knee
- Aim for even movement to the left and right
- Start with 10 seconds, progress to 1 minute
- Look at your foot placement if this helps



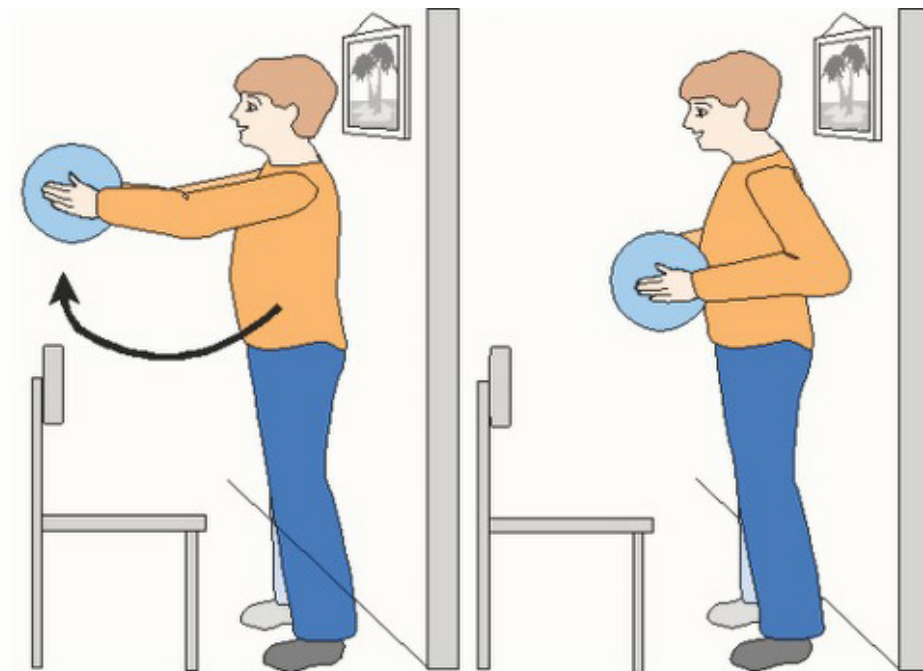
Specific Notes For _____ Written by _____

Ball Raise (or similar object)

To Improve Reaching and Holding Objects

This exercise may need some adaptation from your specialist EfS instructor. Perform this with your back close to a wall

- Even weight across both feet at shoulder width
- Bend knees slightly
- Reach for the object and stand upright
- With arms straight, raise the object to just under shoulder height
- Reach away, and then upwards
- Repeat this movement, reaching outwards and upwards, returning to waist height each time
- Start with 10 seconds, progressing to 1 minute



Specific Notes For _____ Written by _____

Step Ups

To Improve Leg Strength and Power

- Use a wide step or stair
- Use support for balance
- Step up with your strongest leg
- Bring the other leg to join it
- Stand with equal weight across both feet on top of the step
- Step back to the floor with your 'weaker' leg, with control
- Start with 10 seconds progressing to 2 minutes



Specific Notes For _____ Written by _____

Sit to Stand

To Improve leg strength, power and balance

- Use a chair of correct height up against a wall
- Hip walk forwards so your backside is centre of the chair
- Position the feet back a little, heels down
- Power up to stand
- To sit stick out your backside and lower with control and repeat
- Try to have equal weight across both feet on standing
- If you wear a splint, keep this foot forwards and heel down
- Start with 10 seconds progressing to 2 minutes



Specific Notes For _____ Written by _____

Disclaimer

You take responsibility for your own exercise programme. The authors and advisers of the exercises in this programme accept no liability. All content is provided for general information only, and should not be treated as a substitute for the medical advice of your own GP or any other health care professional. Health care professionals using these exercises do so at their own risk.

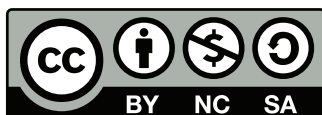
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This booklet should not be treated as a substitute for medical advice of your doctor.

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