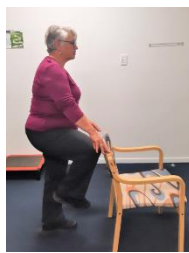


At Home Exercise Ideas for Healthy Older Adults

During the current Covid-19 restrictions, it is important to keep aiming for 30 minutes of physical activity each day. Exercise helps to keep your muscles and bones strong, helps to maintain your balance, improves mood and keeps your heart and lungs functioning at their best. These exercises are a good fit for healthy older adults who can walk on their own or with some support for balance.

Exercise Safety

- Make sure you are well set up with comfortable clothes, water to drink, flat, non-slip shoes and in a well-lit room without trip hazards (like loose rugs on the floor).
- If you haven't exercised recently, aim for 5 or 10 minutes on your first day. Any exercise is a great start, and you can slowly build up to 30 minutes over time.
- If you are worried about your balance, hold on to a bench or table for extra support.
- Go at your own pace and have a chair handy to sit and take breaks if you need them.
- Have your phone nearby if possible, in the unlikely event that you need to seek help.
- Don't exercise if you are feeling unwell, lightheaded or dizzy



Seated or
Standing
Marching
for warm up



Supported Squats

Aim for 10 if you can



Seated Leg Lifts

Hold for 3 seconds

Try 10 on each side



Heel Raises

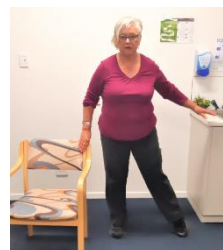
Try for 10



Standing Knee Bends

Hold for 3 seconds

Aim for 10 on each side.



Side Toe Taps

Try for 10 on each side



Stand Up and Sit Down

Try 10 (Aim to lower with control
– not flop)



Back Toe Taps

Aim for 10 on each side