

Ideas for Exercising at Home for over 60s

Physical Activity Guidelines for older Australians (Australian Government – Department of Health)

1. Think of movement as an opportunity, not an inconvenience
2. Be active every day in as many ways as you can
3. Put together at least 30 minutes of moderate intensity physical activity on most, preferably all, days
4. If you can, also enjoy some regular, vigorous activity for extra health and fitness.

Tips for exercising at home (Australian Government – Department of Health)

- Build exercising into your daily routine.
- Try to reduce the amount of time you spend sitting.
- Some exercises can be easily built into your existing routine. For example, you can do shoulder rolls while waiting for the kettle to boil or heel & toe raises while watching TV.
- It is good to include a range of different types of activities throughout the week:

Moderate Activities - Aim for 30 minutes of activity from this group on most days, this can be accumulated across the day e.g. 3 x 10 minutes.

- Brisk walking
- Walking the dog
- Yard and garden work
- Mopping and Vacuuming

Strength Activities – Do specific strength exercises 2 or 3 times per week.

- Weight or resistance training (see over for exercise ideas)
- Lifting and carrying
- Moderate yard work e.g. digging or shifting soil

Flexibility

- Tai Chi
- Stretching exercises

Balancing Activities

- Balance Exercises (see over for ideas)

Safety Tips

- Disclaimer: The information contained in this leaflet is intended to support, not replace discussion with your doctor or health care professionals.
- Exercises should not cause you pain. If you feel pain, stop the exercise and consult your health professional.
- If needed, do exercises near a bench or chair so you can hold on for support.
- If you are exercising alone, have your phone nearby so you can contact someone if needed.

Exercises for Home

The following exercises are from the Agestrong Program.

Complete 6 – 8 different strengthening exercises if able.

For each exercise, do 8 - 10 repetitions of the exercise. Rest, and then complete another set of 8-10 repetitions.

Hold each stretch for 10 – 30 seconds as able.

Acknowledgements

This handout has been developed by the Agestrong Network, Peninsula Health (agestrong@phcn.vic.gov.au).

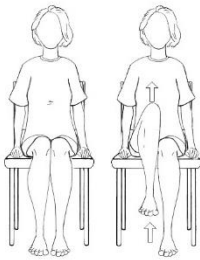
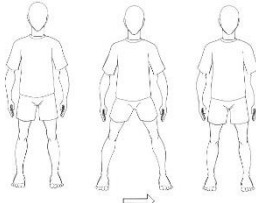
The illustrations have been completed by Jackson Knightbridge.

Support

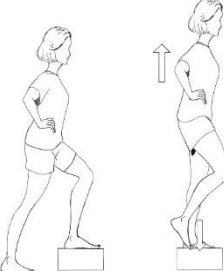
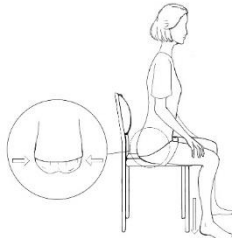

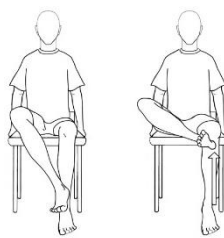
Exercise Physiologists at Peninsula Health can provide support to develop a more personalised home based exercise program if required. Contact Access on 1300 665 781

Strengthening Exercises - Standing


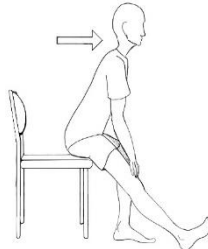
Warm up

 <p>Marching on the spot</p> <p>This can be done seated or standing. Raise and lower legs in marching action. Lower feet in a controlled action.</p> <p>Add arms – in marching motion or punching out to the front.</p> <p>Aim for 30 seconds – 1 minute, rest & repeat.</p>	 <p>Side Step</p> <p>Stand with feet shoulder width apart, step from side to side.</p> <p>Do 5 – 10 and repeat as able.</p>
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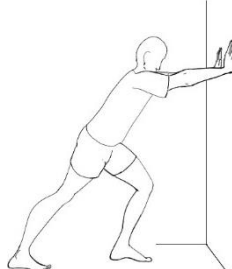
Hips and Bottom

 <p>Step Ups</p> <p>With step in front, place left foot on step.</p> <p>Step up and tap right foot on step.</p> <p>Return right foot to floor and step down.</p> <p>Swap legs.</p>	 <p>Glute Squeeze</p> <p>Sit up in chair with feet placed slightly forward.</p> <p>Squeeze bottom muscles together and push down through the heels.</p> <p>Release muscles.</p>
 <p>Crab Walk</p> <p>Bend knees & place your hands on your knees in a squat position.</p> <p>Step side to side.</p>	 <p>Glute Stretch</p> <p>Sit in chair with good posture.</p> <p>Keep your left leg at 90° with your foot flat on the floor.</p> <p>Place the back of the right foot on the left shin and draw up as high as comfortable.</p>


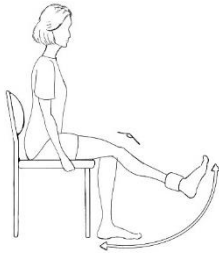


Hamstring

 <p>Hamstring Curls</p> <p>Stand up straight behind chair and hold for stability if needed.</p> <p>Keeping knees aligned, lift foot up, bending knee as far as comfortable.</p> <p>Slowly lower foot.</p> <p>Swap legs</p>	 <p>Hamstring Stretch</p> <p>Sit on edge of chair.</p> <p>Place one leg straight with toes pulled towards you.</p> <p>Bend from hips, moving chest forward (not down). Keep back straight.</p> <p>Repeat on other leg.</p>
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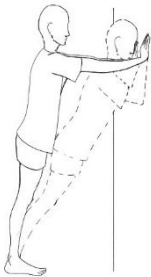
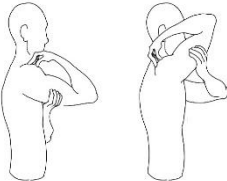
Calf

 <p>Calf Raises</p> <p>Stand with feet shoulder width apart.</p> <p>Raise onto toes and lower slowly.</p>	 <p>Calf Stretch</p> <p>Stand facing a wall. Bring your arms up and place against wall. Hands shoulder width apart</p> <p>Step one leg back, straighten leg and place back foot heel on ground.</p> <p>Bend the front knee and lean into the wall until a stretch is felt in the calf.</p>
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Thigh

 <p>Static Quads</p> <p>Sit up straight in chair with knees at a 90 degree angle.</p> <p>Place hands on your thighs.</p> <p>Push down & forward through your feet & tighten thigh muscles.</p> <p>Hold for 3 seconds. Release muscles.</p>	 <p>Knee Extension</p> <p>Sit with good posture in supportive chair.</p> <p>Raise one foot to the count of 3, keeping a small bend in the knee.</p> <p>Lower leg slowly.</p>
 <p>Sit to Stand</p> <p>Sit forward in chair with your feet under your knees, shoulder width apart.</p> <p>Lean forward from hips, keeping back straight, and stand.</p> <p>Slowly return to sitting.</p>	 <p>Thigh Stretch</p> <p>Stand next to seat, with knee on seat. Push pelvis forwards.</p> <p>Hold for 20-30 seconds.</p>

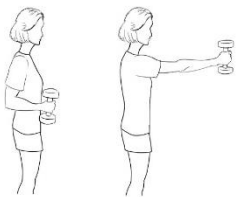
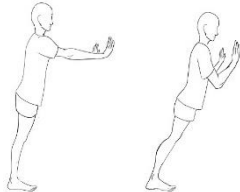
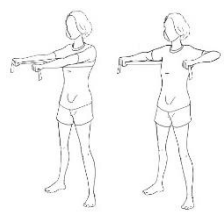
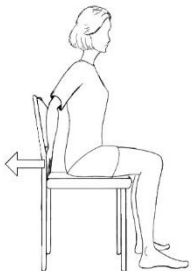
Biceps & Triceps

 <p>Bicep Curls</p> <p>Hold dumbbells at sides of body, one in each arm.</p> <p>Keeping elbows at side, bend arms and slowly lift dumbbells towards shoulders without allowing your elbows to raise.</p> <p>Lower dumbbells slowly towards the ground, without allowing your elbows to move.</p>	 <p>Triceps Extension</p> <p>Hold weight in right hand, lean forward and place left hand on chair.</p> <p>Start with elbow pulled back and hand in line with ribs.</p> <p>Keep elbow still & straighten arm out behind you.</p>
 <p>Triceps Press</p> <p>Stand arms length from wall with feet apart. Place hands flat on wall at shoulder height.</p> <p>Keep back straight, set shoulders down & back.</p> <p>Bring chest towards wall, keeping elbows tucked in pointing towards floor, rest against wall.</p> <p>Push out to straighten arms.</p>	 <p>Triceps Stretch</p> <p>Put hand on same shoulder (scratch your shoulder)</p> <p>Use opposite arm to gently push elbow backwards if comfortable.</p> <p>Hold for 20 seconds</p>

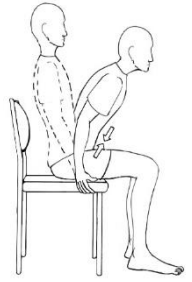

Shoulder

 <p>Lateral Shoulder Raise</p> <p>Hold weight, position your elbow at your side with arm bent to 90 degrees.</p> <p>Raise your elbow out to the side to natural shoulder arc, keeping arm at 90°.</p> <p>Slowly lower</p>	 <p>Shoulder Stretch</p> <p>Stand with palm of hand on the wall – hand should be at shoulder height, keep arm straight.</p> <p>Gently open up chest/rotate trunk until you feel the stretch in your shoulder.</p>
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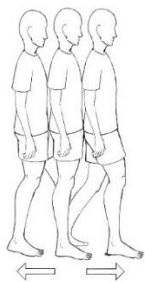
Upper Back & Chest

	<p>Forward Row</p> <p>Stand or sit with good posture, shoulders relaxed, arms out straight, shoulder width apart. Hold dumbbells upright.</p> <p>Pull elbows by your side into the body and squeeze your shoulder blades together</p>		<p>Chest Press on wall</p> <p>Stand arms length from wall with feet slightly apart.</p> <p>Place hands flat on wall, shoulder width apart at shoulder height.</p> <p>Keeping back straight, set shoulders down and back, bring chest towards wall.</p> <p>Push out to straighten arms.</p>
	<p>Chest press with theraband</p> <p>Wrap Theraband behind back and hold in both hands. Band should come through underarms.</p> <p>Keep elbows at shoulder level and push out straight.</p> <p>Bend elbows and do a chest press. Slowly return.</p>		<p>Chest Stretch</p> <p>Sit forward in chair.</p> <p>Relax shoulders</p> <p>Palms facing away from body</p> <p>Reach arms behind and open up your chest.</p> <p>Hold 10-30 seconds.</p>

Trunk

	<p>Seated Sit Ups</p> <p>Sit forward in chair with good posture</p> <p>Keeping back straight lean forward to 45 degrees.</p> <p>Return to straight. Lean backwards if able. Return to straight.</p>		<p>Core Activation</p> <p>Sit forward in chair with good posture.</p> <p>Hold a weight in both hands with elbows bent.</p> <p>Keeping body still, 'stir the pot' with your weight.</p>
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Balance Exercises

	<p>Standing</p> <p>Stand with good posture with your feet shoulder width apart.</p> <p>Hold for 20 - 30 seconds.</p> <p>Move your feet closer together for a harder exercise</p>		<p>Tandem Stance</p> <p>Stand with one foot in front of other shoulder width apart.</p> <p>Hold for 10-30 seconds.</p> <p>Bring feet closer together for a harder exercise.</p>
	<p>Single Leg</p> <p>Stand with good posture.</p> <p>Raise one foot off the ground slightly by bending knee.</p> <p>Hold for 10-30 seconds.</p>		<p>Stepping Strategy</p> <p>Stand next to a chair.</p> <p>Keeping your right foot grounded, step your left leg forward and backwards. Step the same distance each way.</p> <p>Swap feet (alternate between sets if needed)</p>