

Keep going strong

Get Ready

Do it either sitting or standing up. Wear some loose clothes and have a chair handy to support yourself until you're confident. Start by either shaking out or rubbing your joints or do the stretching activities on Factsheet 1.

1. Posture Perfect

Sit away from the back of the chair. Spread your feet so that they are hip-width apart. You should be able to see your toes. Raise your head and look forward. Roll your shoulders back and drop your arms so that your head is in line with your shoulders which are in line with your hips.

2. Arm Raise

From Posture Perfect, slowly raise both arms out from your sides up to shoulder level. Pause for a breath before slowly lowering both arms to their starting position. Do not raise your arms above your shoulders.

3. Overhead Push

Slowly raise both of your forearms so that your hands touch your shoulders (see Picture 3a). Then slowly extend both arms above your head (see Picture 3b). Pause for a breath before lowering your hands to your shoulders again and then back to the start position.



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Sport and Physical Activity for Older People

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This is general information on physical activity. Certain activities may not suit your own physical health and abilities. If you have any doubts about doing any of these activities ask your doctor or public health nurse first.



4. Knee Lift

From Posture Perfect, slowly lift your right leg bringing your knee towards the ceiling. Pause for a breath before slowly lowering the leg to the start position. Repeat with left leg.



5. Leg Extension

From Posture Perfect, slowly extend your right leg until your knee is straight. Pause for a breath before slowly returning to start position. Repeat with left leg. Do not lock/snap out your knee. Keep both knees in line.



6. Chair Stand

From Posture Perfect, arms by your side or crossed over your chest. Keeping your back straight, lean forward slightly and rise slowly to a standing position. Use your legs and not your arms. Pause for a breath before slowly returning to the posture perfect position. Do not flop.



7. Step and Dip

Start from a standing position, feet shoulder-width apart, right side to the back of the chair. Place your right hand on the back of a chair for support. Take a large step forward with your left foot and dip very slightly. To avoid putting pressure on knee joints, do not let your knee travel beyond your toe. Keep your knee at a 90 degree angle with your ankle. Pause for a breath before pushing back to the start position with your left leg. Do this 8 times before repeating on your left side.

