

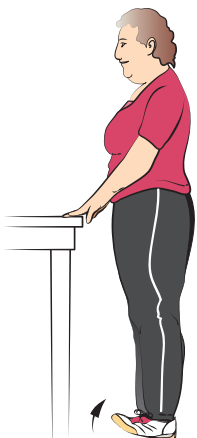
6 TOE RAISES WITH SUPPORT:

Stand tall beside a bench.

Hold on and look ahead. Your feet should be hip width apart. Come back onto your heels, raising the front of your feet off the floor. Lower the feet to the ground. Don't let your body hinge at the hips, keep the body as straight as possible.

Repeat this exercise 5 times, and build up to 10 or more.

This strengthens your lower leg muscles, and will make it easier for you to step backwards, or do fun things like push your grandchildren on the swings!



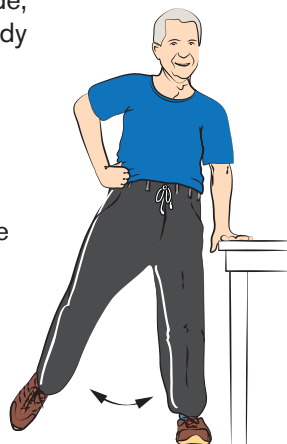
7 SIDE HIP STRENGTHENER:

Stand tall beside a bench.

Hold on and keep your exercising leg straight, with the foot straight forward. **Slowly** lift the leg out to the side, and return. Try and keep the body upright and only move the leg, rather than swinging over to the side.

Repeat 5 times, build up to 10 times. Swap round and exercise the other leg.

This strengthens your hip muscles, and helps you with stepping up over pavements or kerbs.

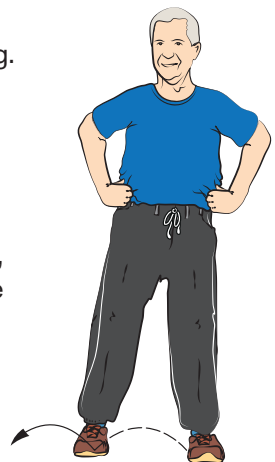


8 SIDEWAYS WALKING:

Stand up tall and place your hands on your hips.

Use a support in front of you if needed such as a wall or railing. Take 10 steps to the right, pause, and then take 10 steps to the left.

This exercise is good for moving in a sideways direction, for example stepping out of the way on a pavement to allow someone past.



9 TOE WALKING WITH NO SUPPORT:

Use side support if required, such as a wall or railing.

Stand up tall and look ahead. Come up on your toes. Walk 10 steps on your toes, then lower your heels back down and turn around. Walk 10 steps the other way on your toes.

This exercise helps improve balance when reaching up, for example into high cupboards or supermarket shelves.



10 HEEL WALKING WITH NO SUPPORT:

Use side support if required, such as a wall or railing.

Stand tall and look ahead. Come back onto your heels, raising the front of your feet off the floor. Make sure your body stays nice and straight, and you don't lean forward and stick out your bottom.

Walk 10 steps on your heels. Lower the feet to the ground, turn around and take 10 steps back on your heels as before.



As well as doing these exercises

- Spend less time sitting down in your chair
- Walk for 10 minutes 3 times a day
- Walk for 15 minutes twice a day
- Join a local walking group or look for other ways to keep active in your local community



Paths for All would like to thank Step Forth in Falkirk, Professor Dawn Skelton, and the Stirling Walking Network for their support with this project.

WALK YOUR WAY TO BETTER STRENGTH AND BALANCE

These exercises can help you improve your strength and balance. Try to do these exercises twice a week.

Make time each day for a brisk walk. Brisk walking means walking as if you are late for an appointment. Aim to be able to talk as you walk. If you can't talk, then you are walking too fast.

It's never too late to start being active again - the more you move, the better you will feel.



A set of simple exercises for older adults who want to live life to the full!

This leaflet is for older adults who want to stay active and independent for as long as possible. Doing the simple exercises shown in this leaflet in addition to taking a daily walk can help keep you strong and balanced – reducing the risk of falls.

“My balance has improved and I can now pick up my feet with ease”

John 84,
Grangemouth walking group

Keep safe while exercising

As with any new exercise programme, you should check with your doctor before starting. Listen to how your body feels and stop exercising if you experience anything that does not feel right to you. Seek medical advice if you experience dizziness, chest pain, shortness of breath or muscle pain that does not go away. It is normal to feel your heart beating faster when walking briskly.

If you are not sure about your balance, find something stable to hold on to while doing the exercises and make sure the floor is clear of trip hazards. As with any walking programme, we recommend that you wear flat shoes.

There are 10 simple exercises in this leaflet. Build up to doing these 2 or 3 times a week as part of your day. These exercises can help you stay independent and able for an active life.



Let’s get started with the first exercise...

1 THE FRONT KNEE STRENGTHENER:

You can try this exercise while you are sitting in a chair.

Straighten your leg out and then slowly lower it again.

Try this 5 times with one leg, then another 5 with the other leg. Build up to 10 times.

This strengthens the large muscles in your thighs that help you stand up and sit down. This will help with walking and with climbing stairs.



2 THE BACK KNEE STRENGTHENER:

Do this one standing in front of a bench or table

Stand up tall, and bend one knee, bringing your foot slowly towards your bottom. Keep the other leg straight.

Return to the starting position.

Again, try this 5 times on each side at first, and build up to 10 times.

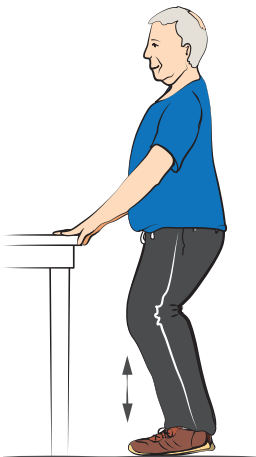


3 KNEE BENDS:

Stand facing the bench as before.

Place your feet shoulder width apart. Bend your knees and squat halfway to the floor. The knees go over the toes. If you feel your heels start to lift, straighten up.

This will strengthen the big muscles in your hips and thighs and will improve your balance which can help when going upstairs, walking or bending to speak to someone.

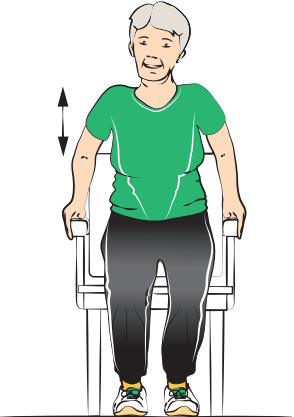


4 SIT TO STAND:

Sit on a chair that is not too low.

Move forward into the front third of the chair. Put your feet flat on the floor, then slide them back slightly. Lean forward over your knees keeping your head and shoulders high and push up through your heels to a standing position.

Sit back down, and then slowly repeat 5 times, building up to 10.



5 CALF RAISES WITH SUPPORT:

Stand facing the bench as before.

Hold on and look straight ahead.

Position your feet hip width apart. Slowly and with control come up onto your toes and lower your heels back down.

Repeat this exercise 5 times, building up to 10 or more.

This exercise strengthens your calf muscles and toe joints. It helps you manage everyday activities such as hanging out washing, or reaching up into high cupboards.



Paths for All is the national charity promoting walking for health and the development of multi-use path networks in Scotland. We are funded by the Scottish Government.

Our vision is of a happier, healthier, greener, more active Scotland.

Paths for All supports a network of Health Walk groups across Scotland. To find a Health Walk in your local area, please visit www.pathsforall.org.uk or call us on 01259 218888 or email: info@pathsforall.org.uk



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