

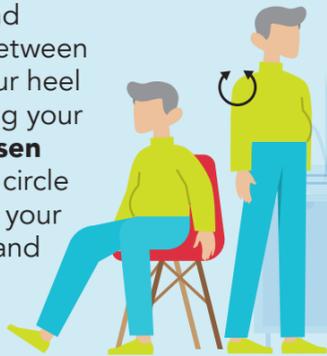
15 WAYS TO MOVE MORE AT HOME

WE ARE UNDEFEATABLE

Here is a range of activity ideas to help you move more at home throughout the day. Start slowly and build up. Try the warm up activities first then find the activities that work best for you and your ability level. To make exercises more challenging, use small weights such as water bottles, lift your knees higher, use your arms and jump or hop.

WARM UP

To **loosen ankles**, sit down and alternate between digging your heel and pointing your toe. To **loosen shoulders**, circle them up to your ears, back and down.



HAVE FUN BEING ACTIVE

While you're **waiting for the kettle** to boil why not put on your favourite music and **dance** like no-one's watching!



Play **active games** such as kicking a ball around the garden, throw and catch games or play skittles using things from around the house.



MOVEMENTS YOU CAN DO SEATED OR STANDING

To **stretch your upper body**, clasp your hands above your head and push upwards, gently bend over to each side to stretch the upper body. You can do this standing or seated.



While you're **watching tv**, get a small bottle of water in each hand as weights. For a **bicep curl**, curl your lower arms up to your shoulder and back down. For a **shoulder press** have your hands at shoulder height, and raise your hands above your head and back down.



Leg or knee raises can be done standing or sitting. For the leg raise, sit on a chair with both feet on the floor and **bring one leg up** until it's level with the floor and then **back down** again.



STAY STRONG

Calf raises can strengthen your legs - hold on to the back of a chair with your feet flat on the ground. **Stand on your tip toes** and hold for a few seconds before lowering your heels back down.



Squats are a good exercise for your whole body. Holding onto a chair, ensure your back is straight and feet are hip width apart and **bend at the knees**, as if you're going to sit down. Then **straighten your legs** to stand up straight again.



Stand up from sitting and back down again keeping your chest up. Do this as many times as you can. If you're feeling comfortable not to use your hands to help you, **hold a small weight** such as a small bag of sugar to your chest for more effort.

Standing at a slight angle **facing a wall**, have your hands shoulder width apart at shoulder height. Breathe in as you bend your elbows and **lower your body** to the wall, then **push back up**.



MOVING AROUND YOUR HOME

Walk around your garden or home while calling a friend - a **good chat** is great for your mental wellbeing.



When **moving around** your home **try marching**, lifting your knees up as high as they will go; **swing your arms** for more effort. If you want more challenge jog on the spot.



If you've been **sitting for a while** and have steps or stairs at home, try **walking up and down the stairs** or use the bottom stair to step up and down.



If jumping jacks aren't right for you, try **half jacks** instead. **Step to the side** and **raise an arm** at the same time as the stepping leg.



RELAX WHILE BEING ACTIVE

Gentle stretches are good for relaxation, such as **lying on the floor** and gently **bringing the knees up** to the chest. Or **sitting on a chair**, straighten up your back and **gently twist** round to one side and hold for a few seconds; repeat on the other side.



REBECCA

Rebecca became depressed after a multiple sclerosis (MS) diagnosis, but she discovered wheelchair dancing and fell in love with it.

Rebecca was training as a physiotherapist when she was diagnosed. As her condition progressed, she found it harder to be active and it was impossible to do her job. Taking up dancing helped her manage the depression that came after, and it became one of the activities she loves most.

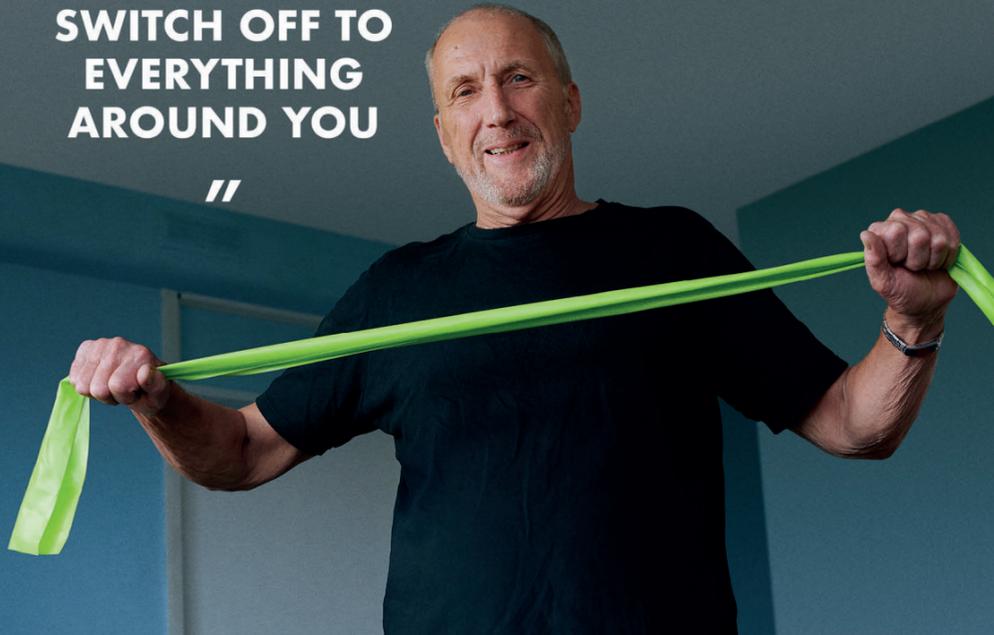
For Rebecca, there's no better way to get moving than dancing at home. She's able to let loose and have fun with all styles of dance. It's completely changed her life, and she always feels better afterwards.



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DANCING HAS COMPLETELY CHANGED MY LIFE
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I LIKE TO DO TAI CHI – YOU SWITCH OFF TO EVERYTHING AROUND YOU
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IAN

By doing strength exercises and Tai Chi at home, Ian can work the day around his COPD and his energy levels.

Keeping active to stay physically healthy and strong is important to Ian. He's found ways to adjust how he moves while managing his reduced lung capacity. He likes to work out at home, breaking up the activity by doing a few minutes at a time throughout the day, and enjoys relaxing with Tai Chi. Ian says working out at home this way makes him feel like he can move more easily, and that it lifts his mood.

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Mohan's family help to keep him moving around the home and gardening while managing his dementia.

Mohan was diagnosed seven years ago. He's mobile and still cracks jokes like he used to, but his memory is not what it was. He's "still on his own two feet" which he puts down to keeping active and walking.

His family, who he lives with, make sure he is happy and healthy, supporting and helping him to stay active. He helps his daughter and granddaughter around the house by picking up a dustpan or the Hoover, and he loves gardening.

MOHAN

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I'M STILL ON MY OWN TWO FEET
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MY DAILY UNDEFEATABLE

Fill this in as a reminder of what makes you undefeatable.

WHY DO YOU WANT TO MOVE MORE? (LIST AS MANY REASONS AS YOU LIKE!)

HOW DO YOU LIKE TO GET MOVING? (WHAT DO YOU ENJOY, OR WANT TO TRY?)

WHAT ARE YOUR GOALS? (THIS WEEK AND THIS MONTH)

Here are some ideas that could help you move more.

FINDING WHAT WORKS FOR YOU

Make the most of your home: Use everyday objects such as stairs, chairs, or small bottles as weights.

Build movement into your routine:

Break up periods of sitting by doing some stretches while watching TV or get up and walk during the ad breaks.

Have fun getting active:

Make a tea break a 'dance' around the kitchen' break while the kettle boils!

Move more with others:

Call a friend while walking round the house or garden, or play active games with family.

Do relaxing activities:

Gentle stretches and taking time to breathe deeply can clear your head.

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