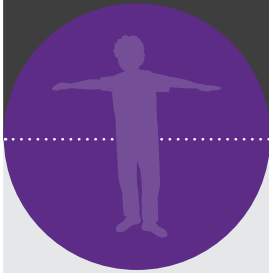


# EXERCISE SUITABLE FOR PEOPLE OVER 60



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English, September 2020

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# CHAIR SQUAT



- 1 **Start seated in the chair with your toes facing the front and your feet hip-width apart.**
- 2 **Push through your heels and rise into standing position.**
- 3 **Bend your knees and lower your hips to sit back down onto the chair.**
- 4 **Return to starting position and repeat 10 times.**

- **Extra Support** – If you need support hold on to something steady like a table or arm supports on your chair.
- **Progress** – If you would like to make it a little harder, add light weights in your hands (such as soup cans or water bottles).

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# KNEE RAISES



- 1 **Stand straight, facing forward and toes pointing forward.**
- 2 **Lift your right knee towards your chest as high as you can then lower to the floor.**
- 3 **Lift your left knee towards your chest and lower back onto the floor.**
- 4 **Alternate 10 times on each knee.**

- **Extra Support** – If you need added support you can hold on to a wall or the back of a chair.
- **Progress** – Try increasing the number of times you lift your legs to two rounds of 10 each side.

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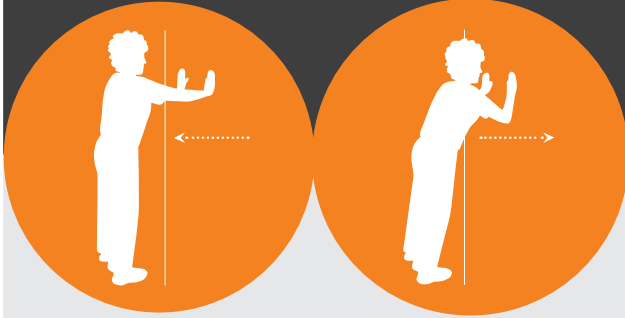
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# WALL PUSH UPS



- 1** With your feet shoulder-width apart, stand about an arm's length away from a wall.
  - 2** Place your palms on the wall at shoulder height and shoulder-width apart.
  - 3** Breathe in as you bend your elbows and slowly move your chest toward the wall while keeping your feet on the ground (it is ok if your heels lift off the ground).
  - 4** Breathe out and use your arms to push your body slowly back to your starting position, your arms returning to a straight position. Repeat 10 times.
- Extra Support** - Stand closer to the wall.
  - Progress** – Increase the number of times you do the activity to two times 10.

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# SEATED LEG LIFTS



- 1 Sit up straight and tall on the edge of your seat, making sure you are stable and safe.**
- 2 Stabilise your core by sitting up nice and tall. Holding on to the side of your chair, lift your right leg about 10-20cm hold for three seconds then slowly lower leg.**
- 3 Lift your left leg about 10-20cm hold for three seconds then slowly lower leg. Repeat six times on each leg.**

- Extra support** – Start with holding your leg up for 1 second before changing sides.
- Progress** – Increase the number of times you lift each leg to 10 and don't hold onto the chair for support.

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# SIDE BENDS



- 1 **Sit towards the end of your chair making sure you are safe.**
- 2 **Sit up straight, with your fingertips behind your ears and elbows out wide.**
- 3 **Breathe out as you bend to the right and hold for two seconds. Breathe in and move back to your starting position.**
- 4 **Breathe out and bend to the left hold for two seconds. Breathe in and move back to your starting position.**
- 5 **Do five bends on each side.**

- **Tip** – Make sure you are not leaning forward always keep your spine straight and do not push your head forward with your fingertips.
- **Progress** – Increase the number of bends on each side, in increments of two.

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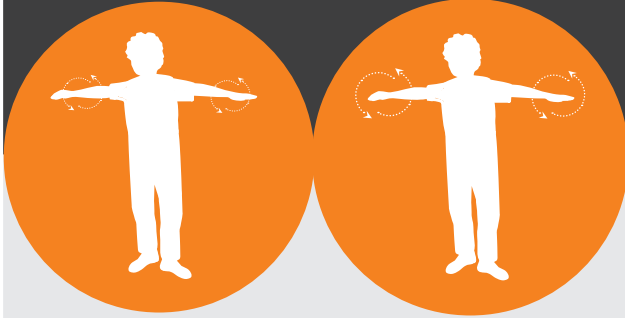
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# ARM CIRCLES



- 1 **Stand facing forward with your legs shoulder width apart and your arms out to the side and parallel to the floor.**
- 2 **Circle one arm forward in a circular motion, start with small circles then make them bigger.**
- 3 **Reverse the direction after 15 seconds.**
- 4 **Repeat for both arms.**

- **Extra Support** - Complete this exercise seated.
- **Progress** - Complete both arms at once.

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## Disclaimer

If you have any current or prior medical conditions, please check with your GP or accredited medical professional if you can participate in the exercises. If you feel unwell while doing the exercises stop immediately and seek professional medical advice. There is inherent risks in participating in exercising and you undertake to participate at your own risk and warrant that you are physically and mentally able to safely undertake these exercises and have no medical or health condition which will or may affect you during or as a result of undertaking the exercises. By participating in these exercises, you agree to the terms of use and indemnify Council for any damages and liability for death, personal injury, loss or damage to property. The exercises are generic and are not tailored to the individual needs of the participants.

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## Acknowledgement

Council acknowledges the peoples of the Kulin nation as the Traditional Owners of these municipal lands and water ways. We pay respect to Elders past, present and emerging.

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