FEEL GOOD...
KEEP MOVING....

THERE ARE MANY BENEFITS FOR THE OLDER ADULT - THAT MAY BE GAINED BY KEEPING ACTIVE

★ Stronger Muscles
★ Stronger Bones
★ Improved Flexibility
★ More efficient Heart and Lungs
★ More Stamina
★ Improved Posture and Shape
★ Improved Self Confidence
★ Relieves Stress and Tension

AND REMEMBER

It's never too late!!
An excellent way to achieve these benefits, that fits easily into most peoples lives, is to go for a brisk walk. Start by walking gently over a short distance, take care to listen to your body and not push yourself too hard. As you get stronger gradually progress, a little further each day, until you can walk quite briskly up to thirty minutes a day.

When walking, walk with purpose, an amble does not have the same effect. Walk so that you feel a warm glow and are breathing a little heavier than normal but can still hold a conversation. This will show you are not overdoing it. Walking is a great way to stay healthy and will help you to enjoy an active life.
Special considerations:

* All exercises should be smooth and controlled. Take each movement as far as it is comfortable, you should not feel any pain or discomfort.

* Don’t exercise while the joint is painful or angry because of the arthritis, start your exercise programme again when the joint is less painful.

* Breathing should be free and easy. Don’t hold your breath - this may raise the blood pressure.

* Always check posture - keep the back long, tummy tight, ears over shoulders and feet firmly on the floor. If sitting and your feet do not reach the floor, place a book underneath for stability and comfort.

* When you feel comfortable with walking why not try a new activity, such as swimming, dancing, cycling or even all three!!

It’s never too late to begin

Have fun!!
If you would like to know more about keeping active then contact:-

The sports development officer at your local council offices,

OR........

Your local sports centre.
REMEMBER

BEFORE ANY EXERCISE PROGRAMME IS UNDERTAKEN,
ADVICE FROM YOUR DOCTOR SHOULD BE SOUGHT

ALWAYS CHECK YOUR POSTURE - SITTING IN A CHAIR, CHECK THAT YOUR BACK IS STRAIGHT,
TUMMY TIGHT, SHOULDERS BACK, AND THE EARS ARE POSITIONED OVER SHOULDERS

1. Warm the Muscles and Joints
   - Sit in a chair and check your posture.
   - Rub all joints gently, but firmly.
   - Start with the wrist and then follow rubbing both elbows, shoulders, ribs, front of hips, lower back and knees.
   - The exercise should leave you feeling comfortable, with a warm glow.

2. Shoulder Mobility
   - Sit in a chair and check your posture.
   - In a controlled manner, raise the shoulders up and lower them down, repeat six times.
   - In a controlled manner, take the shoulders forward, up, back and down, repeat six times.

3. Neck Mobility
   - Sit in a chair and check your posture.
   - With the shoulders facing forward, turn head as far as is comfortable to look to the left, back to the centre, and then to the right.
   - Look down towards the floor and return the head to the centre.
   - NEVER TAKE THE HEAD BACKWARDS.
   - Drop the left ear towards the left shoulder, return to the centre, drop the right ear towards the right shoulder and return to the centre.
   - Discontinue the exercise if you experience dizziness.
   - Repeat six times.

4. Spine Mobility
   - Sit in a chair and check your posture.
   - Place the hands on the shoulders.
   - Keeping the bottom firmly on the chair, turn the whole of the upper body to your left, return to the centre and then turn the whole of the upper body to your right.
   - Repeat six times.

5. Wrist Mobility
   - Sit in a chair and check your posture.
   - With care circle the wrist inwards and then outwards.
   - With a large movement, bring together each finger with the thumb.
   - Circle each finger individually.
   - Work in a slow and controlled manner through the full range of your natural movement.
   - Repeat as often as is comfortable.

6. Ankle Mobility
   - Sit in a chair and check your posture.
   - Extend right leg and circle toe, first to the left and then to the right.
   - Repeat the exercise on the left ankle.
   - Do this exercise as often as is comfortable - perhaps when you are watching the T.V.?

7. Knee Mobility
   - Sit in a chair and check your posture.
   - Gently extend the right leg as far as is comfortable and return.
   - Repeat this exercise on your left leg.
   - Repeat this six times.

8. Pelvic Floor Strengthenner
   - Check posture.
   - Sitting, lying or standing, squeeze your front passage as tightly as possible, as if you need to spend a penny.
   - Squeeze your back passage.
   - Hold for six seconds and release.
   - Repeat as often as possible, whenever possible.

9. Thigh Strengthenner (Quads)
   - Stand facing a secure support such as the back of a stable arm chair or work surface. Hold onto the support.
   - Check that your posture is good.
   - With the feet hip distance apart, gently lower yourself - as if sitting onto a chair, and return to a standing position.
   - Take care not to go too low.
   - Repeat this exercise as often as is comfortable.
   - Work in a slow and controlled manner, breathing rhythmically throughout the exercise.

10. Tummy Tightner (Abdominals)
    - Sitting in a chair, check your posture.
    - Breathing easily take care not to hold your breath, draw your navel towards your backbone, hold for six seconds and then release.
    - Repeat this exercise as often as is comfortable.

11. Wrist Strengthenner (Wrist Flexors and Extensors)
    - Sitting in a chair, check your posture.
    - Rest the hands on the thighs, with the elbow into the body and the palms of the hands upwards.
    - Place a sponge tennis ball in each hand and gently squeeze the ball, hold for six seconds and release.
    - Do this as often as is comfortable.

12. Front of Arm Strengthenner (Biceps)
    - Sitting in a chair, check your posture.
    - Take a small weight that is comfortable to hold, e.g. bottle of water or can of beans in each hand.
    - With the hands facing upwards, elbows into the body, raise the weights towards the shoulder and then return them to the starting position.
    - Work in a slow and controlled manner.
    - Repeat this exercise as often as is comfortable.