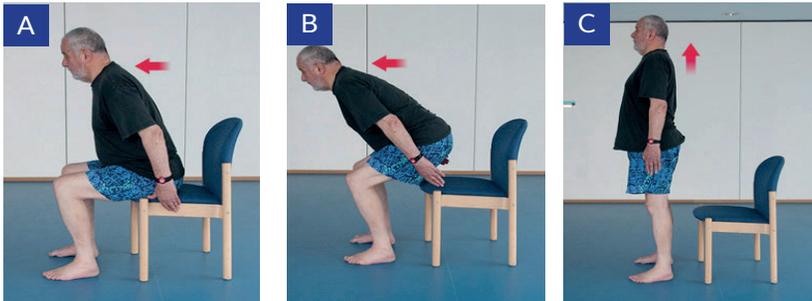


STRENGTH EXERCISES

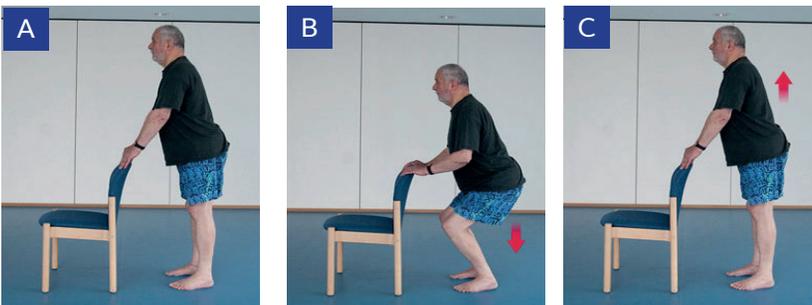
Strength exercises are crucial for maintaining the body's muscle mass. They have also been proven to help reduce the symptoms of chronic health conditions such as osteoarthritis, diabetes, obesity, back pain and depression, to name just a few. Initially, try these exercises 2-3 times a week, gradually building up the number of repetitions of each exercise over time as you get stronger. Please note: it is not unusual for your muscles to feel achy for a day or two when starting new exercises like these.

Sit to Stand



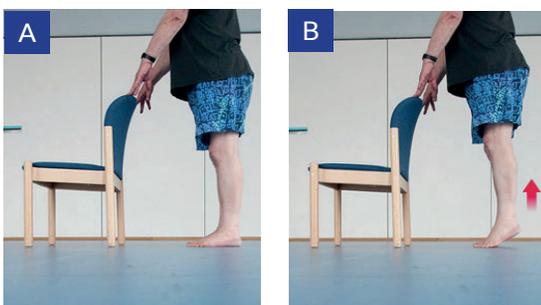
A) Sit towards the edge of your chair, feet hip distance apart. B) Lean slightly forwards to initiate the movement, and then C) Stand up slowly with control. Aim to use your legs NOT your arms to stand up tall. Keep looking forwards, do not look down. Then slowly, with control, lower yourself to sit down. DO NOT flop into the chair. Start with 5-10 repetitions, and increase this as your muscles get stronger.

Mini Squats



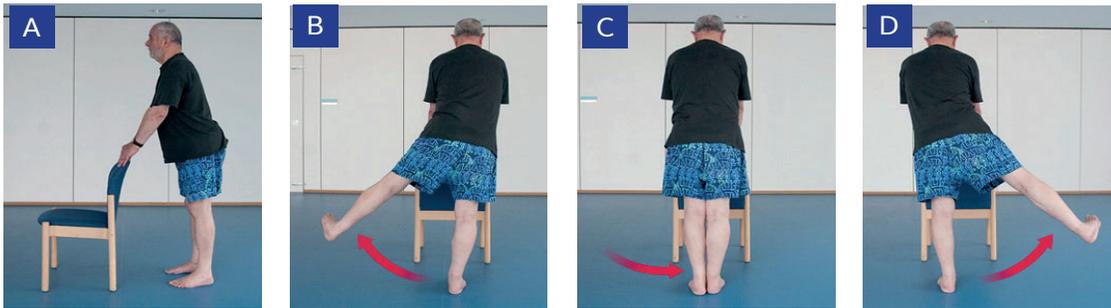
A) Rest your hands on the back of the chair for support. Stand tall, feet hip distance apart. B) Slowly bend the knees as far as is comfortable, whilst also keeping the heels on the ground. Aim to get the knees over the toes. Keep the back straight and stay looking forwards. C) Gently come back up into standing, squeezing your buttock and thigh muscles as you go. Start with 5-10 repetitions, and increase this as your muscles get stronger.

Calf Raises



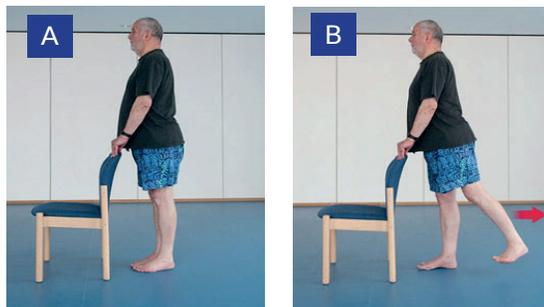
A) Rest your hands on the back of the chair for support. Stand tall, feet hip distance apart. Keep the back straight and stay looking forwards. B) Slowly and with control, rise up onto your toes, lifting the heels off the floor as far as comfortable, then slowly lower. Start with 5-10 repetitions, and increase this as your muscles get stronger.

Side Leg Lifts



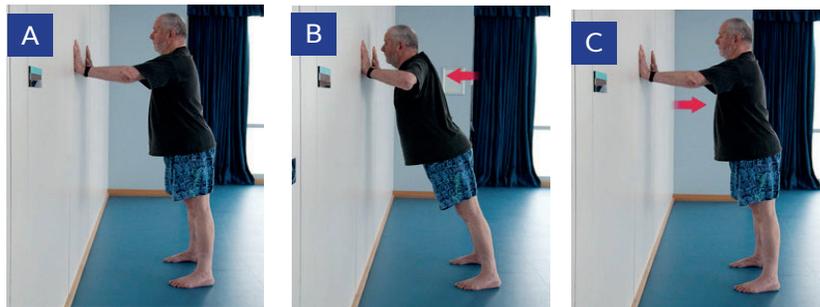
A) Rest your hands on the back of the chair for support. Stand tall, feet hip distance apart. Keep the back straight and stay looking forwards. B) Raise your left leg out to the side as far as comfortably possible, avoid tilting to the right. C) Slowly lower with control. D) Raise your right leg out to the side as far as comfortably possible, avoid tilting to the left. Aim for 5-10 repetitions, before swapping over and repeating on the right side. Aim to increase the number of repetitions as your muscles get stronger.

Leg Extensions



A) Rest your hands on the back of the chair for support. Stand tall, feet hip distance apart. B) Squeeze your buttock muscles to take the left leg backwards, keeping it straight and then slowly lower with control. Avoid leaning forwards or arching your back. Aim for 5-10 repetitions, before swapping over and repeating on the right side. Aim to increase the number of repetitions as your muscles get stronger.

Wall Press-up



A) Stand up tall, arm's length from the wall. Place your hands flat to the wall, fingers pointing upwards. B) Keeping your back straight, slowly bend your arms, keeping your elbows by your side. C) Aim to close the gap between you and the wall as much as you can. Slowly return to the start position. Start with 5-10 repetitions, and increase this as your muscles get stronger.

Bicep Curls



A) Stand tall, feet hip distance apart, keep head up and shoulders back. Hold a pair of light weights – tins of beans or filled water bottles will do! B) Keep your arms by your sides, slowly bend the elbows until the weight in your hands reaches your shoulders, and C) Then slowly lower with control. Start with 5-10 repetitions, and increase this as your muscles get stronger. *This exercise can also be done sitting*