

Keep going strong

Why strength is important

Building up your strength keeps you independent. It helps your posture, is good for bone strength and can help to prevent falls.

Wear loose clothes. Use a sturdy chair for support. Shake out or rub your joints or do the stretching activities on Factsheet 1. Repeat each activity 2 or 3 times.

1. Posture Perfect

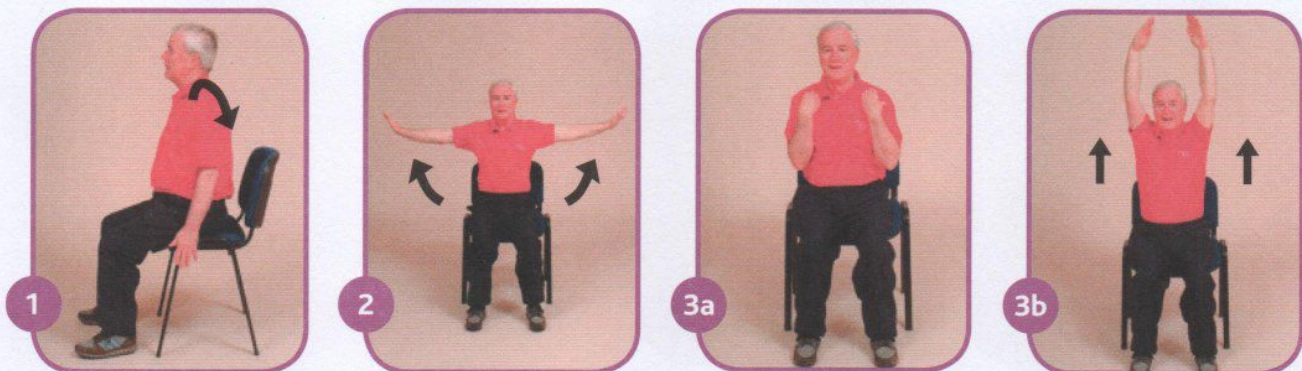
Sit away from the back of the chair. Spread your feet so that they are hip-width apart. You should be able to see your toes. Raise your head and look forward. Roll your shoulders back and drop your arms so that your head is in line with your shoulders which are in line with your hips.

2. Arm Raise

From Posture Perfect, slowly raise both arms out from your sides up to shoulder level. Pause for a breath before slowly lowering both arms to their starting position. Do not raise your arms above your shoulders.

3. Overhead Push

Slowly raise both of your forearms so that your hands touch your shoulders (see Picture 3a). Then slowly extend both arms above your head (see Picture 3b). Pause for a breath before lowering your hands to your shoulders again and then back down by your sides.



Keep going strong more older people more active, more often



The National Programme for Sport and Physical Activity for Older People

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This is general information on physical activity. Certain activities may not suit your own physical health and abilities. Anyone with a pre-existing medical condition or doubts about doing any of these activities should ask their doctor or public health nurse first.