

Keep going strong

1

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 some stretching exercises (see Get posture perfect 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.





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4. Knee Lift

From Posture Perfect, slowly lift your right leg bringing your knee towards the ceiling. Pause for a breath before slowly lowering the leg to the start position. Repeat with left leg.



5

5. Leg Extension

From Posture Perfect, slowly extend your right leg until your knee is straight. Pause for a breath before slowly returning to start position. Repeat with left leg. Do not lock/snap out your knee. Keep both knees in line with each other.



6a

6. Chair Stand

From Posture Perfect, put your arms by your side or crossed over your chest. Keeping your back straight, lean forward slightly and rise slowly to a standing position. Use your legs and not your arms. Pause for a breath before slowly returning to the Posture Perfect position. Do not flop.



6b



7

7. Step and Dip

Start from a standing position, feet shoulder-width apart, right side to the back of the chair. Place your right hand on the back of a chair for support. Take a large step forward with your left foot and dip very slightly. To avoid putting pressure on knee joints, do not let your knee travel beyond your toes. Keep your knee at a 90-degree angle with your ankle. Pause for a breath before pushing back to the start position with your left leg.