

Your exercise programme has three parts:

1. **Warming up.**
2. **Main exercises** – aerobic, strengthening, and for balance and coordination.
3. **Cooling down.** Exercise at the right level for you. All exercises are shown at level 1. If you feel happy doing them, we've also suggested ways you could do more in levels 2 and 3.

Strengthening exercises

Strong muscles increase your ability to be independent in your daily life, such as carrying shopping, gardening, doing DIY or climbing stairs.

Always sit or stand tall and keep your back straight during these exercises. Be careful not to bend backwards. Do all the exercises slowly and precisely to get the most out of them.

Each exercise is done in sets of 10. We recommend you build up to a maximum of three sets for each exercise, resting for up to a minute between sets. So the most you ever need to do of any strengthening exercise is 30 – or three times ten. Rest for a day between doing strength exercises.

Your muscles should feel they have worked somewhat hard after the first set of 10, and very hard after the last set. When you can do three sets easily, use a heavier weight.

You may not feel short of breath when you do these exercises. They should make your muscles feel like they have worked somewhat hard, rather than making you short of breath.

It is important to work hard enough to get your muscles stronger.

- Reduce the weight if you feel it's too hard and the weights are too heavy
- Increase the weight if you find the weights are light

tip

Remember your breathing techniques

Time your breaths in and out to reduce the effort.

Blow as you go: breathe out on the hardest part of the exercise, for example, when you lift up a weight.



Exercises marked with a star are also good for improving your coordination and balance.

tip

Remember to do each exercise in sets of 10. Aim for a maximum of 3 sets.

STOP if you get any sudden symptoms including:

Chest pain or tightness, feeling dizzy, nauseous, clammy or cold, feeling increasingly wheezy, sore joints or muscle weakness. Get advice from your **GP** or **health care professional** if you experience any of the above or **call 999 in an emergency.**

5. Sit to stand *

Use a high chair or stool. Sit forwards. Lean forward slightly, with your nose over your toes, and stand up slowly.

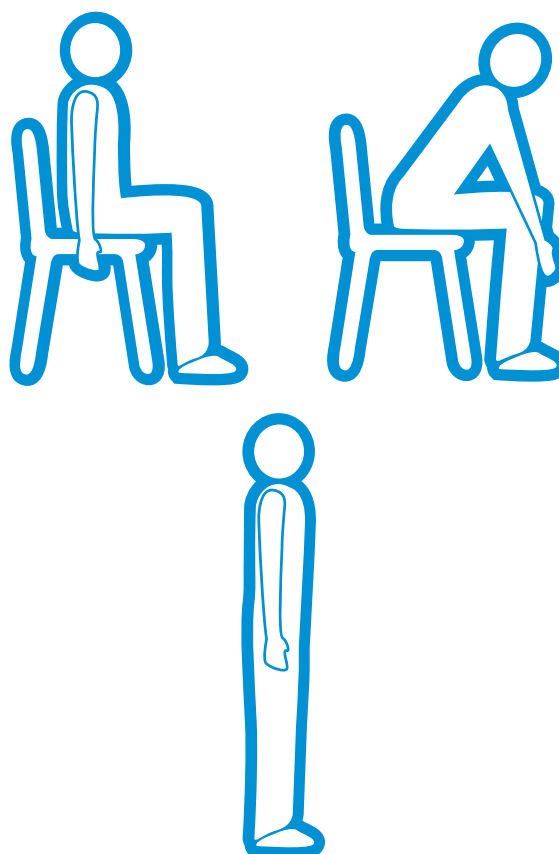
Sit back down slowly, aiming for perfect control.

The slower you can do this exercise the better. Make sure you keep your feet on the floor at all times.

If you can't stand up from the chair without using your arms, see if you can find a higher chair or surface. You can push with your arms to help at first if it's still too hard.

Level 2 – do the exercise from a lower chair and make it even slower – like slow motion.

Level 3 – hold weights in your hands by your sides or a heavy book close to your chest.



6. Wall push-offs

Stand facing a wall with your feet slightly apart about 1 foot away from the wall.

Place your hands on the wall at shoulder height.

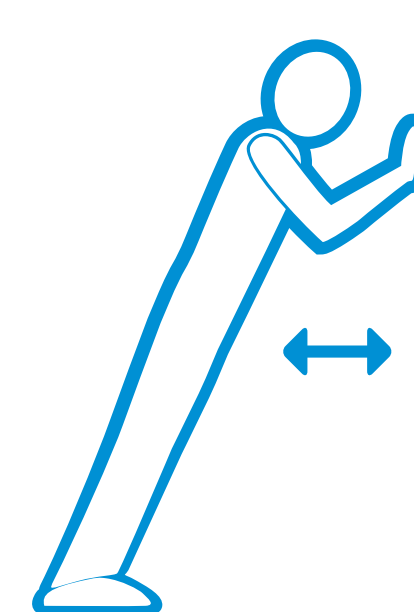
Keep your body straight at all times, from your head to your tail bone.

Slowly bend your elbows, taking your body closer to the wall.

Pause for a moment and then push back to your starting position.

Level 2 – stand further away from the wall.

Level 3 – do the exercise on tiptoes.

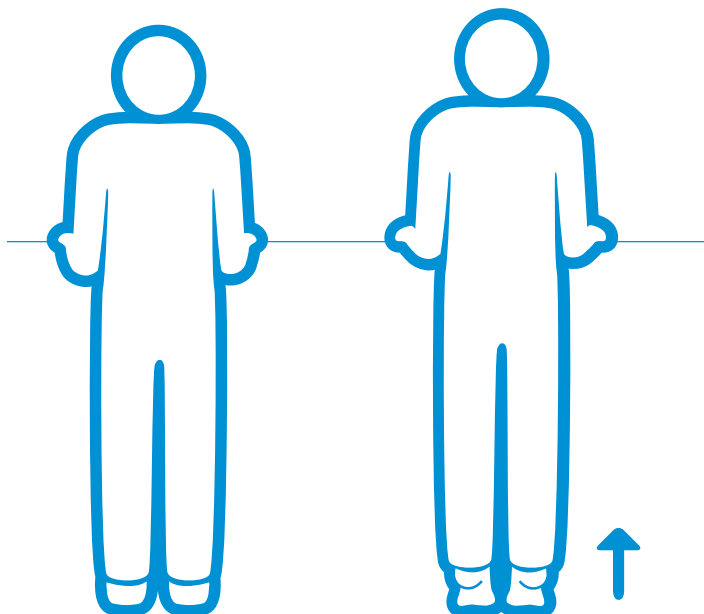


7. Heel raises *

Very gently rest your hands on a sturdy surface to help you balance, without putting any weight through your hands. Slowly rise up onto your tiptoes, then slowly lower down again.

Level 2 – Lower your heels in stages as you count slowly to four.

Level 3 – Stand on one leg at a time.



8. Arm punches

Sit or stand with your arms by your side. Bring your hands up to your chest. Now straighten your arms out in front of you (**position A**).

Bring your hands back to your chest.

Repeat this action, going a little higher each time (**positions B and C**) until you are reaching up high as if you were hanging up washing.

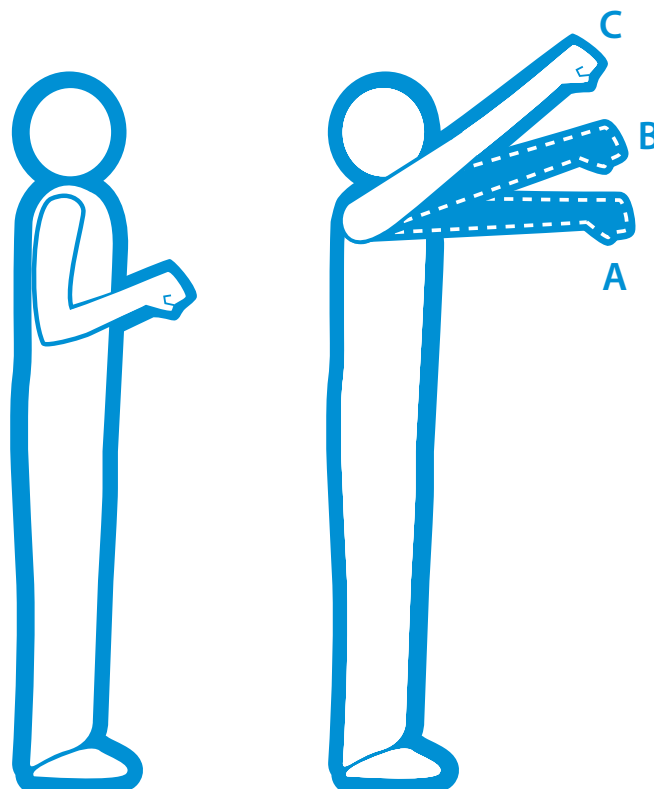
Then repeat exactly in reverse, coming lower each time. Bring your hands back to your chest each time.

Finally, bring your hands back down to your sides.

You may find once is enough to start with.

Level 2 – hold a small weight in your hand – start with 0.5kg.

Level 3 – increase the weight as you feel ready.



9. Squats *

Stand with your feet slightly apart with your hands resting on the back of a chair.

Keeping your back straight, slowly bend your knees as far as you feel comfortable. Do not let them stick out further than your toes.

Make sure your hips stay higher than your knees, and your whole back is upright and not bent.

Pause for a moment, then slowly straighten your knees, returning to your starting position.

Level 2 – don't use a chair and bend your knees a little deeper.

Level 3 – hold weights in your hands down by your sides or a heavy book close to your chest.



10. Bicep curls *

Sit and rest your elbows on a table. Hold weights in your hands with your palms facing upwards.

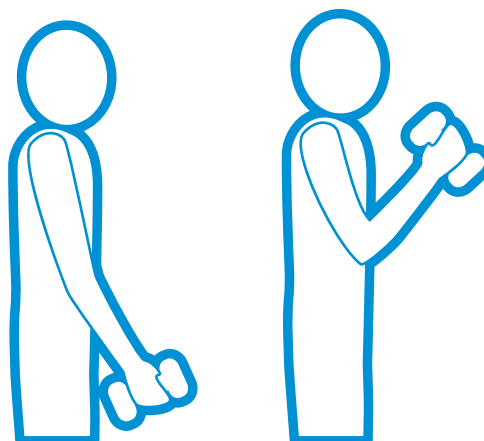
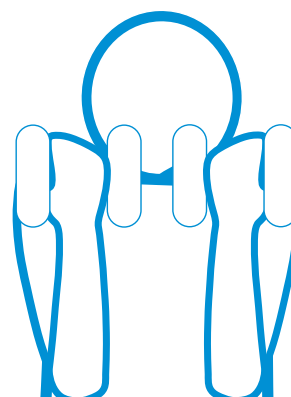
Gently bend one elbow, bringing the weight up towards your shoulder.

Slowly straighten your arm again and repeat with the other arm.

Breathe out as you lift the weight up and breathe in as you lower it.

Level 2 – stand to do the exercise and start with arms down by your side.

Level 3 – use both arms at the same time or increase the weight.



Exercises marked with a star are also good for improving your coordination and balance.

11. Hip extensions *

These are tiny movements. You should feel them in the muscles of your bottom and the back of your thigh.

Stand with one leg slightly behind you, resting the ball of your foot on the ground. Keep your knee straight.

Gently lift your right foot one inch off the ground behind you. Keep your body upright and leg straight.

Pause for a moment, then slowly lower your leg back down.

Repeat with the other leg.

Level 2 – hold the position for longer.

Level 3 – add an ankle weight.



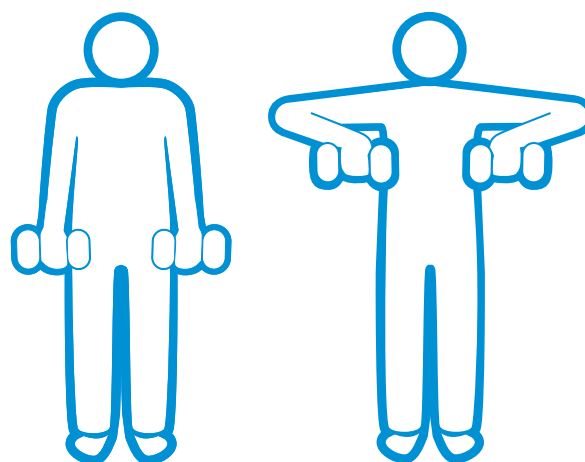
12. Upright rows

Sit or stand with your arms by your side. Hold weights in your hands, your palms downwards.

With your elbows out to the side, raise both your arms up to your shoulders and down again. Breathe in as you bring your arms up and breathe out as you lower them.

Level 2 – increase weight and stand.

Level 3 – increase weight again.



13. Knee extensions

Sit on a chair, feet side by side. Keeping your thighs on the chair, straighten one leg out in front of you, bending at your knee.

Lower your foot back to its starting position. Repeat up to 10 times with one leg.

Repeat with the other leg.

Level 2 – pause for three seconds when your leg is straight.

Level 3 – add an ankle weight - unless your skin is fragile or damaged.



How can I stay safe when I exercise?

It's important to look after yourself while you're active

Make sure you:

- start slowly and gradually build up
- warm up before and cool down after exercising
- if you use an inhaler, carry it with you, use it when you need to
- wear loose, comfortable clothing and supportive non-slip shoes, like trainers
- drink plenty of water
- wait for at least an hour after eating before you exercise
- have your reliever inhaler with you wherever you are exercising
- take your inhaler 5-20 minutes before your exercise session if you know exercise makes your chest tight or wheezy

If you have a glyceryl trinitrate (GTN) spray, have it with you.

STOP if you get any sudden symptoms including:

- chest pain or tightness
- feeling dizzy, nauseous, clammy or cold
- feeling increasingly wheezy
- sore joints or muscle weakness

Get advice from your GP or health care professional if you experience any of the above or call 999 in an emergency.

tip

Remember, it's not harmful for you to get out of breath when you exert yourself. Be active at a level that's right for you – use the talk test.

The talk test

During aerobic activity, a quick way to check if you're working at the right level for you is to say out loud:

'This activity is doing me good!'

- If you can say the sentence with two or three stops for breath, you're working at a moderate intensity. This is your aim.
- If you can say it without stopping, increase the intensity.
- If you can't speak, or can't say more than one word at a time, slow down.