

Ideas for Exercising at Home for over 60s



Peninsula
Health

Physical Activity Guidelines for older Australians (Australian Government – Department of Health)

1. Think of movement as an opportunity, not an inconvenience
2. Be active every day in as many ways as you can
3. Put together at least 30 minutes of moderate intensity physical activity on most, preferably all, days
4. If you can, also enjoy some regular, vigorous activity for extra health and fitness.

Tips for exercising at home (Australian Government – Department of Health)

- Build exercising into your daily routine.
- Try to reduce the amount of time you spend sitting.
- Some exercises can be easily built into your existing routine. For example, you can do shoulder rolls while waiting for the kettle to boil or heel & toe raises while watching TV.
- It is good to include a range of different types of activities throughout the week:

Moderate Activities - Aim for 30 minutes of activity from this group on most days, this can be accumulated across the day e.g. 3 x 10 minutes.

- Brisk walking
- Walking the dog
- Yard and garden work
- Mopping and Vacuuming

Strength Activities – Do specific strength exercises 2 or 3 times per week.

- Weight or resistance training (see over for exercise ideas)
- Lifting and carrying
- Moderate yard work e.g. digging or shifting soil

Flexibility

- Tai Chi
- Stretching exercises

Balancing Activities

- Balance Exercises

Safety Tips

- Disclaimer: The information contained in this leaflet is intended to support, not replace discussion with your doctor or health care professionals.
- Exercises should not cause you pain. If you feel pain, stop the exercise and consult your health professional.
- If needed, do exercises near a bench or chair so you can hold on for support.
- If you are exercising alone, have your phone nearby so you can contact someone if needed.

Exercises for Home

The following exercises are from the Agestrong Program.

Complete 6 – 8 different strengthening exercises if able.

For each exercise, do 8 - 10 repetitions of the exercise. Rest, and then complete another set of 8-10 repetitions.

Hold each stretch for 10 – 30 seconds as able.

Acknowledgements

This handout has been developed by the Agestrong Network, Peninsula Health (agestrong@phcn.vic.gov.au).

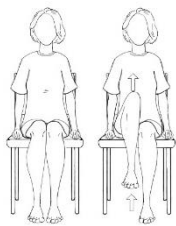
The illustrations have been completed by Jackson Knightbridge.

Support

Exercise Physiologists at Peninsula Health can provide support to develop a more personalised home based exercise program if required. Contact Access on 1300 665 781

Strengthening Exercises - Seated

Warm up



Marching on the spot

Raise and lower legs in marching action. Lower feet in a controlled action.

Add arms – in marching motion or punching out to the front.

Aim for 30 sec – 1 min, rest & repeat



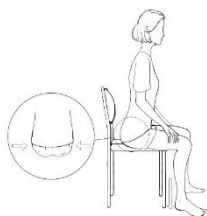
Side Bends

Sit up straight in seat.

Reach towards ground on each side, but do not aim to touch the ground.

Complete 5 – 10 and repeat as able.

Hips and Bottom

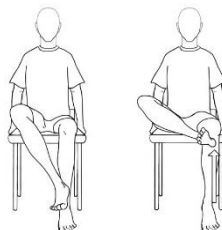


Glute Squeeze

Sit up in chair with feet placed slightly forward.

Squeeze bottom muscles together and push down through the heels.

Release muscles.



Glute Stretch

Sit in chair with good posture.

Keep your left leg at 90° with your foot flat on the floor.

Place the back of the right foot on the left shin and draw up as high as comfortable.

Hamstring



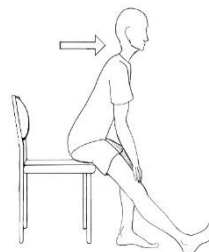
Hamstring Curls - Seated

Sit forward in chair with good posture with feet shoulder width apart.

With a slow controlled movement, push one heel into the floor and drag back.

Do not move other foot.

Release muscles.



Hamstring Stretch

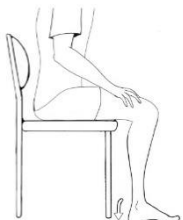
Sit on edge of chair.

Place one leg straight with toes pulled towards you.

Bend from hips, moving chest forward (not down). Keep back straight.

Repeat on other leg.

Thigh



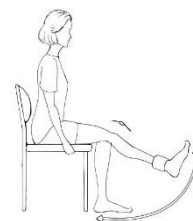
Static Quads

Sit up straight in chair with knees at a 90 degree angle.

Place hands on your thighs.

Push down & forward through your feet & tighten thigh muscles.

Hold for 3 seconds. Release muscles.



Knee Extension

Sit with good posture in supportive chair.

Raise one foot to the count of 3, keeping a small bend in the knee.

Lower leg slowly.



Sit to Stand

Sit forward in chair with your feet under your knees, shoulder width apart.

Lean forward from hips, keeping back straight, and stand.

Slowly return to sitting.

If you are unable to stand, just lift your bottom off the chair slightly.



Thigh Stretch

Sit on the side of the chair.

Rest top of toes on the floor. Lower knee towards floor

Hold for 20-30 seconds.

Calf



Heel & Toe Raises

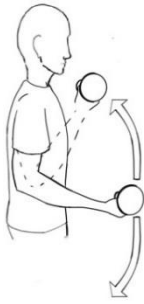

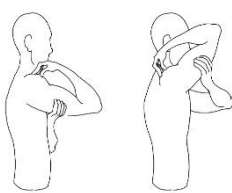
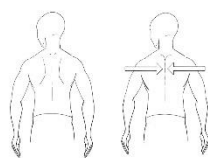
Sit in chair with good posture.

Knees shoulder width apart.



Raise heels, coming up on to your toes, keeping toes on the ground.

Then raise toes while keeping heels on the ground.

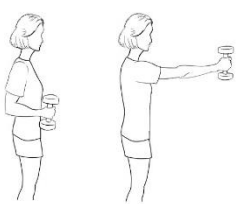

Biceps, Triceps & Posture

 <p>Bicep Curls Hold dumbbells at sides of body, one in each arm. Keeping elbows at side, bend arms and slowly lift dumbbells towards shoulders without allowing your elbows to raise. Lower dumbbells slowly towards the ground, without allowing your elbows to move.</p>	 <p>Triceps Extension Hold weight in right hand, lean forward and place left hand on chair. Start with elbow pulled back and hand in line with ribs. Keep elbow still & straighten arm out behind you.</p>
 <p>Triceps Stretch Put hand on same shoulder (scratch your shoulder) Use opposite arm to gently push elbow backwards if comfortable. Hold for 20 seconds</p>	 <p>Scapula Retraction Sit with good posture. Place your hands by your side, palms facing your body. Draw shoulders & arms backwards, squeeze shoulder blades back & towards each other, keep your neck muscles relaxed, keep shoulders down. Hold for 3 seconds and relax.</p>



Shoulder

 <p>Lateral Shoulder Raise Hold weight, position your elbow at your side with arm bent to 90 degrees. Raise your elbow out to the side to natural shoulder arc, keeping arm at 90°. Slowly lower</p>	 <p>Shoulder Stretch Place hand on opposite shoulder. Use other hand to gently move elbow up.</p>
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Upper Back & Chest

 <p>Forward Row Sit with good posture, shoulders relaxed, arms out straight, shoulder width apart. Hold dumbbells upright. Pull elbows by your side into the body and squeeze your shoulder blades together</p>	 <p>Chest Stretch Sit forward in chair. Relax shoulders Palms facing away from body Reach arms behind and open up your chest. Hold 10-30 seconds.</p>
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Trunk

 <p>Seated Sit Ups Sit forward in chair with good posture Keeping back straight lean forward to 45 degrees. Return to straight. Lean backwards if able. Return to straight.</p>	 <p>Core Activation Sit forward in chair with good posture. Hold a weight in both hands with elbows bent. Keeping body still, 'stir the pot' with your weight.</p>
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