

# Before you start

You will require;

- light comfortable clothing
- flat supportive footwear
- adequate space to move about
- a sturdy chair (or use the worktop in the kitchen)

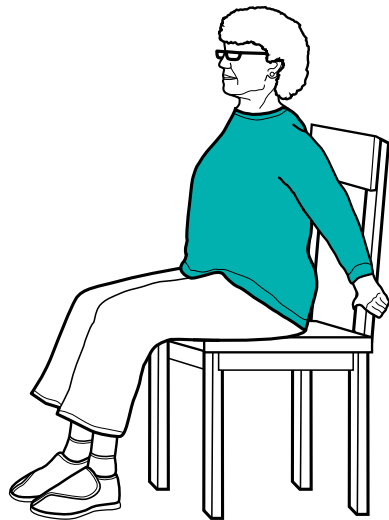
## Stretches

Do these stretches before and after you complete the exercises overleaf.

### CHEST STRETCH

Sit tall away from the chair back, reach behind with both arms and hold the chair back. Press your chest forwards and upwards until you feel the stretch across your chest.

Hold for 8 seconds.



### BACK OF THIGH AND CALF STRETCH

Move your bottom to the front of the chair. Place your left foot flat on the floor, then straighten your right leg out in front with your heel on the floor. Place both hands on the left thigh, then sit tall. Lean forwards, stay tall, until you feel a gentle stretch in the back of your right thigh.

After 10 seconds, keeping the right heel on the floor gently flex toes towards ceiling. Hold for further 8 seconds and relax. Repeat with other leg.

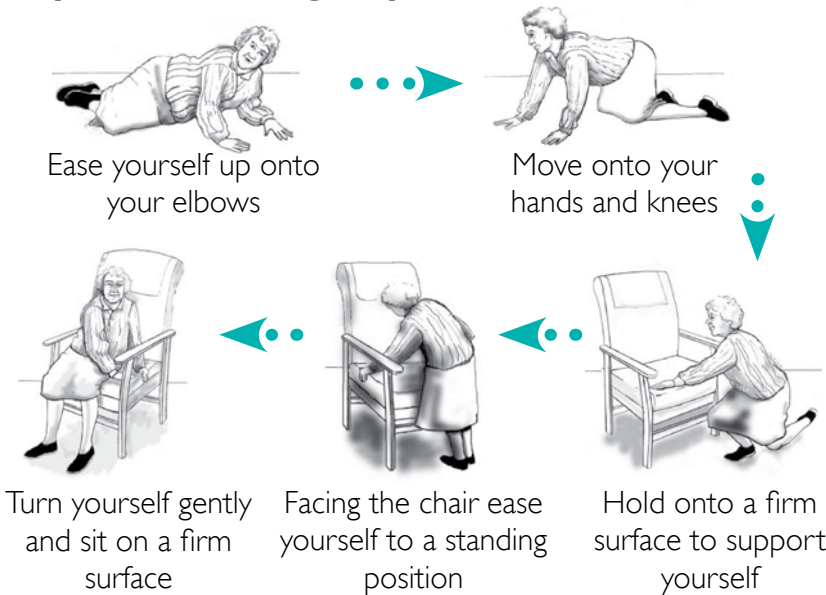


### What to do if you fall

Try not to panic. If you are hurt, don't move. Get help by using your personal alarm, the phone or by shouting and banging on the wall or floor. If you have to wait for help, try to keep warm, get comfortable, wriggle away from fires or hot radiators.

If you are not hurt, try to roll onto your hands and knees and crawl to a sturdy piece of furniture e.g. a chair. Facing the chair, put your hands on it, ease yourself into a standing position and turn to sit on the chair.

#### If you are able to get up



Always tell your GP or a health professional that you have had a fall.

### For further information please contact;

Email: [FallsPrevention@hants.gov.uk](mailto:FallsPrevention@hants.gov.uk)  
 Tel: 01962 846605  
 Web: [www.hants.gov.uk/betterbalance](http://www.hants.gov.uk/betterbalance)

This information is available in other formats, such as large print, audio, Braille, Word documents for screen readers, another language or easier to read. Please contact Hantsdirect on 0300 555 1375.

Cover images © Sarah Voysey

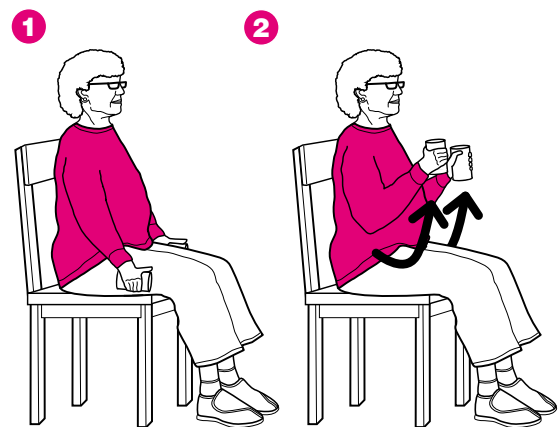
# Better balance for life



**9**  
 EXERCISES  
 inside to improve  
 your flexibility  
 and balance

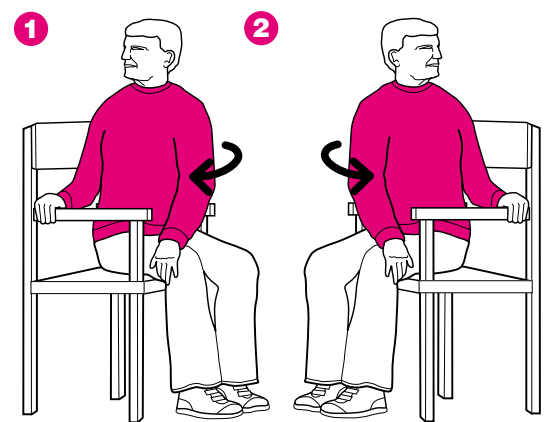
# Start up

## HAMMER CURL



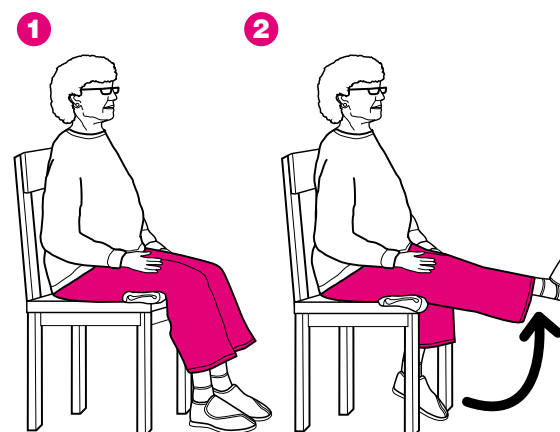
- 1 Sit tall with your feet hip width apart. Hold a tin or weight down by your sides.
- 2 Slowly bend your elbows and lift the tin or weight towards chest. Keep elbows at your sides. Lift for count of 3. Lower for count of 3. Repeat 10 -15 times.

## MIDDLE TWISTS



- 1 Sit at the front of a sturdy chair with armrests. Sitting tall, keeping your feet flat on the floor and hip width apart.
- 2 Place left hand on left arm of the chair. Place your right hand on the outside of your left thigh. Turn your head to the left. Slowly twist to the left from your waist without moving your hips. Come back to the middle. Repeat on the opposite side.

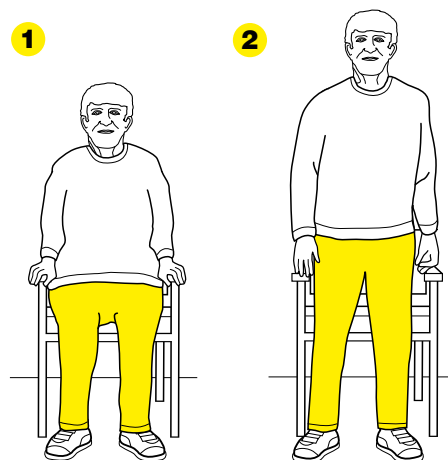
## LEG STRAIGHTENING



- 1 Sit in a sturdy chair with back supported and feet flat on the floor. Put a small rolled up hand towel under the thigh for support.
- 2 Slowly extend one leg in front of you as straight as possible, but don't lock your knee. Flex foot to point toes toward the ceiling. Hold position for 1 second. Then slowly lower leg back down. Repeat 8-10 times with each leg.

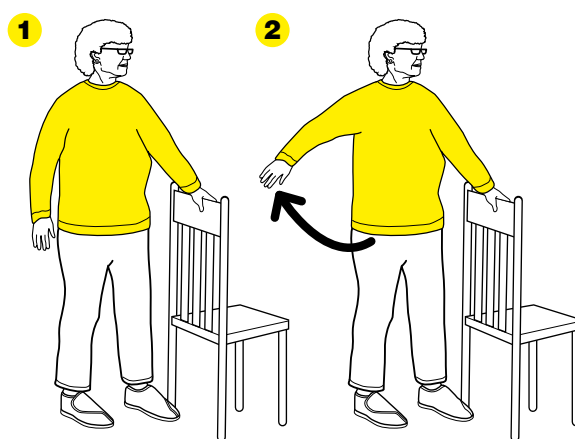
# Stand up

## SIT TO STAND



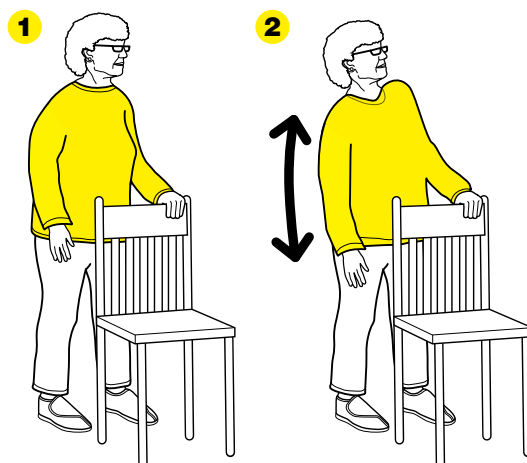
- 1 Use a chair which is not too low. Wriggle forwards to the front half of the chair. Lean forwards and push with both hands on the arms of the chair to stand up.
- 2 Feel for the arms of the chair with both hands. Lower slowly to sit down. Repeat 5 times.

## SIDE ARM RAISES



- 1 Stand tall, feet shoulder width apart. Hold onto the chair with one hand.
- 2 With the free hand, keeping the palm facing inwards, lift the arm slowly sideways to shoulder height for a count of 3. Repeat 10-15 times on each arm.

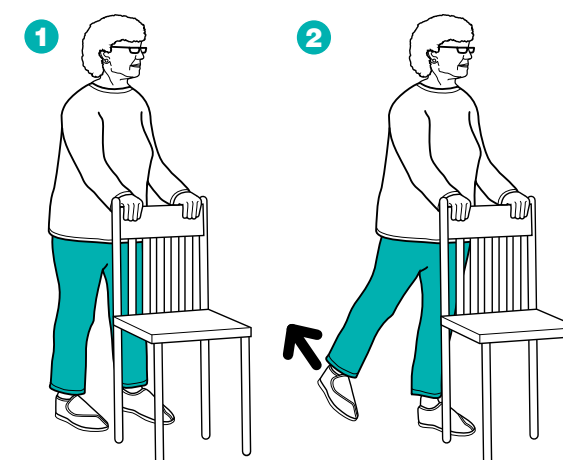
## SIDE BEND



- 1 Stand behind a sturdy chair, feet apart, holding on with left hand and right hand by your side.
- 2 Facing forwards, slide right hand down the side of the body towards your right knee and slowly up again. Repeat 5 times and change sides.

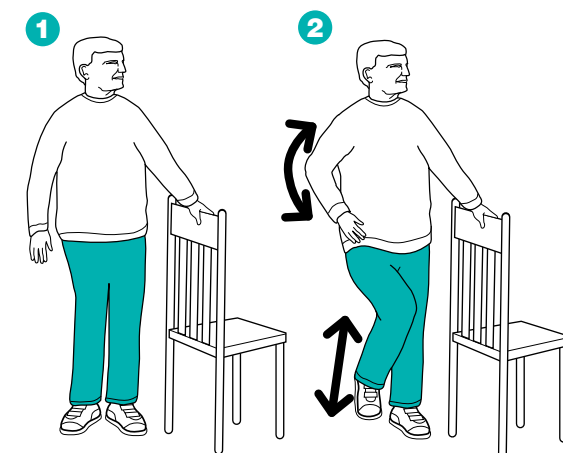
# Step out

## BACK LEG LIFTS



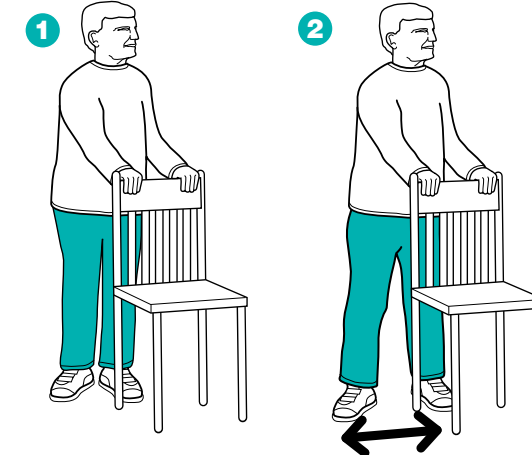
- 1 Stand behind a sturdy chair, holding on for balance.
- 2 Slowly lift one leg straight behind without bending your knee or pointing your toes. Try not to lean forward. The leg you are standing on should be slightly bent. Hold for a count of 3, then lower leg. Repeat 10-15 times.

## MARCHING ON SPOT



- 1 Stand sideways behind a sturdy chair, holding on with left hand for support, feet slightly apart.
- 2 Standing tall, and using your right arm, march on the spot for a count of 10, keeping heels down. Change direction, hold on with right hand and march for another 10.

## SIDE STEPS TO LEFT & RIGHT



- 1 Stand behind a sturdy chair with feet slightly apart, holding on for balance.
- 2 Step out with one leg, and follow with other leg. End with both feet together. Repeat both sides continuous motions with knees slightly bent. Repeat 10-15 times.

If you are enjoying the exercises and would like a more demanding programme, please contact your local council for other exercise opportunities.