

Balance and Strength Exercise Booklet

Page 1: Cardio Exercises

Page 2: Balance Exercises

Page 3 & 4: Strength Exercises

Try a few from each group of exercises at least every other day.
Make a check list of which exercises you have done so you get through
them all!

Move it or lose it – you must keep doing these exercises regularly for
them to have an impact

The government recommends 150mins of moderate intensity exercise per week
– brisk walking, cycling (Page 1).

This equates to 30mins on 5 days per week.

It can be split up into bouts of 10mins if you are busy or stuck at work; just a
10min walk 3 times a day would meet the daily recommendation!

The government also recommends strength training on at least 2 days of the
week – this is lifting weights, using resistance bands, or your body weight (Page
3 & 4).

You need to keep as active as possible to see the most health benefits, and
reduce your time sitting.

Do exercises whilst cleaning your teeth, or during advert breaks on TV, or whilst
the kettle boils.

Find something that you enjoy doing, and that is sociable, and it's much easier
to stick with it!!

Make exercise a habit, not a chore!

**Knee
Raises**

For 1 min



**Hamstring
Curls**

For 1 min



**Heel
Taps**

For 1 min



**Brisk
Walk**

For 1 min



**Sit to
stands
Quick**

For 1 min



Step-ups

For 1 min



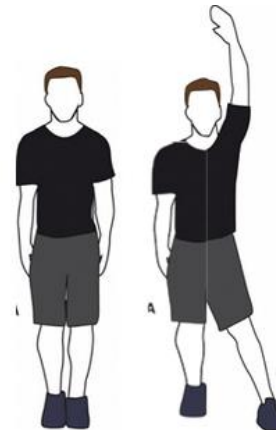
**Reverse
toe taps**

For 1 min



**Side toe
taps**

For 1 min



**Reverse
Lunges**

For 1 min



Single leg stand

For 1 min



Toe Raise Walking

For 1 min



Calf Raise Walking

For 1 min



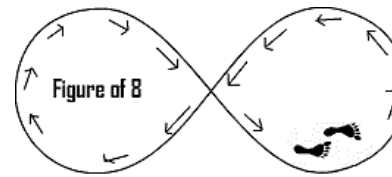
Sideways Walking

For 10 steps each way



Figure of 8 Walking

For 2 loops



Heel-Toe Stand

For 1 min



Heel-Toe Walking

For 1 min



Standing Side Leg Raise

x10 for 2 sets



Band Pullout

x10 for 2 sets



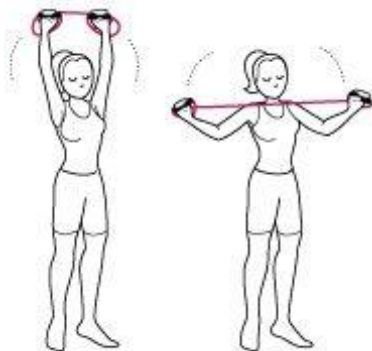
Seated Row

x10 for 2 sets



Band Lat Pulldown

x10 for 2 sets



Upright Row

x10 for 2 sets



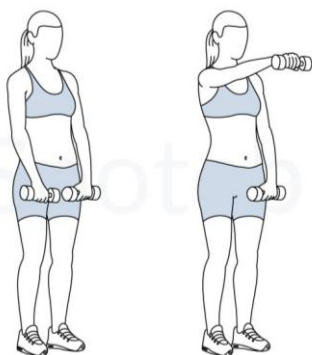
Side Raise

x10 for 2 sets



Front Raise

x10 for 2 sets



Sit to Stands slow

x10 for 2 sets



Calf Raise

x10 for 2 sets



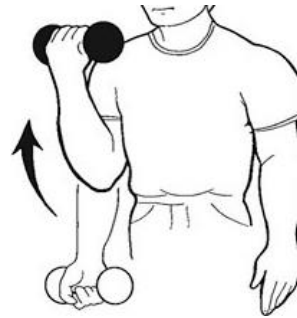
Tricep Extension

x10 for 2 sets



Bicep Curl

x10 for 2 sets



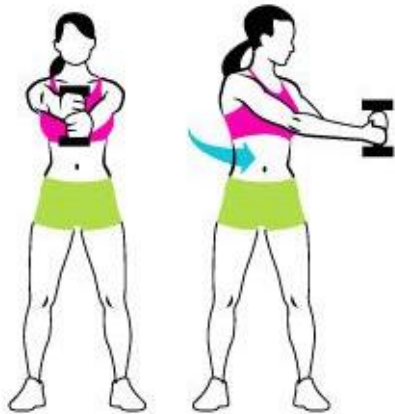
Seated Leg Raise

x10 for 2 sets



Torso rotations

x10 for 2 sets



Side bends

x10 for 2 sets



Knee Pushout

x10 for 2 sets



Sitting Crunches

x10 for 2 sets



Wall Press-up

x10 for 2 sets

