

TIPS FOR SUCCESSFUL EXERCISING

EXERCISING DO'S AND DON'TS

- ✓ Exercise 2 – 3 days per week
- ✓ Do not continue to exercise if you feel any sudden, sharp or intense pain.
- ✓ Do not begin an exercise programme if you have been experiencing significant joint or back pain. First seek the guidance from a medical professional.
- ✓ Do exercise to a point where you feel slightly out of breath
- ✓ Do breathe slowly, rhythmically and under control.
- ✓ Do focus on the muscles you want to exercise

Sitting Posture check

- ✓ Sit towards the front of the chair so that there is a gap between your back and the back of the chair.
- ✓ Make sure that your feet are flat on the floor and they are not tucked back under the chair. Your ankles should be directly below your knees
- ✓ Feet and Knees should be hip width apart. • Try to lengthen your spine so that you feel yourself growing taller. Imagine a piece of string attached to the top of your head keeping your neck long and your ribs lifted away from your hips.
- ✓ Try to pull your navel back towards spine (this will help to support your back and improve your posture).
- ✓ Chin should be parallel to the floor and you should try to look straight ahead.
- ✓ Now breathe!

Exercise 1 Toe Taps

First check your posture

Tap your toes up and down at a speed that is comfortable for you.

Imagine you are tapping your toes to a lively piece of music.

Continue for about 20 – 30 seconds



Benefits: Improves circulation and warms the muscles around the ankles. Improves walking Can help to reduce swelling around the ankles

Alternatives: Do one foot at a time or tap your heels.

Exercise 2 Leg Marches

First check your posture

Lift alternate legs so that your feet lift about 2 inches from the floor at a speed that is comfortable for you.

Imagine you are walking along at a brisk pace.

Continue for about 20 – 30 seconds



Benefits:

Improves circulation and warms the muscles around the hips and thighs. Improves walking

Alternatives:

Lifting alternate heels.

Exercise 3 Rowing

First check your posture

With your hands together reach out in front and pull your arms back to one side and then the other.

Imagine you are paddling a canoe down the river.

Continue for about 20 – 30 seconds



Benefits:

Improves circulation and balance. Warms the muscles around the shoulders, chest and back.

Alternatives:

Push and Pull.

Exercise 4 Chair Marching

First check your posture

Lift alternate legs so that your feet lift about 2 inches from the floor and swing your arms forwards and back at a speed that is comfortable for you.

Imagine you marching along at a brisk pace.

Continue for about 20 – 30 seconds



Benefits:

Improves circulation and warms the muscles.
Improves walking and balance Alternatives Do just the arms or the leg

Alternatives:

Do just the arms or the legs.

