

A photograph of a clear plastic water bottle and a pair of olive green and blue sneakers on a light-colored wooden surface. The background is blurred.

**Your guide to**

# **Staying Steady**



**Healthworks**  
the community health charity

# Staying Steady for Home - Stage 4



## SAFETY FIRST

First things first, it's very important that we have a safe environment to exercise in at home. This means checking that there is nothing that could cause an accident.

We recommend that you check your floor space for potential trip hazards – things like pet baskets, low level coffee tables and thick carpet rugs may need moving to make your exercise space safe.

### **Before you start please check that:**

- You use something to help keep us supported during some of the exercises, for example a heavy chair or some wall space.(remember this is just to aid and support, not to keep us up).
- You have enough space to do a 360° turn with arms out and not touch anything around us.
- You have a bottle of water at hand.
- You are wearing appropriate footwear (no flip flops, sandals or heels – flat, comfortable footwear is best).
- You are feeling at least 80%, it's important we are up to the task on the day as we all have off days and we all get run down. It's important we don't over-do anything on those days and if you're feeling unwell for an extended period of time then it's best to consult your GP. (be mindful of COVID symptoms)

You should consult your GP or Health Care provider before starting any exercise program, especially if you have a pre-existing injury or medical condition.

# Overview - included in this pack:



This is your Stage 4 programme. Things might look quite similar but please take care and read the exercise descriptions before you start. We have increased the length of time you spend performing Cardiovascular and Balance exercises and have added a few extra reps to the strength exercises. This gradual progression will safely build up your fitness, strength and balance.

- **Stage 4 exercise programme -**

- Mobility (joints)

- Cardiovascular (heart and lungs)

- Strength (muscles)

- Balance (co-ordination)

- Relaxation (mind and body)

Even though we currently find ourselves in a situation where we are unable to attend our Staying Steady class, you are still able to complete lots of the exercises at home with a spare 20 minutes here and there.

**It's really important to remember that every little bit of exercise counts!**

For example:

**Day 1 - 20 minutes on mobility, cardiovascular and relaxation**

**Day 3 - 20 minutes on mobility, strength and relaxation**

**Day 5 - 20 minutes on mobility, balance and relaxation**

You don't need to exercise everyday as your body may need time to rest and recover. Mild aches should disappear within a day or two so listen to your body and do what you can - every little bit counts!

# Mobility 4

## EXERCISE: GENTLE MARCH

### ACTION:

- Sit or stand up tall (if standing, feet hip width apart, knees soft)
- Lift one foot from the floor bringing knee no higher than waist height
- Bring foot back down and repeat on opposite side
- Keep a slow and steady rhythm
- 30 seconds



## EXERCISE: SHOULDER ROLLS



### ACTION:

- Sit or stand up tall (if standing, feet hip width apart, knees soft)
- Keep feet moving with a gentle march rhythm
- Bring shoulders up towards ears, pull shoulders back and then let the shoulders and arms drop slowly whilst relaxing
- Repeat x4 backwards then repeat x4 forwards (reversing the above instructions)



# Mobility 4

## EXERCISE: SIDE TAPS

### ACTION:

- Sit or stand up tall (if standing, feet hip width apart, knees soft)
- Place hands on a suitable supportive aid (if needed)
- Transfer weight onto one foot
- Lift opposite foot and tap with toe on the floor outside of hip width
- Return back to starting position
- Repeat on opposite side
- x4 repetitions



## EXERCISE: TRUNK ROTATIONS



### ACTION:

- Sit or stand up tall (if standing, feet hip width apart, knees soft)
- Place hands in front of chest, palms facing each other.
- Without moving your hips, gradually rotate your upper body to the left as far as feels comfortable
- Slowly return to the centre and repeat on opposite side
- x4 each

# Mobility 4

## EXERCISE: ANKLE MOBILITY

### ACTION:

- Sit or stand up tall (if standing feet hip width apart, knees soft)
- Place hand on a suitable support aid (if needed)
- Pick up one foot from the floor
- Slowly place heel of foot on the floor keeping the toes off the ground
- Pick foot back up from the floor
- Slowly place toes of the foot on the floor keeping the heel off the floor
- Repeat this process x4 each foot



# Cardiovascular 4

## EXERCISE: MARCH

### ACTION:

- Sit or stand up tall (if standing, feet hip width apart, knees soft)
- Lift one foot from the floor bringing knee no higher than waist height
- Bring foot back down and repeat on opposite side
- Keep a slow and steady rhythm
- 30 seconds



## EXERCISE: SIDE TAPS



### ACTION:

- Sit or stand up tall (if standing, feet hip width apart, knees soft)
- Place hands on a suitable supportive aid (if needed)
- Transfer weight onto one foot
- Lift opposite foot and tap with toe on the floor outside of hip width
- Return back to starting position
- Repeat on opposite side
- x4 repetitions



# Cardiovascular 4

## EXERCISE: SIDE STEPS

### ACTION:

- Sit or stand up tall (if standing feet hip width apart, knees soft)
- Place hands on a suitable supportive aid (if needed)
- Transfer weight onto right foot
- Lift left foot and place foot on the floor outside of hip width
- Transfer weight onto left foot, lift right foot and step towards left foot
- Repeat in opposite direction
- 60 seconds



## EXERCISE: MARCH



### ACTION:

- Sit or stand up tall (if standing, feet hip width apart, knees soft)
- Lift one foot from the floor bringing knee no higher than waist height
- Bring foot back down and repeat on opposite side
- Keep a slow and steady rhythm
- 30 seconds



# Cardiovascular 4

## EXERCISE: FARTLEK

### ACTION:

- Sit or stand up tall (if standing, feet hip width apart, knees soft)
- Start with a gentle marching
- Give yourself a countdown of 3-5 seconds
- Increase speed and march for 25 -30 seconds as fast as you can manage (pretend you're trying to catch that bus before it pulls away!)
- After the 25 - 30 seconds reduce speed slowly and maintain a slow march for 60 seconds to catch your breath



**It is very important we keep our feet moving, this will avoid any feeling of light headedness**



### ACTION:

- Repeat the 3-5 second countdown and complete another round of fast marching for another 25 - 30 seconds.
- After the 25-30 seconds reduce speed slowly and maintain a slow march for 60 seconds to catch your breath
- **IF** it's a good day and you feel up to it, repeat the 3-5 second countdown and complete 1 more round of fast marching for another 25-30 seconds
- Reduce speed slowly to catch your breath again (but keep your feet moving)

# Cardiovascular 4

## EXERCISE: MARCH

### ACTION:

- Sit or stand up tall (if standing, feet hip width apart, knees soft)
- Lift one foot from the floor bringing knee no higher than waist height
- Bring foot back down and repeat on opposite side
- Keep a slow and steady rhythm
- 30 seconds



## EXERCISE: SIDE TAPS



### ACTION:

- Sit or stand up tall (if standing feet hip width apart, knees soft)
- Place hands on a suitable supportive aid (if needed)
- Transfer weight onto one foot
- Lift opposite foot and tap with toe on the floor outside of hip width
- Return back to starting position
- Repeat on opposite side
- x4 repetitions

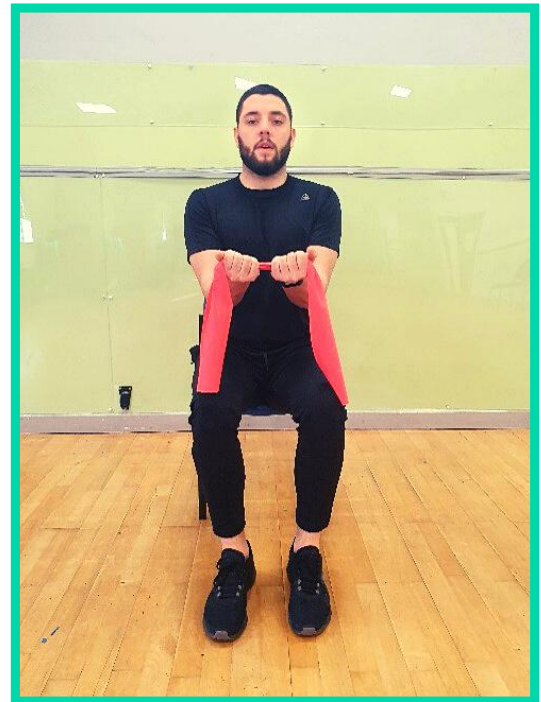
# Strength 4

Take this opportunity to take a seat after Cardiovascular 4

## EXERCISE: SEATED UPPER BACK STRENGTH

### ACTION:

- Grab your band
- Sit up tall & shuffle to the edge of your chair
- Feet hip width apart and place band across your knees
- Place hands on your thigh, palms facing up
- Slide hands down and under the band and grip
- Lift hands off thighs and place elbows by ribs
- Fix posture (keep your stomach nice and tight)
- Keeping elbows fixed at the ribs pull the band apart.
- Pull the band in towards your chest, allowing your elbows to slide backwards (squeezing those shoulder blades together)
- Hold position for 5 seconds but don't forget to breathe
- Return to starting position
- Repeat x 10



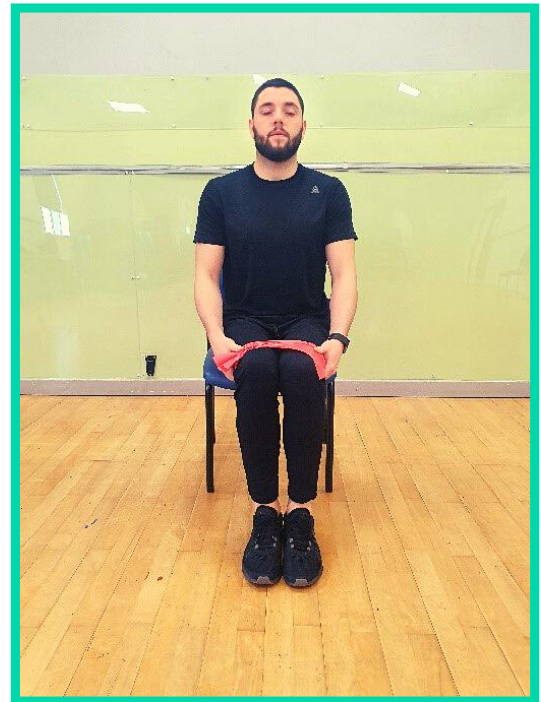


# Strength 4

## EXERCISE: BANDED HIP STRENGTH

### ACTION:

- Grab your band
- Sit up tall & shuffle to the edge of your chair
- Feet together and place band under your knees
- Criss-cross the band over the top of the thigh/just above the knees (keep the band tight by pressing your hands against your thighs)
- Bring feet and knees apart until in line with the hip (should be slight tension in the band)
- Fix posture, keep feet as flat as possible and pull knees apart against the tension of the band
- Hold position with knees apart for 5 seconds (don't forget to breathe)
- Relax back to starting position
- Repeat x 10





# Strength 4

## EXERCISE: SIT TO STANDS

### ACTION:

- Sit up tall & shuffle to the edge of your chair (if you are sitting too far back then you will find it difficult to stand)
- Ensure the feet are positioned just behind the knees (this is the best place for the feet. It will make you much steadier as you stand)
- Lean your chest slightly forwards and push upward with your feet
- Once standing you may need to pedal your feet to avoid feeling dizzy
- Very slowly and carefully control yourself back down to your seated position

**This helps with two things, firstly it helps with strength – you work harder when lowering down. Secondly, it ensures you won't miss the seat on your way down!**

- Repeat x 10



# Balance 4

## EXERCISE: BICEP CURL TO OVERHEAD PRESS

### ACTION:

- Grab a pair of dumbbells (two tins of beans/bottled water)
- Sit up tall & shuffle to the edge of your chair
- Relax arms down by the chair (keep stomach pulled in and elbows tucked in by ribs)
- Keeping elbows by your ribs (avoid sliding forwards) bring your hands up toward your shoulders
- Press weight overhead (allowing elbows to now move away from the ribs)
- Bring weight back down to shoulders
- Tuck elbows into ribs again and slowly lower the weight back to starting position
- Repeat x 10



# Balance 4

## EXERCISE: STANDING BACK OF LEG STRENGTH

### ACTION:

- Stand up tall (feet together, knees soft)
- Place hands on a suitable supportive aid (if needed)
- Transfer weight onto right foot
- Bring your left foot towards your bum or as close as possible (without bringing your knee forwards – keep knees in alignment)
- Hold position for 5 seconds
- Slowly bring left foot back to the floor, rest for 2-3 seconds then repeat with same foot
- Repeat x 6-7 then swap sides and repeat above directions





# Balance 4

## EXERCISE: TANDEM STAND BALANCE

### ACTION:

- Stand up tall (feet hip width apart, knees soft)
- Place hands on a suitable supportive aid
- Spine in a neutral position and looking ahead
- Bring feet as close together as possible
- Keeping feet together, bring right foot in front of left foot (heel to toe)
- Slowly and under control bring your hands to finger tips only on your support aid
- **IF** you feel comfortable enough, remove fingertips from support aid (keep them close just in case you need to regain balance)
- Hold position for 10-15 seconds then return hands to support aid
- Feet hip width apart, knees soft and rest
- Repeat once more following the same steps





# Balance 4

## EXERCISE: SINGLE LEG STAND

### ACTION:

- Stand up tall
- Place hands on a suitable supportive aid (Try to reduce the amount we rely on aid but using fingertips only)
- Spine in a neutral position and looking ahead
- Slowly shift weight onto right foot and raise left foot from the floor
- Pause for 10 - 15 seconds
- Slowly and under control lower your left foot
- Then rest and repeat on opposite foot
- Complete once more each side



# Balance 4

## EXERCISE: TIP TOE WALKING

### ACTION:

- Stand up tall (feet hip width apart, knees soft)
- Have suitable supportive aid on right hand side
- Place hands on the suitable supportive aid (if needed)
- Spine in a neutral position and looking ahead
- Slowly shift weight into toes at the same time pushing your heels off the ground as high as you're able to go (think tippy-toes!)
- Take 4 slow, even steps forward (use supportive aid if necessary)
- Slowly and under control lower your heels until they make contact with the floor
- Turn to face supportive aid, then turn so aid is on opposite side (your left side)
- Again, Slowly shift weight into toes at the same time pushing your heels off the ground as high as you're able to go
- Take 4 slow, even steps (using supportive aid if necessary)
- Face supportive aid and rest
- Repeat 2 more times changing direction after 4 steps



# Breathing and relaxation 4

## EXERCISE: HAMSTRING STRETCH

### ACTION:

- Sit up tall & shuffle to the edge of your chair
- Spine in a neutral position and looking ahead
- Straighten one leg out in front resting the heel on the floor
- Place hands on hips or bent leg for balance
- With chest up high and push hips back/lean forward slightly
- Keeping breathing in a regular fashion
- Hold stretch for 15 seconds
- Release with control





# Breathing and relaxation 4

## EXERCISE: TRICEP STRETCH

### ACTION:

- Sit up tall & shuffle to the edge of your chair
- Spine in a neutral position and looking ahead
- Place right hand on left shoulder
- Use left hand to gently aid right elbow up towards the ceiling
- Make sure the lower back does not arch
- Hold for 10 seconds
- Ease out of the stretch
- Repeat on opposite side





# Breathing and relaxation 4



## EXERCISE: BREATHING

### ACTION:

- Sit back and relax into chair
- Eyes closed and breathing deeply
- Sink deeper into the chair with each breath
- Take 5 deep deep breaths (make sure you inhale and exhale slowly)
- Once relaxed, open your eyes

## THE IMPORTANCE OF DEEP BREATHING

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body, helping to decrease your heart rate and normalising your breathing. Hopefully this makes you feel much more relaxed.

For more information and to contact the team you can:

- visit **[www.healthworksnewcastle.org.uk](http://www.healthworksnewcastle.org.uk)**
- ring us on **0191 272 4244**
- scan the code



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