

# Staying home?

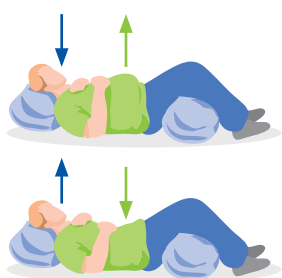
## Here are some indoor exercise options

Build up the time you spend doing each of these gradually. Start on day 1 with 10 mins, then do 10 minute blocks three time per day.

As you find it easier, increase to 15/20 minutes, three times per day. Play music with this exercise programme to engage your interest and ask family members to do them too.

### Deep diaphragmatic breathing

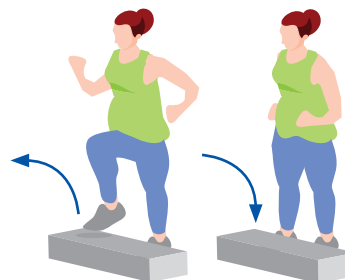
Pre- and post-exercise



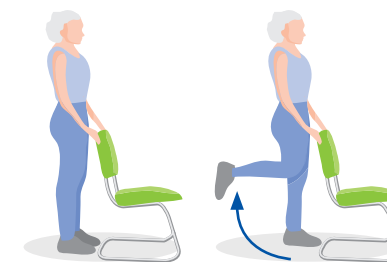
### Wall press up



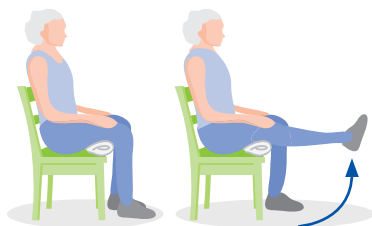
### Step up and down



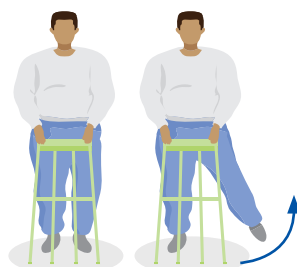
### Standing leg curl



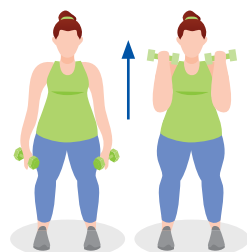
### Knee extension



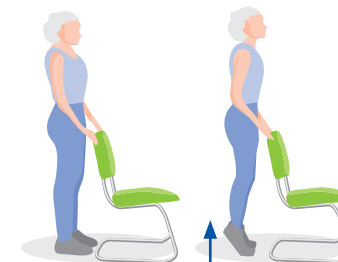
### Side hip raise



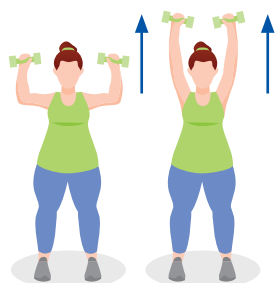
### Biceps curl



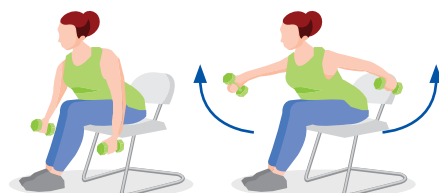
### Toe stand



### Overhead press



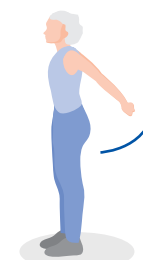
### Bent forward fly



### Hamstring and calf stretch



### Chest and arm stretch

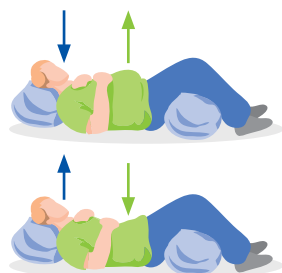


### Upper back stretch



## Deep diaphragmatic breathing

Pre- and post-exercise



Practice 3 minutes of breathing either sitting up straight in a chair or lying on your bed/floor.

### Why do this:

Relaxed diaphragmatic breathing can help to relax you, lower blood pressure and to improve your breathing function.

Rest your left hand on your chest and your right on your abdomen/tummy.

Breathe in through your nose slowly and concentrate on breathing into your abdomen, and watching your right hand lift up as the air goes into the lower lungs.

Slowly breathe out through your nose.

Breathe like this for 3 minutes and keep focusing on the air going all the way down to your tummy and lifting your right hand. Try to lengthen the time it takes to breathe out so that the out breath is twice as long as the in-breath.

## Wall press up



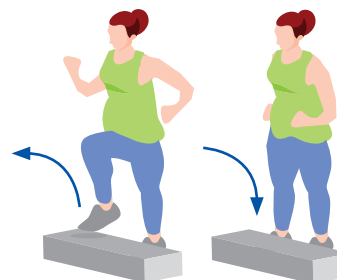
### Why do this:

This exercise helps to build strength and control for muscles in your pelvis, hips and legs.

Stand with your back and head against a wall, with your feet placed hip-distance apart. Keeping your back against the wall, slowly bend your knees so that your back slides down the wall and VERY slowly use your legs to push yourself back into standing.

Repeat this 10 times.

## Step up and down



### Why do this:

This exercise helps boost heart and lung fitness while also reducing stress.

Find a step/stairs/kerb/box that is stable and safe to step up on. Use the banisters if using a stairs step or place the step against a wall or the back of a couch/sofa so that you can reach out safely if you lose balance.

Take a step up with one foot (e.g. right), then bring up the other foot (e.g. left). Step down with one (right) and then the second (left). This is one full cycle of stepping.

Repeat this for 10 steps, take a break and repeat 3 times.

Play some music with this one!

If you feel unsteady doing this exercise hold on to something for balance (e.g. banisters/hand rail/ kitchen counter/window sill).

## Standing leg curl



### Why do this:

This exercise will build strength and control in your leg and tummy muscles.

Stand at the back of an armchair or couch/sofa.

Slowly bend your right knee, raising the heel up towards your buttocks.

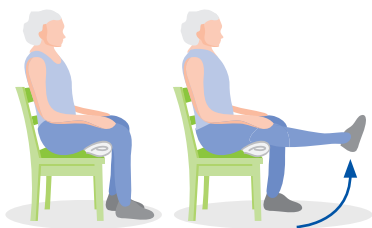
Hold for 3 seconds and very slowly straighten your right leg. Repeat on the left side. This is one complete cycle.

Repeat 10 times.

Don't worry if you can only lift your foot up a few cm from the ground, the muscles will still build strength. The key to this is moving slowly. As you get stronger try to use your finger tips instead of your hands for balance, and this will also improve your balance.

If you find this too easy you can repeat the set of 10 or tie a weight around your ankle or use an exercise band.

## Knee extension



### Why do this:

This exercise will build strength and endurance in your thigh muscles.

Sit up straight in a chair with your feet flat on the ground and your hands on your thighs.

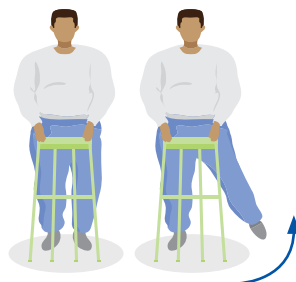
Straighten your right knee as much as you can and pull your right toes toward your head.

Hold for 3 seconds and SLOWLY bend your knee again. Repeat on the left side. This is one cycle of exercise.

Repeat 10 times.

To make this exercise harder, you could do another set of 10, tie a weight around your ankle or use an exercise band.

## Side hip raise



### Why do this:

This exercise will build strength and control in your leg, buttocks and tummy muscles.

Stand up straight at the back of an armchair or couch/sofa. Slowly lift your right leg out to the side as far as you can while keep the knee straight. If the knee bends you have gone too far.

Hold for 3 seconds and VERY slowly bring the foot back down to the floor. Repeat on the left side to complete the cycle.

Repeat 10 times.

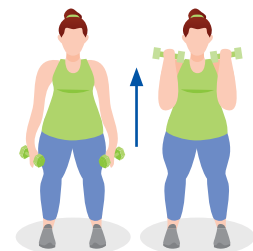
Hold for 3 seconds and very slowly straighten your right leg. Repeat on the left side. This is one complete cycle.

Repeat 10 times.

Don't worry if you can only lift your foot up a few cm from the ground, the muscles will still build strength. The key to this is moving slowly. As you get stronger try to use your finger tips instead of your hands for balance, and this will also improve your balance.

If you find this too easy you can repeat the set of 10 or tie a weight around your ankle or use an exercise band.

## Biceps curl



### Why do this:

This exercise will build strength and endurance in your upper arms.

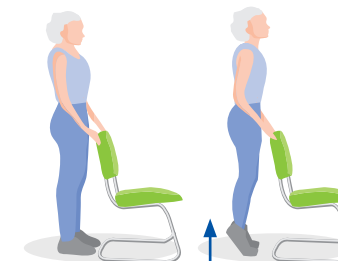
Stand or sit up straight and hold a tin of beans or water bottle in each hand.

Keep your back, neck and shoulders relaxed.

Slowly bend your elbows as far as you can. Hold for 3 seconds and very slowly straighten your arms again. Do not let gravity pull your arms down.

Rest for 5 seconds and repeat 10 times.

## Toe stand



### Why do this:

This exercise will build strength and balance in legs.

Stand at the back of an armchair or couch/sofa.

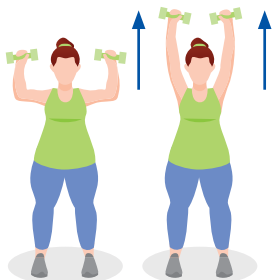
Slowly stand up on your tip toes.

Hold for 3 seconds and very slowly bring your heels back to the ground. Repeat 2 times.

As you get stronger try to use your finger tips instead of your hands for balance. You can also make this harder by trying to toe-stand on one leg at a time.

If you find this too easy you can repeat the set of 20.

## Overhead press



### Why do this:

This exercise will build strength and endurance in your arms and shoulders.

Stand up straight or sit up straight in a chair.

Hold a tin of beans in either hand, bend your elbows and shoulders to 90 degrees.

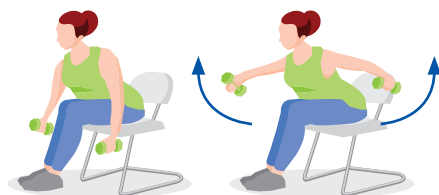
Breathe normally and remind yourself to avoid holding your breath.

Straighten your elbows and lift the beans up above your head.

Hold for 3 seconds and very slowly come back to the starting position. Rest for 1 second.

Repeat 10 times.

## Bent forward fly



### Why do this:

This exercise will build strength and endurance in your upper arm, shoulder and back muscles. Start without using weights and as you build strength, you can use a small bottle of water/tin of beans in each hand.

Sit upright into a chair with your feet hip distance apart and flat on the ground.

Bend forward and hang your straight arms out in front of you.

Slowly lift your arms to shoulder height and squeeze your shoulder blades together for 3 seconds.

Very slowly lower your arms back to the starting position.

Repeat 8 times

## Hamstring and calf stretch



### Why do this:

This exercise will help to stretch your hamstring muscles which can get very tight with sitting.

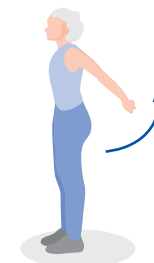
Stand in front of a stable chair/or to the side of an armchair/sofa with your feet hip-distance apart.

Rest your hands flat on the chair and keep your back as straight as possible.

Slowly walk your feet backwards until you feel a stretch on the back of your legs. Concentrate on bending at your hips rather than in your back.

Breathe slowly in and out of your nose and hold this position for 30 seconds. Return slowly to the standing position. Repeat 5 times and gradually walk your feet back to get more of a stretch.

## Chest and arm stretch



### Why do this:

This exercise will stretch your shoulders and chest which can get very tight especially if working on a computer at home!

Lean your chest forward stretching the shoulder joints back. Concentrate on your shoulder blades coming closer together.

Hold for 30 seconds. Rest for 5 seconds and repeat 5 times.

## Upper back stretch



### Why do this:

This exercise will stretch your shoulders and upper back which can get very tight especially if working on a computer at home!

Sit or stand and lift your arms up above your head. You can rest your hands on your head if you need to.

Arch your back slowly over the back of the chair or if in standing arch back.

Hold for 30 seconds and slowly come back to starting position.

Repeat 5 times.