



Maintain your body with exercises

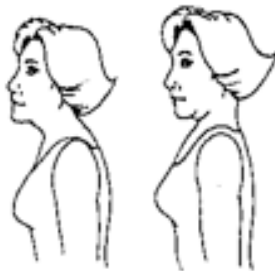
If we want to have a happy active life as we age we need to ensure our body is fit to last the distance. Here are a few exercises that can be done in the comfort of your home.

These 10 easy exercises are planned to improve:

- posture
- blood flow
- nerve input
- flexibility
- strength

Begin slowly and keep practicing each day.
Do not expect results for several weeks.

1. Chin tucks



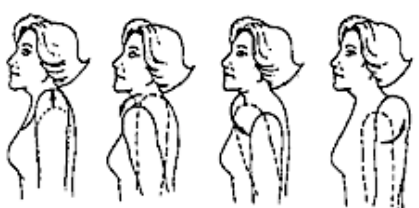
Stand as erect as you can with your neck drawn back and chin tucked in, not up.
Hold head correctly; do not tilt chin.
Pull head back in line with your spine, keeping chin horizontal. See picture above.
Hold this position for 10 seconds, relax, breathe, and repeat 3 times.

2. Shoulders back



Pull your shoulders back as if you had a piece of elastic pulling your shoulder blades together in the back.
Hold that for 10 seconds and relax.
Repeat 3 times, relaxing and breathing and holding the position for 10 seconds each time.

3. Shoulder shrugs



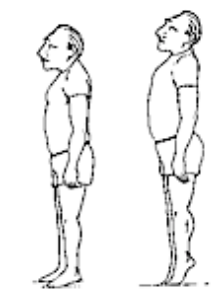
Bring your shoulders around in big circles, 3 times clockwise and 3 times anti-clockwise.

4. Head Rocks



While lying down, gently rock your head from side to side 10 times.

5. Toe Ups



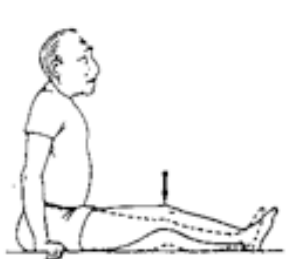
Go up on your toes as high as you can, come back down. Do this 10 times, increasing each week by 5 times until you build up to 50.

6. Leg Lifts



Stand up and gently swing your leg back and forth 10 times; then out to the side and back 10 times.

7. Quad Sets



Tighten the muscles on top of the thigh as *tightly as possible* and hold. Pull 10 seconds, trying every second to pull even tighter. Relax 10 seconds.

8. Runner's stretch



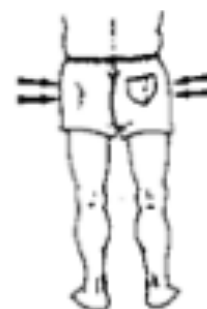
Standing with one foot behind the other, lunge forward bending front knee to stretch calf muscles in the back leg. Keep both heels flat. Hold for 10 seconds. Repeat with the other leg.

9. Hip Circles



Stand in front of a mirror and make a big circle with your hip as if there were a clock around your feet. Trying not to move your shoulders, circle with your hips to one, two three, four, etc o'clock positions until you have made a full circle in a clockwise direction then repeat the movement in anti-clockwise direction. Repeat 10 times in each direction.

10. Gluteal sets



Pinch your buttocks together, hold 5 seconds, then relax. Repeat 10 times.

If you are wanting advice on maintaining fitness as you age, our friendly Physiotherapist can help. Just contact Therapy Professionals Ltd:

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