



Simple exercises to support weight loss

For older people

A patient's guide

Good to know:

Reducing the amount of calories in your diet will help you lose weight, but maintaining a healthy weight requires physical activity to burn energy. As well as helping you maintain a healthy weight, physical activity also has wider health benefits.

There is evidence which shows that exercise is an important key to reducing our risk of major illnesses such as heart disease, stroke, diabetes and cancer. Research also shows that regular physical activity can boost our self-esteem, mood and sleep quality, making us less prone to stress, depression and dementia.

The Chief Medical Officers recommend that adults should do a minimum of 150 minutes moderate-intensity activity a week – for example, 5 sessions of 30-minute exercise a week. Something is better than nothing, and doing just 10 minutes of exercise at a time is beneficial.

Also, try to keep yourself more physically active throughout the day by including walking, stair climbing and engaging in activities like household errands.

Points to remember:

Your GP will be able to advise you further about the type of exercise you should do and for how long taking into account your current fitness level and individual circumstances. Discuss any concerns you may have with your GP.

Make sure you are wearing appropriate footwear, clothing and keep water handy.

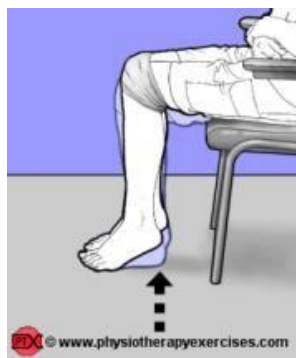
Rest adequately between each exercise.

Stop the exercise if you experience pain or discomfort and consult your doctor.

For those of you who are new to exercises, start slow with fewer repetitions and increase gradually. This programme can be split into groups and completed over separate days.



Ankle pumps in sitting



Instructions

Position yourself sitting with your knees together. Start with your feet flat on the floor. Finish with your heels lifted off the floor. Ensure that you keep your toes on the floor.

Complete 2 sets of 15-20 repetitions on both sides

Ceiling and forward punches



Instructions

Position yourself in sitting with a weight (can use a bottle of water) in your hand. Start with your elbow bent and your fist facing towards the ceiling. Punch to the ceiling with your elbow straight. Finish with the weight above your head.

Similarly, with your fist facing forward with a weight, and elbows bent to 90 degrees punch forwards, straightening your elbow.

Complete 2 sets of 10-15 repetitions on both sides

Leg lifts

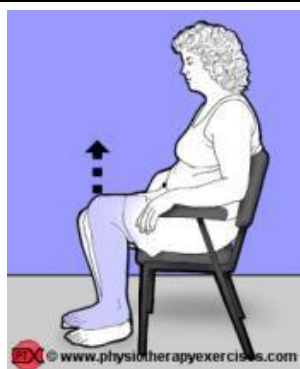


Instructions

Position yourself sitting with your legs over the side of a bed or chair. Start with your knee bent. Finish with your knee straight.

Complete 10-15 repetitions on both sides

Seated marching



Instructions

Sit tall on a sturdy chair, your feet flat on the floor, hip-distance apart. Grasp the edges or armrests of the chair with both hands and engage your abdominal muscles to help keep your torso tall. Lift your leg with your knee bent as high as you comfortably can, as though doing a high-knee march. Repeat to the opposite side.

Complete 2 sets of 15-20 repetitions



Trunk side-flexion

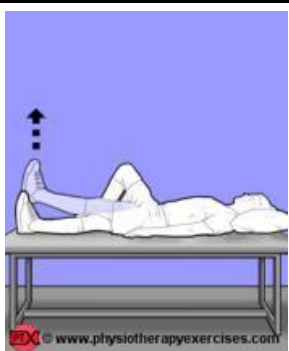


Instructions

Position yourself in sitting. Lift one arm up above your head and lean sideways towards the opposite shoulder. Return to starting position. Repeat on the other side.

Complete 2 sets of 10-15 repetitions on both sides.

Straight leg raise



Instructions

Position yourself lying on your back with one leg straight and your other leg bent. Start with your leg straight and your heel on the bed. Finish with your leg straight and your heel above the bed. Ensure that your other leg remains bent and your lower back remains in contact with the bed.

Complete 2 sets of 10-15 repetitions on both sides.

Sit to stands



Instructions

Position yourself sitting with your toes under your knees. Practice standing up and sitting down. Ensure that your shoulders and knees move forward quickly to stand up and stick your bottom out to sit down. Ensure you stand all the way up and sit all the way down. Can use armchair to push yourself to standing

Complete 2 sets of 10-15 repetitions.

Backward knee bends



Instructions

Position yourself standing holding onto the back of a chair. Start with your knee straight. Take your heel towards your bottom. Finish with your knee bent. Ensure that you keep your thigh straight. Return to starting position.

Complete 2 sets of 10-15 repetitions on both sides.



Side kicks



Instructions

Position yourself standing with their feet together. Start with your leg beside your body. Lift your leg out to the side. Ensure that you keep your body upright and your toes pointing forward. Return to starting position.

Complete 2 sets of 10-15 repetitions on both sides.

Marching on the spot



Instructions

Position yourself standing with a table nearby for support. Practice marching on the spot. Ensure that your legs lift up an equal amount.

Complete 2 sets of 20 repetitions.

Squatting



Instructions

Position yourself standing holding onto the back of a chair or table. Start with your knees straight. Bend your knees and move your bottom back. Ensure to keep your back straight and your heels on the floor and your weight is equally borne through both legs.

Complete 2 sets of 10-15 repetitions.

Hamstring stretch



Instructions

Position yourself so you are sitting on the edge of the chair. Place your leg straight in front of you resting your heel on the floor. Sit up tall, resting your hand on your other knee. Gently hinge forward keeping your back and knee straight until you feel a stretch behind your leg. Hold for 20 seconds. Repeat on both sides.

Complete 5-10 repetitions on both sides



Spinal rotation stretch in sitting with the arms crossed



Instructions

Position yourself sitting with your hands folded across your chest. Rotate your head and trunk to one side. Repeat on the other side. Hold stretch for 5-10 seconds

Complete 5-10 repetitions on both sides.

Shoulder stretch



Instructions

Position yourself sitting in a chair with your hands clasped together on your lap. Raise your hands upwards to rest on the top of your head. Slide your hands behind your head as far as you can. Push your elbows back as far as you can. Hold stretch for 10-15 seconds. Return your hands to your lap.

Complete 1 set of 10-15 repetitions

This handout was created using software freely available at www.physiotherapyexercises.com

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