



Simple exercises to support weight loss

For those below 65 years

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.

You are at a moderate intensity when your breathing and heart rate are noticeably increased. You can still carry on a full conversation, but you will be breathing heavier and may be sweating. Brisk walking, easy jogging, tread milling, elliptical trainer, bike riding, swimming, dancing are moderate-intensity aerobic activities.

If you haven't been walking for exercise, you can get started by walking for 10 to 15 minutes at a time. Work on good posture and steadily increase your walking time by 5 minutes for each session each week. You should be able to build up your walking time in four weeks to be able to enjoy 30 minutes at a time. Once you are able to walk comfortably for 30 minutes, you can begin to work on improving your walking speed.

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.

Include warm up and cool down during each session.

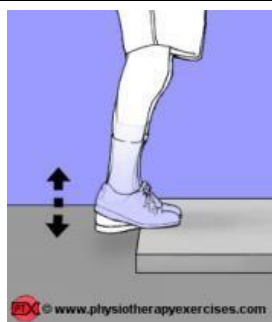
Rest adequately between each exercise.

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.



Calf raises on a step



Instructions

Position yourself standing on a step with your heels off the edge. Lift your body weight up onto your toes. Return to starting position. Use hand support for balance if needed.

Can be started on a level surface to build confidence.

Complete 2 sets of 15-20 repetitions.

Ceiling and forward punches



Instructions

Position yourself in sitting or standing 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 15-20 repetitions on both sides

Side kicks



Instructions

Position yourself standing with feet together. Start with your leg beside your body. Finish with your leg away from your body. Return to starting position. Use hand support if needed.

Complete 2 sets of 15-20 repetitions on both sides

Marching on the spot



Instructions

Position yourself standing with your feet shoulder width apart. Start with your hip straight. Lift your hip and knee in front of you alternatingly as if marching on the spot.

Complete 2 sets of 20 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.

Lunges



Instructions

Position yourself in standing with one leg comfortably in front. Ensure that your back knee drops towards the floor and that your front knee does not come beyond your toes. Return to starting position and repeat on the other side.

Complete 2 sets of 15-20 repetitions on both sides

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.

Can be progressed to unsupported standing or single leg squats.

Complete 2 sets of 15-20 repetitions.

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 be progressed to sit to stands with arms crossed across the chest

Complete 2 sets of 10-15 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.

Step up with high knee



Instructions

Position yourself with one foot on a block in front of you. Step forward and up, lifting your other knee to hip height. Repeat on the other side. Use hand support for balance if needed.

Complete 2 sets of 10-15 repetitions.

Side stepping



Instructions

Position yourself besides a step. Step onto the step sideways. Ensure your knee remains in line with the centre of your foot and your pelvis remains level. Use hand support if needed. Return to starting position. Repeat on the other side.

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

Wall push ups



Instructions

Position yourself standing and leaning forward with hands supported on a wall. Practice doing push-ups through your hands so that your chest lifts away from the wall. Ensure to keep your hips straight.

Complete 2 sets of 15-20 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

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.

Quadriceps stretch



Instructions

Position yourself in standing with one knee bent. Hold onto the ankle of your bent knee and pull it towards your bottom. Hold stretch for 15-20 seconds. Ensure to keep your knee under your hip and your shoulders over the hips. Use hand support for balance.

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 15-20 seconds

Complete 5-10 repetitions on both sides.



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

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Date published: 15/06/2020
Review date: 15/06/2022
Ref: EIM/Nut&Diet/SESWLB65/01

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