

WE ARE ACTIVE.

WE ARE NEWHAM.



Get active in Newham

www.newham.gov.uk/community-parks-leisure/physical-activity

People at the Heart
of Everything We Do

BENEFITS OF KEEPING ACTIVE

If you're spending more time at home, it can be hard to stay active. However, there's no reason staying at home means staying still!

The benefits of keeping active:

- Improves your balance, mobility and strength.
- Can lower your risk of heart disease, stroke, some cancers, depression and dementia.
- Helps your thinking skills - like problem solving, decision making and remembering facts and words.
- Makes you feel better. Physical activity is proven to boost your physical and mental health.

Knowing the level of activity that's right for you, especially if you've just had a fall, an operation, or are living with a long-term health condition, can be difficult.

But being more active isn't about working up a sweat. It's just about moving more each day in whatever way works for you.

To help you, we've put together some gentle exercises to keep you moving at home.

- Try to do a mixture of stretching, strengthening (activities that make your muscles work harder than usual) and cardiovascular (anything that gets your heart beating faster counts, such as walking, climbing the stairs) exercises each week to keep all areas of your body moving.
- Create a timetable so that you remember to exercise each day. For example, flexibility exercises on Monday, balance exercises on Wednesday and strength exercises on Friday.

GETTING STARTED

- If you've not done much physical activity for a while, you may want to get the all clear from a GP before starting.
- For the exercises that require a chair, choose one that is stable, solid and without wheels. You should be able to sit with feet flat on the floor and knees bent at right angles. Avoid chairs with arms, as this will restrict your movement.
- Wear loose, comfortable clothing and keep some water handy.
- Try to attempt these exercises at least twice a week, this will help to improve muscle strength, balance and coordination.
- Build up slowly and aim to increase the repetitions of each exercise over time.

HOW TO USE THESE CARDS

These cards are categorised to cover:

- Cardiovascular
- Flexibility
- Balance
- Strength

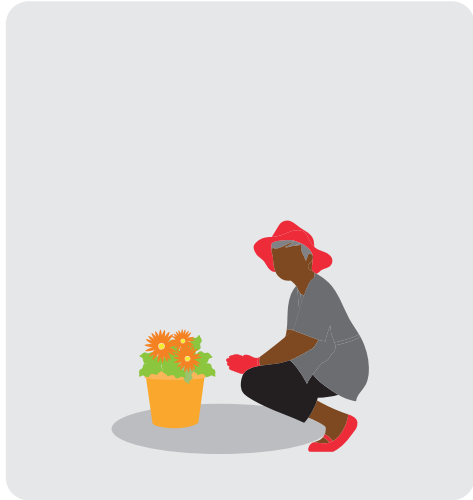
There are also five cards on mental wellbeing.

You can also watch videos of the exercises on the activeNewham YouTube channel. The links for each exercise video are featured on the individual cards.

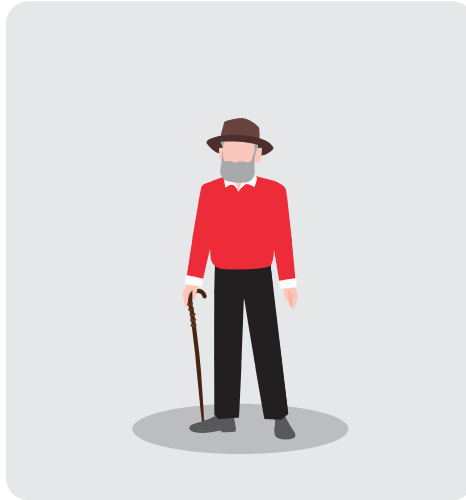
These exercises have been collated from NHS and Age UK resources. The London Borough of Newham cannot be held liable or responsible for any injury, loss or damage of any kind arising out of or in connection with the use of these cards.

EXERCISE SUGGESTIONS

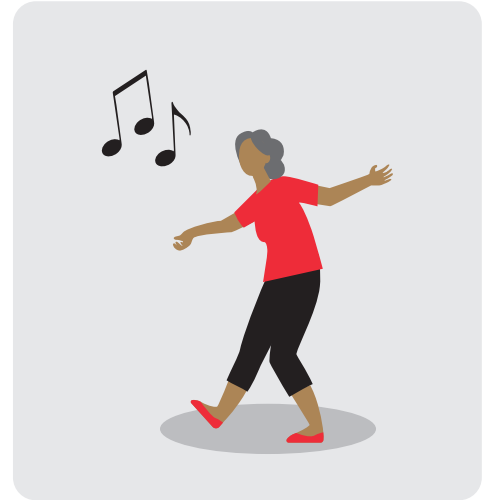
Cardiovascular exercise, also known as cardio or aerobic exercise, is essential for good health. It gets your heart rate up, making your blood pump faster. This delivers more oxygen throughout your body, which keeps your heart and lungs healthy. Regular cardio exercise can also help you lose weight, get better sleep, and reduce your risk of chronic disease.



1. Try walking, climbing the stairs, gardening or dancing.
2. Start with 5-10 minutes at a time - every bit counts.



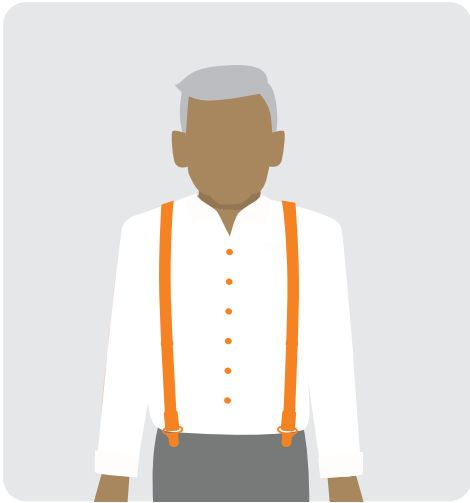
3. Work up to 30 minutes of moderate activity on most days (about 2.5 hours per week).
4. You can add 10 minutes here and there for your 30 minute total.



5. Add in flexibility, strength and balance exercises at least 2-3 times per week.

1 NECK ROTATION

Improves neck mobility and flexibility.



1. Sit upright with shoulders down. Look straight ahead.
2. Slowly turn your head towards your left shoulder as far as is comfortable. Hold for 5 seconds and return to the starting position.
3. Repeat on the right.
4. Do 3 rotations on each side.

Watch the YouTube video of this exercise: <https://youtu.be/w3NSqIYleal>

2 NECK STRETCH

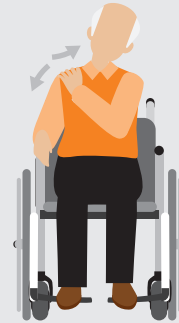
Good for loosening tight neck muscles.



1. Sitting upright, look straight ahead and hold your left shoulder down with your right hand.



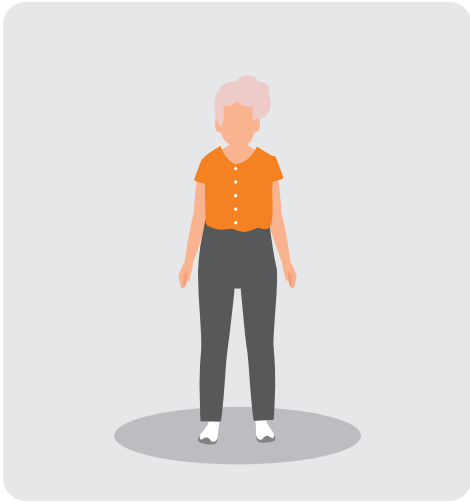
2. Slowly tilt your head to the right while holding your shoulder down. Hold for 5 seconds.



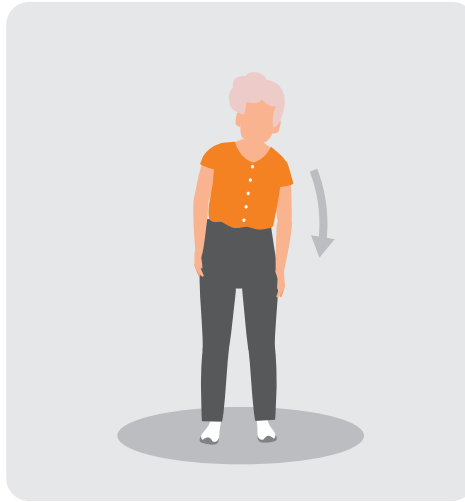
3. Repeat on the other side.
4. Repeat 3 times on each side.

3 SIDWAYS BEND

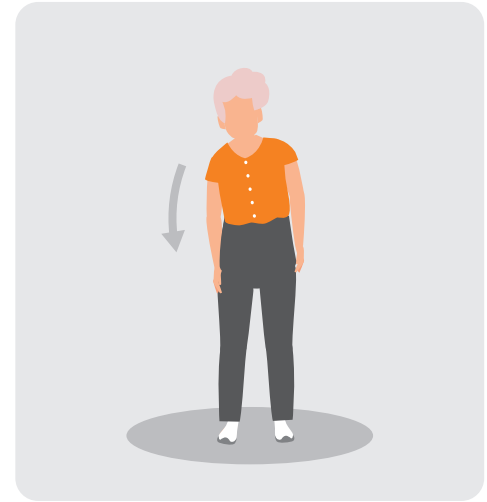
Helps restore flexibility to the lower back.



1. Stand upright with your feet hip-width apart and arms by your sides.



2. Slide your left arm down your side as far as is comfortable. As you lower your arm, you should feel a stretch on the opposite hip. Hold for 5 seconds.

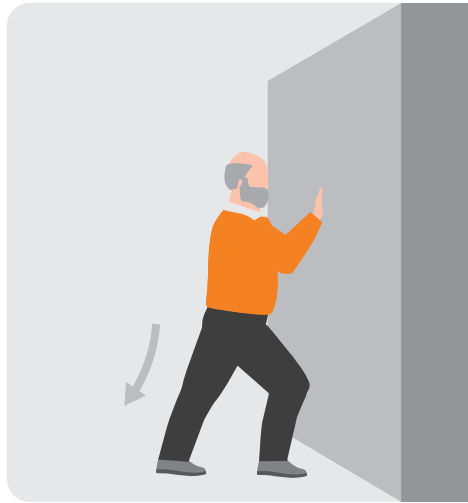
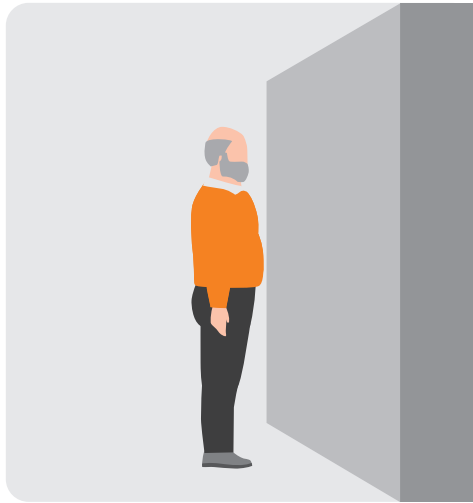


3. Repeat with your right arm.
4. Perform 3 on each side.

Watch the YouTube video of this exercise: <https://youtu.be/xCpOyXPQ19w>

4 CALF STRETCH

Good for loosening tight calf muscles.



1. Place your hands against a wall for stability. Bend the right leg and step the left leg back at least a foot's distance, keeping it straight. Both feet should be flat on the floor.

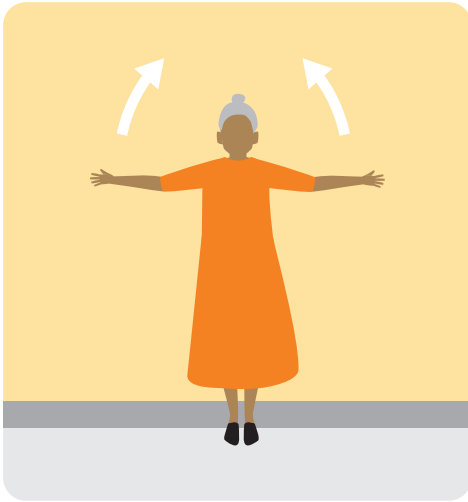
2. The left calf muscle is stretched by keeping the left leg as straight as possible and the left heel on the floor. Hold for 5 seconds.

3. Repeat with the opposite leg.

4. Perform 3 on each side.

5 WALL SNOW ANGELS

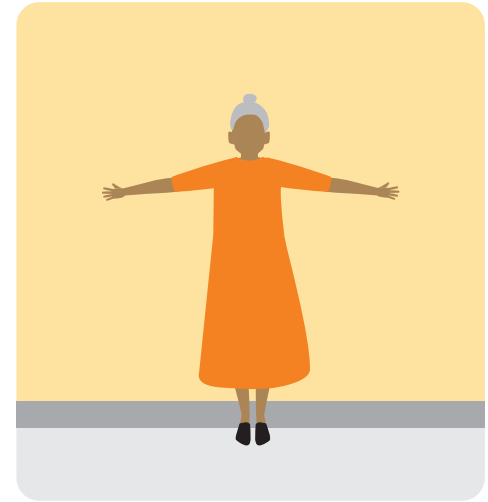
To improve mobility, posture and strength.



1. Stand with your upper back, head, bum and heels against the wall.
2. Start with your hands out to the side with your palms facing outwards.



3. Whilst maintaining contact with the wall, slowly raise your hands above your head, stretching as wide and as high as possible.

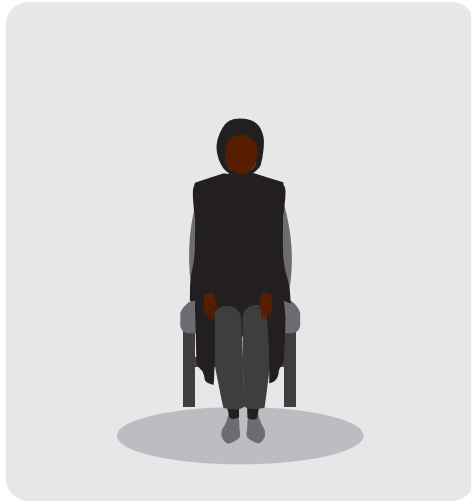


4. Slowly return to your starting position and then repeat – aim to complete 5-10 times.
5. Take a break for 40-60 seconds before repeating again. Aim for 2-3 sets.

Watch the YouTube video of this exercise: <https://youtu.be/LIhNxUFSVM>

6 CHEST STRETCH

This stretch is good for posture.

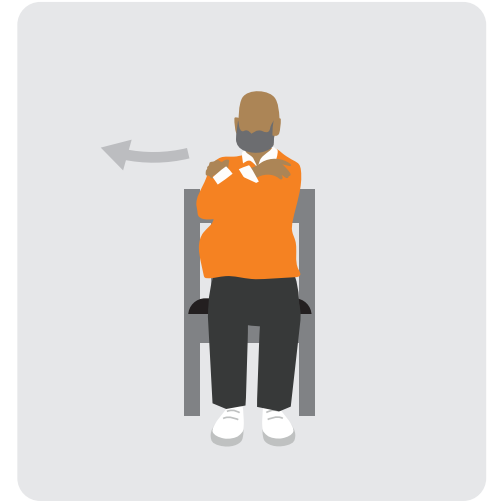
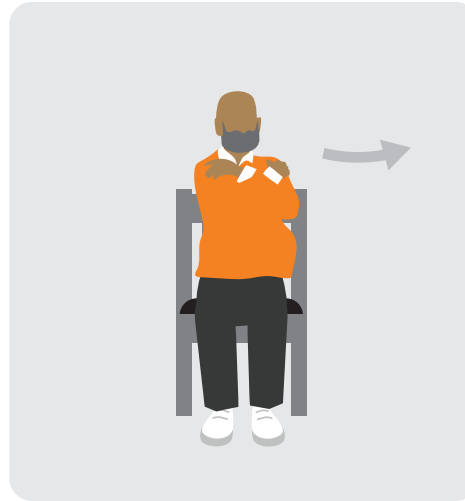
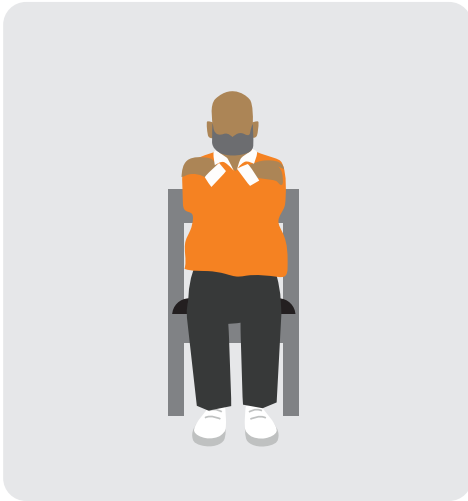


1. Sit upright and away from the back of the chair.
2. Pull your shoulders back and down. Extend your arms out to the side.
3. Gently push your chest forward and up until you feel a stretch across your chest.
4. Hold for 5 to 10 seconds and repeat 5 times.

Watch the YouTube video of this exercise: <https://youtu.be/CLEO-XqrvX0>

7 UPPER-BODY TWIST

This stretch will develop and maintain flexibility in the upper back.

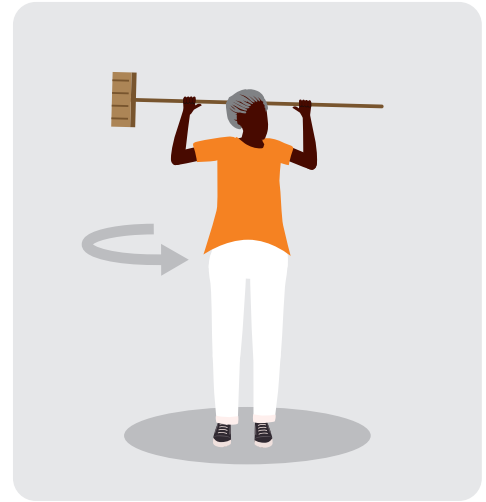
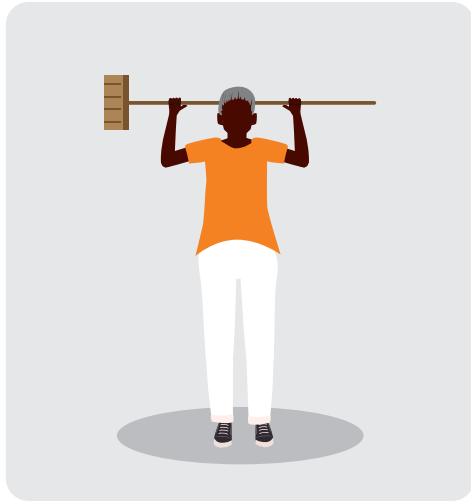


1. Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.
2. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.
3. Repeat on the right side.
4. Do 5 times on each side.

Watch the YouTube video of this exercise: <https://youtu.be/drO66IoSn-I>

8 ROTATIONS

To improve upper body and back mobility.

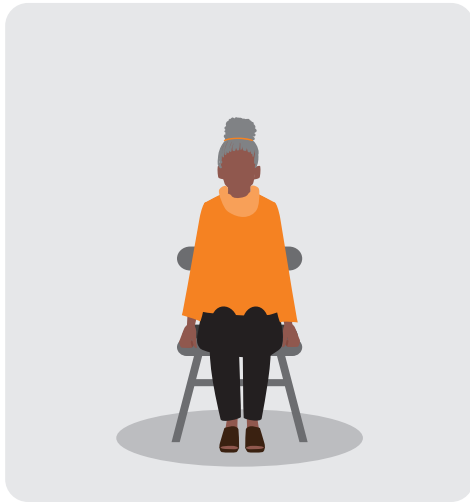


1. Holding a stick or broom horizontally behind your head, stand with your feet hip width apart and your knees slightly bent.
2. If you don't have a broom, put your hands on your shoulders keeping your arms at 90 degrees.
3. Keeping the broom straight, turn to your right as far as comfortable, twisting through your hips.
4. Then slowly turn to the other side, building up your range of movement.
5. Repeat 10-20 times.
6. Take a break for 40-60 seconds before repeating again. Aim for 2-5 sets.

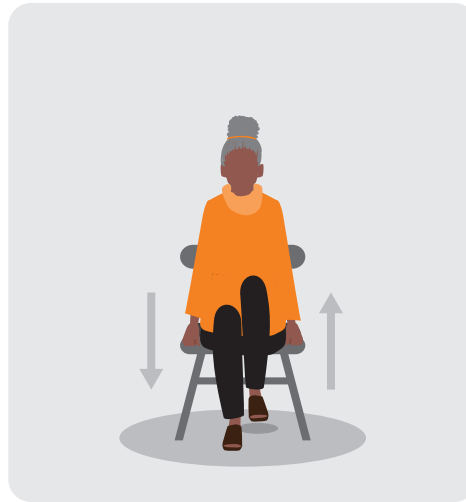
Watch the YouTube video of this exercise: <https://youtu.be/4arLCOLHM1c>

9 CHAIR MARCHING

To strengthen hips and thighs, and improve flexibility.



1. Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.



2. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.



3. Repeat with the opposite leg.
4. Do 5 lifts with each leg.

Watch the YouTube video of this exercise: <https://youtu.be/NnKWZHwDE40>

10 ANKLE STRETCH

This stretch will improve ankle flexibility and lower the risk of developing a blood clot.



1. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.
2. With your leg straight and raised, point your toes away from you.
3. Point your toes back towards you.
4. Try 2 sets of 5 stretches with each foot.

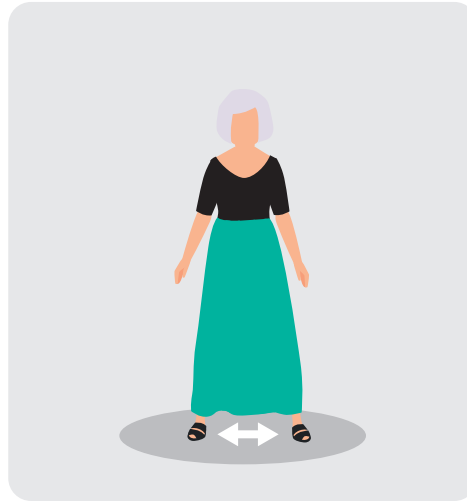
Watch the YouTube video of this exercise: <https://youtu.be/GD0omS0nXKk>

11 SIDEWAYS WALKING

This exercise will improve balance and mobility.

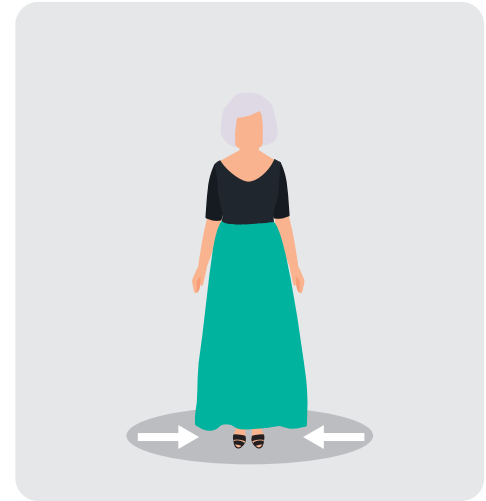


1. Stand with your feet together, knees slightly bent.



2. Step sideways in a slow and controlled manner, moving one foot to the side first.

3. Move the other to join it.



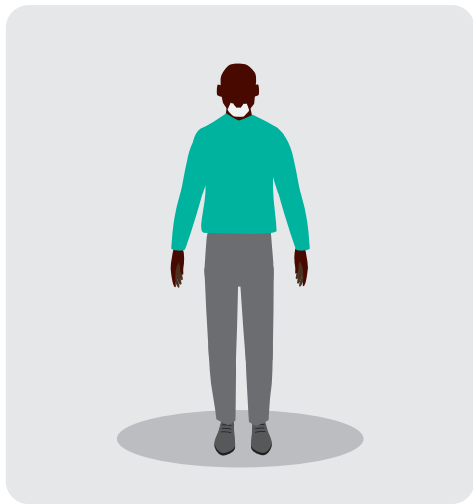
4. Avoid dropping your hips as you step.

5. Perform 10 steps each way or step from one side of the room to the other.

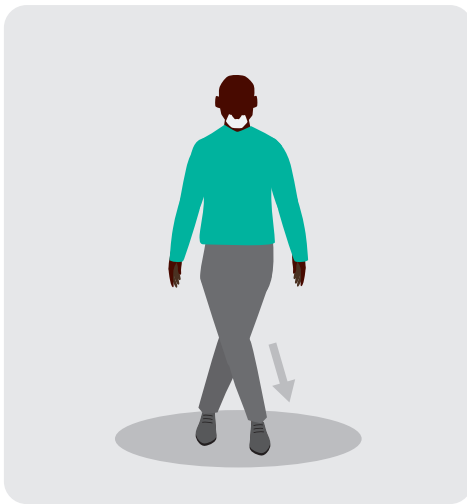
Watch the YouTube video of this exercise: https://youtu.be/_M3zx1TH3e8

12 SIMPLE GRAPEVINE

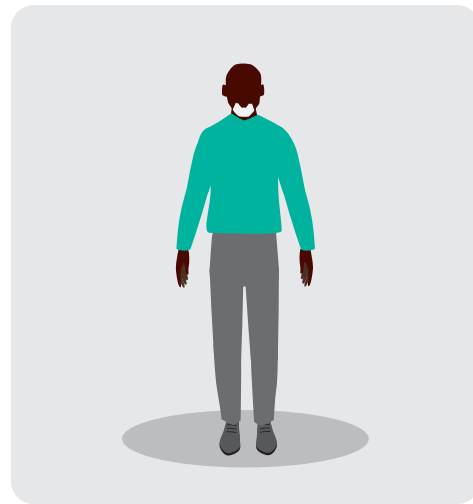
This exercise will improve balance and mobility.



1. This involves walking sideways by crossing one foot over the other.



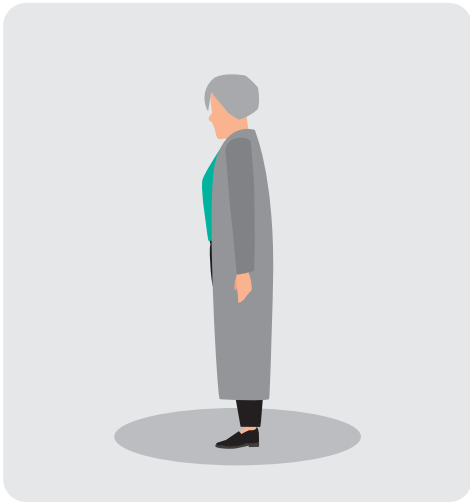
2. Start by crossing your right foot over your left.



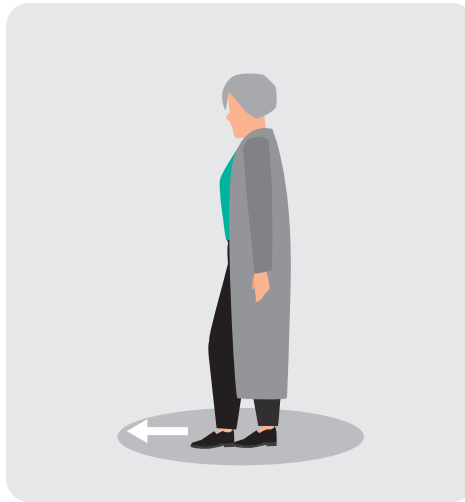
3. Bring your left foot to join it.
4. Attempt 5 cross-steps on each side. If necessary, put your fingers against a wall for stability. The smaller the step, the more you work on your balance.

13 HEEL-TO-TOE WALK

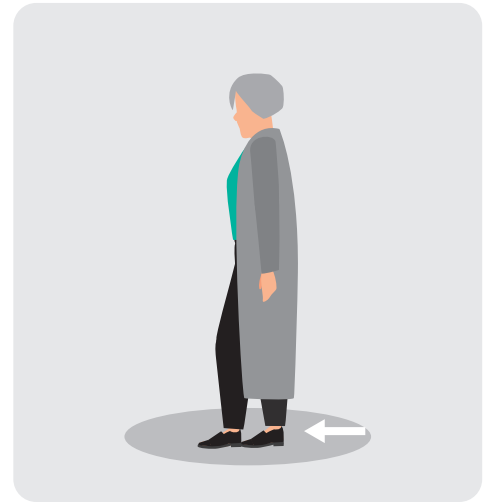
This exercise will improve balance and mobility.



1. Standing upright, place your right heel on the floor directly in front of your left toe.



2. Then do the same with your left heel. Make sure you keep looking forward at all times. If necessary, put your fingers against a wall for stability.

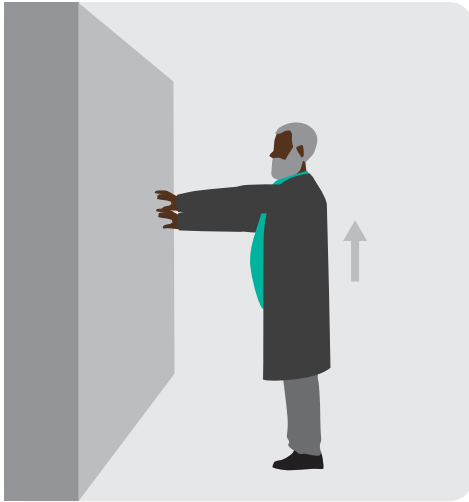


3. Try to perform at least 5 steps. As you progress, move away from the wall.

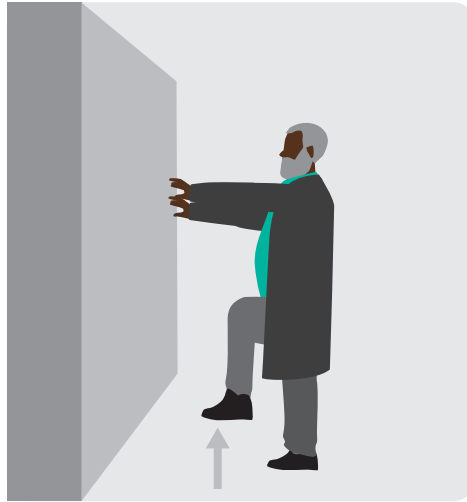
Watch the YouTube video of this exercise: <https://youtu.be/aUPg7Lzkctc>

14 ONE-LEG STAND

To improve balance and bone strength.



1. Start by standing facing the wall, with your arms outstretched and your fingertips touching the wall.



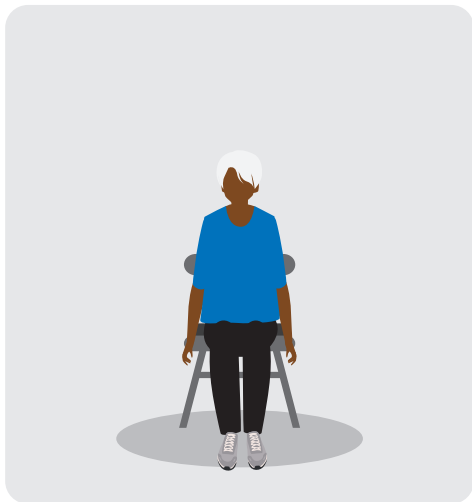
2. Lift your left leg, keep your hips level and keep a slight bend in the opposite leg. Hold the lift for 5 to 10 seconds. Gently place your foot back on the floor.



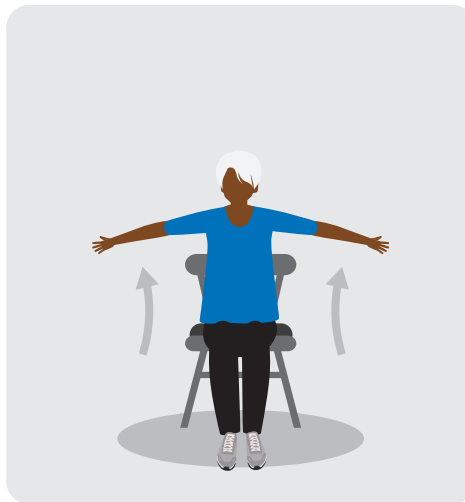
3. Perform 3 on each side.

15 ARM RAISES

This exercise builds shoulder strength.



1. Sit upright with your arms by your sides.



2. With palms forwards, raise both arms out and to the side, and up as far as is comfortable.
3. Return to the starting position.

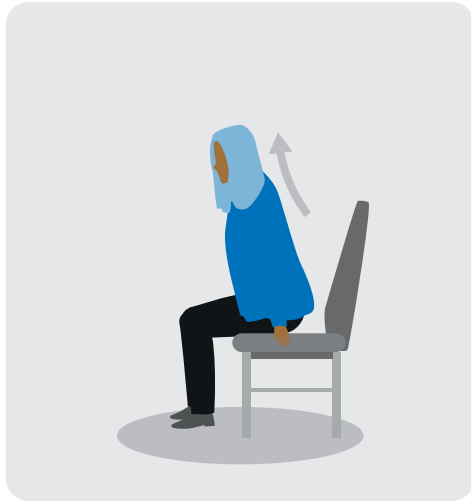


4. Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat 5 times.

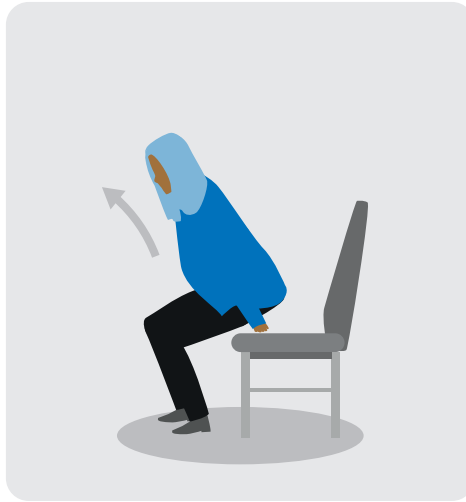
Watch the YouTube video of this exercise: <https://youtu.be/u7es6uyHtZI>

16 SIT-TO-STAND

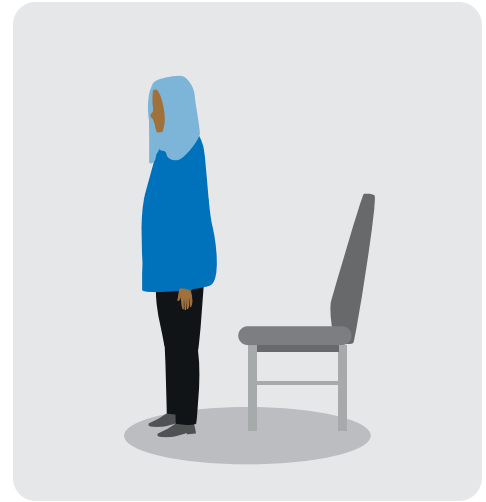
This exercise will build strength and mobility.



1. Sit on the edge of the chair, feet hip-width apart. Lean slightly forwards.



2. Stand up slowly using your legs, not arms. Keep looking forward and do not look down.



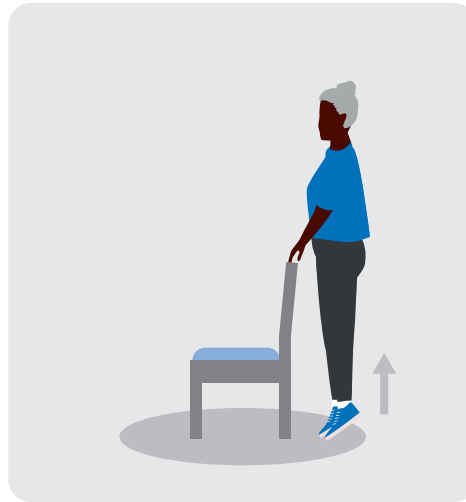
3. Stand upright and then slowly sit down, bottom-first.
4. Aim for 5 repetitions – the slower, the better.

17 HEEL RAISES

This exercise will build strength and mobility.



1. Rest your hands on the back of a chair for stability.



2. Lift both heels off the floor as far as is comfortable. The movement should be slow and controlled.

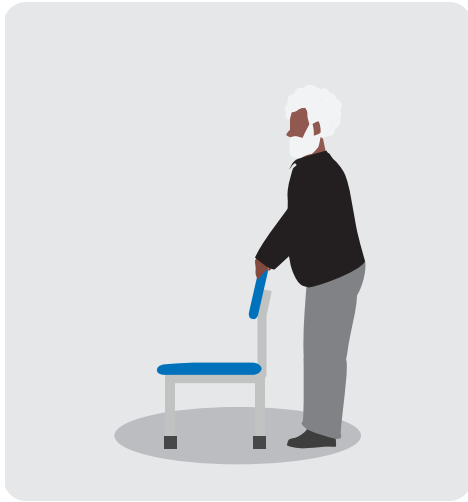


3. Repeat 5 times.
4. To make this more difficult, perform the exercise without support.

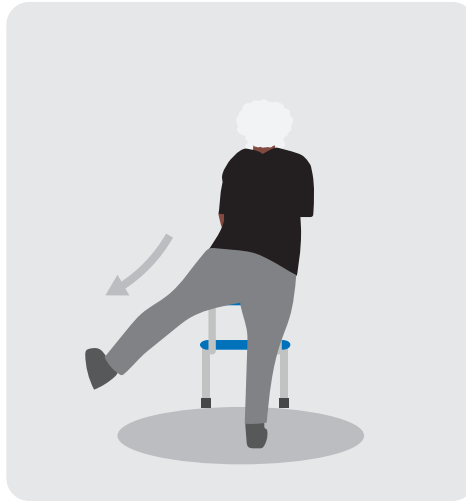
Watch the YouTube video of this exercise: https://youtu.be/uweYb5RC5_s

18 SIDEWAYS LEG LIFT

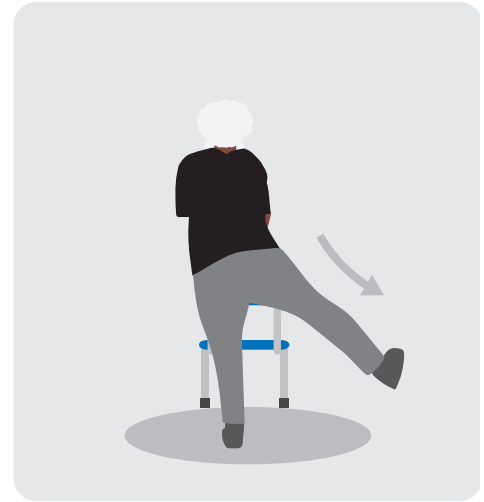
This exercise will build strength and mobility.



1. Rest your hands on the back of a chair for stability.



2. Raise your left leg to the side as far as is comfortable, keeping your back and hips straight. Avoid tilting to the right. Return to the starting position.



3. Now raise your right leg to the side as far as possible.

4. Raise and lower each leg 5 times.

19 LEG EXTENSION

This exercise will build strength and mobility.



1. Rest your hands on the back of a chair for stability.



2. Standing upright, raise your left leg backwards, keeping it straight. Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom. Hold the lift for up to 5 seconds.

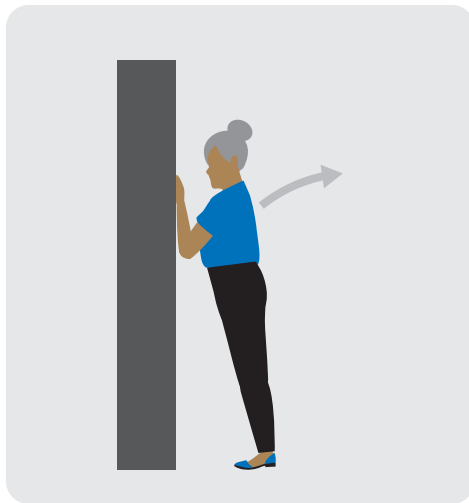


3. Repeat with the right leg.
4. Repeat 5 times with each leg.

Watch the YouTube video of this exercise: <https://youtu.be/iIEYqjVb0HY>

20 WALL PUSH-UPS

To maintain upper body strength and bone mineral density.



1. Stand at arm's length in front of a wall which is safe.
2. Lean forward slightly and put your palms flat on the wall at shoulder height.
3. If you are just starting out have your

feet closer to the wall. If you want more of a challenge have your feet further back from the wall.

4. Keep your feet planted as you slowly bring your body towards the wall, aiming to keep your body straight.

5. Gently push yourself back so that your arms are straight again.
6. Aim for 5-10 slow repetitions.
7. Take a break for 40-60 seconds before repeating again. Aim for 2-5 sets.

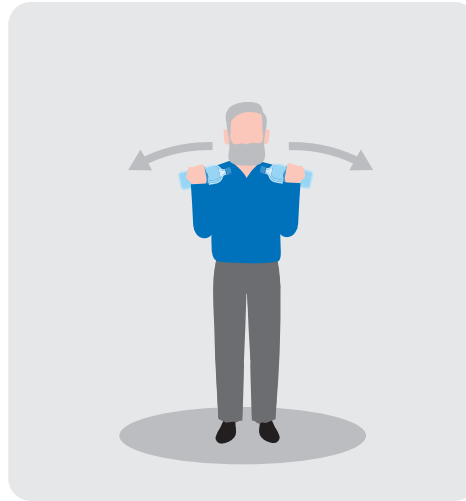
Watch the YouTube video of this exercise: <https://youtu.be/og2ACu3atsk>

21 BICEP CURLS

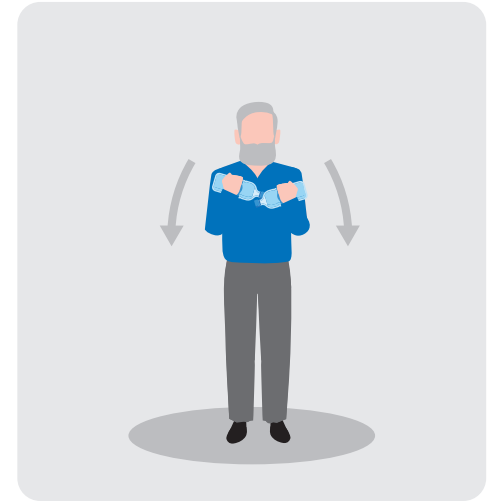
This exercise will build strength and mobility.



1. Hold a pair of light weights (filled water bottles will do) and stand with your feet hip-width apart.



2. Keeping your arms by your side, slowly bend them until the weight in your hand reaches your shoulder.



3. Slowly lower again.

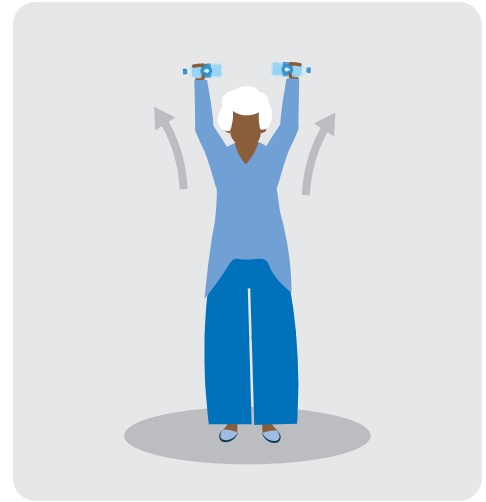
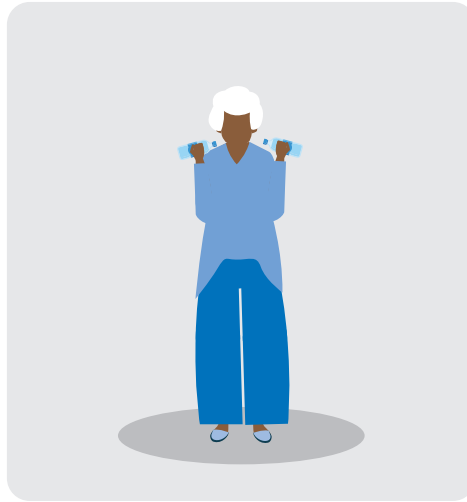
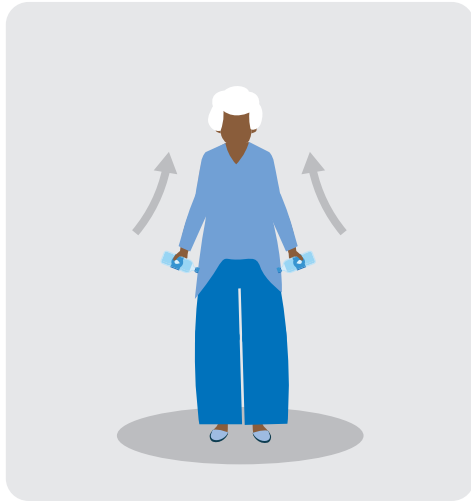
4. This can also be carried out while sitting.

5. Attempt 3 sets of 5 curls with each arm.

Watch the YouTube video of this exercise: https://youtu.be/Ss7_zXU9rvI

22 OVERHEAD LIFTS

To improve upper body strength and daily functional movement.

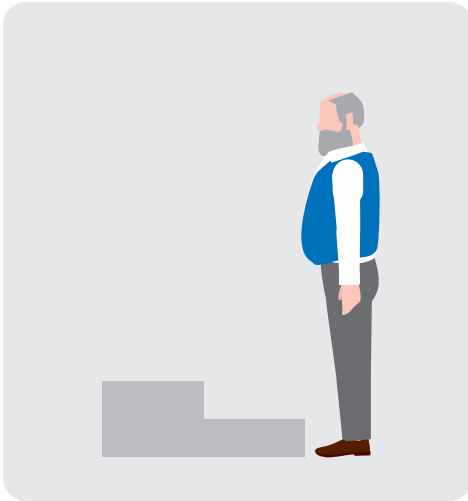


1. In a standing position hold 2 evenly weighted objects like cans of beans or bottles.
2. Start with your hands down by your sides and your palms facing away from you.
3. Keeping your elbows by your side, slowly bring the objects up to your shoulders then slowly extend your arms above your head.
4. Reverse the action until your hands are back by your side.
5. Repeat this movement 5-10 times. Take a break for 40-60 seconds before repeating again. Aim for 2-5 sets.

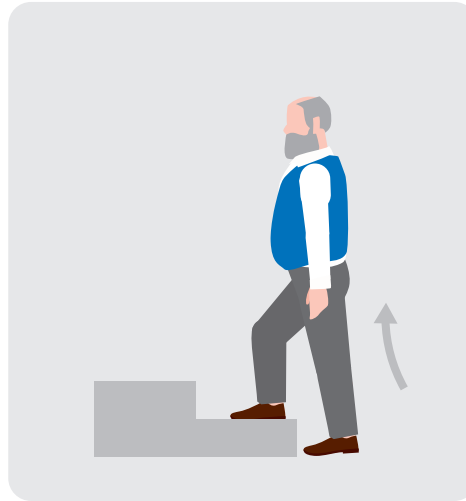
Watch the YouTube video of this exercise: <https://youtu.be/FMfU09Dvfl0>

23 STAIR STEPPING

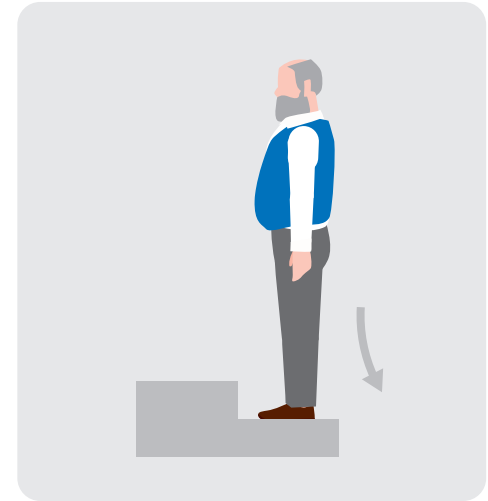
To improve coordination, aerobic fitness for heart health and lower body strength.



1. Stand in front of a staircase or step and step up with your right foot, then up with your left.
2. Then step back down with your right, then back down with your left. Try to repeat 10 times.



3. Take a rest before changing the leading foot.
4. If you need a little support, hold on gently to the railing, or gently touch the wall with your finger tip.



5. If this is comfortable, to increase difficulty, hold some weight in each hand such as a bottle of water.
6. Take a break for 40-60 seconds before repeating again. Aim for 2-5 sets.

Watch the YouTube video of this exercise: <https://youtu.be/Uuw-EVabEIA>

5 WAYS TO WELLBEING

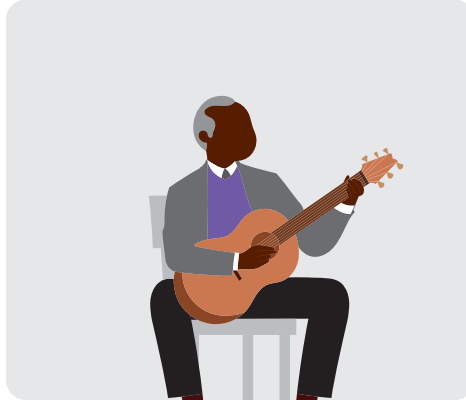
There are five recommended actions that research has shown we can all do to support personal wellbeing, help us feel good and prevent mental health problems during difficult times.



1. CONNECT

There are many ways to stay connected to friends and family even if we can't see them in person.

- Email, call, text or even write a letter.
- Set up a video call.
- Invite your friends and catch up remotely over a cuppa.



2. KEEP LEARNING

Try something new or rediscover an old interest, such as doing a crossword or Sudoku, reading a book, learning about your family history, learning a new language or new skills such as drawing and painting. This can give you a sense of achievement and a new confidence, and will help boost your mental wellbeing.



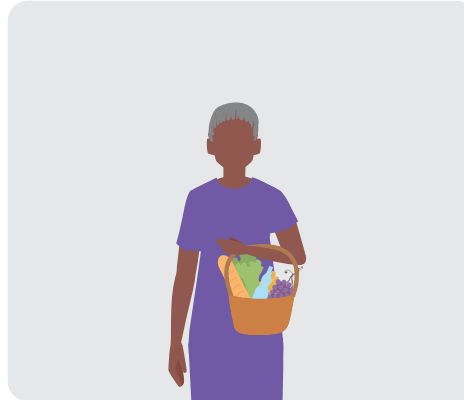
3. BE ACTIVE

Regular physical activity is associated with lower rates of depression and anxiety. Regular exercise doesn't have to be very strenuous to be effective – to start with you could try taking the stairs not the lift, go for a walk at lunchtime or do some gentle indoor exercise like stretching.



4. TAKE NOTICE

Be more aware of the present moment, including your feelings and thoughts, your body and the world around you. Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to the shop, eating lunch or talking to friends.



5. GIVE TO OTHERS

Doing things for other people can be a powerful way to improve our own mental wellbeing. Even the smallest act, whether it's a smile, a thank you, a kind word or committing an act of kindness, like making something for charity, will help boost your mental wellbeing.

CONNECT NEWHAM

Do you miss regular conversation?

Sometimes all it takes is a friendly voice and good chat to lift our spirits. Connect Newham is a weekly or fortnightly chat service for residents in Newham, who are feeling lonely or isolated.

We bring local people together through conversation.

Give us a ring on:

020 3954 3224 to get connected with one of our volunteers or email: **contact@connectnewham.gov.uk** to find out more.



ConnectNewham
It's good to talk

