



Waitematā
District Health Board

Best Care for Everyone

Get up, get dressed get moving

Six exercises for staying strong



What you need to know

6

exercises for strength and balance

Physiotherapists say these simple exercises can help improve co-ordination and balance. Get on your feet and try them daily – or at least **twice a week**.



- Make sure the chair you use is **sturdy**
- Wear **supportive** shoes
- If you experience **chest pain, dizziness** or **severe shortness of breath, STOP** and call your **GP** or call **111**
- A slight soreness the day after is quite normal.

1



2



Heel Raises

Stand tall, holding onto a support like the back of a sturdy kitchen-type chair or kitchen bench, lift your heels off the floor taking your weight onto your big toes. Hold for three seconds, then lower heels slowly. Repeat 10 times.

Toe Raises

Stand tall holding the same support, lift your toes off the floor – taking your weight on your heels. Don't push your bottom out. Hold for three seconds, then lower toes slowly. Repeat 10 times.

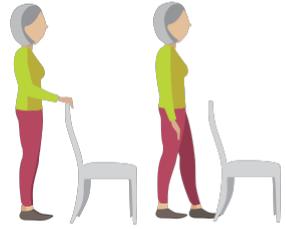
3



Sit-to-Stand-to-sit

Sit tall near the front of a chair with your feet slightly back. Lean forward a little and stand up (use your hands on the chair if needed). To sit back down: Step back until the back of your legs touch the chair seat then slowly lower yourself back onto the chair. Repeat 10 times.

4



Heel-Toe Stand

Stand tall, with one hand on your support. Put one foot directly in front of the other to make a straight line. Look ahead, take your hand off the support and balance for 10 seconds. Take the front foot back to hip width apart. Then repeat with the other foot in front and balance for 10 seconds.

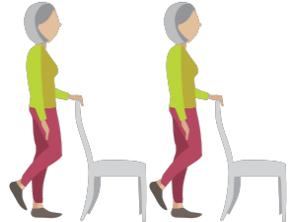
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Heel-Toe Walking

Stand, with one hand on a support like a kitchen bench. Look ahead and walk 10 steps forwards, placing one foot directly in front of the other so that the feet form a straight line. Aim for a steady walking action. Take the feet back to hip width apart, turn around and repeat the steps in the other direction.

6



One-Leg Stand

Stand close to your support and hold it with one hand. Balance on one leg, keeping the knee of the leg you are standing on soft and your posture straight. Hold the position for 10 seconds. Repeat with the other leg.



Keep these exercises somewhere handy like on the front of the fridge

Exercise and staying active improves physical and mental health, reverses dependency and enhances quality of life for older people with a wide range of conditions. Not only does it prevent ill health, it helps people to stay active and recover from falls, illness and injury.

For older people, walking less leads to reduced ability to do day to day tasks. Even a few days bed rest can cause a decline in muscle strength.

In hospital ask your healthcare professional about how you can

get up, get dressed and get moving.

Waitemata DHB welcomes feedback from patients and their families about their

experience in our care and the services they have received. If you would like to tell us about your experience or would like further information, you can contact us by email or phone: Email: feedback@waitematadhb.govt.nz

Patient Enquiries / All Departments:

- Waitakere Hospital: (09) 839 0000
- North Shore Hospital: (09) 486 8900
- Freephone 0800 80 93 42 (Waitemata DHB residential areas only).

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