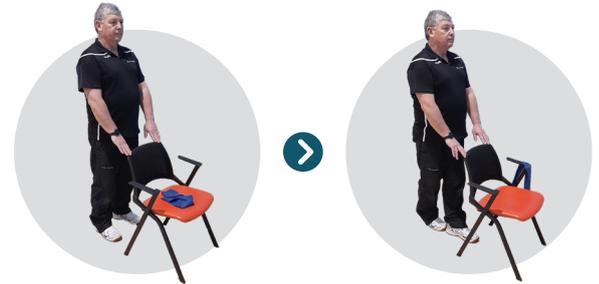




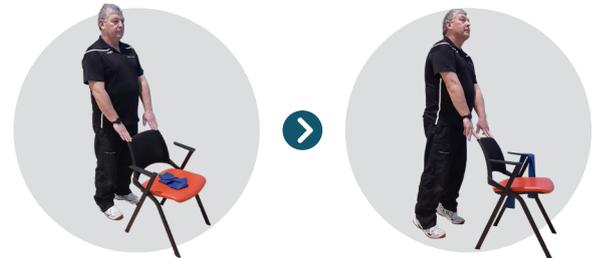
### 1 Standing Tandem Stand Repeat 1 time each way

- Stand up tall behind a chair and hold on with both hands
- Take your left foot back behind you and position both feet flat on the floor, pointing forward, as if you were standing on a tight rope
- Hold for a count of 10 and switch your feet around
- As your balance improves you may be able to hold on with less support



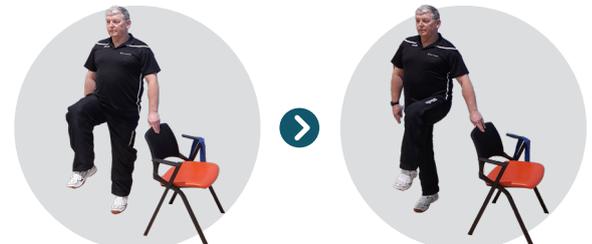
### 2 Standing Toe Stand Repeat 1 time

- Stand up tall behind a chair and hold on with both hands
- Pull your heels up so you are standing on your toes
- Hold for a count of 10 and slowly lower your heels down
- As your balance improves you may be able to hold on with less support



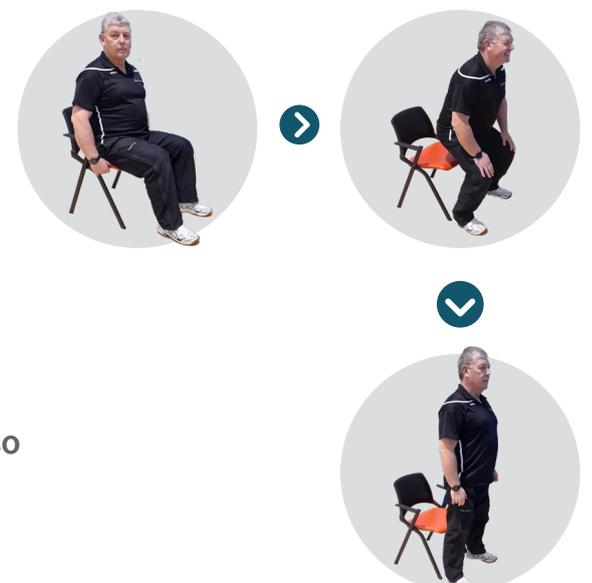
### 3 High Knee Marching Repeat 6 to 10 times on each side

- Stand tall behind a chair and hold on with both hands
- March on the spot lifting your knees up high
- Complete the lifts on each leg



### 4 Sit to Stand Repeat 6 to 10 times

- Sit tall at the front 1/3rd of your chair with your feet flat on the floor
- Slide your feet back slightly but still flat
- Place your hands on your chair to help push or on your lap
- Lean forward over your knees and push yourself up to a stand
- March lightly on the spot for a count of 3 and step back so you can feel the chair touching both your legs
- Extend your arms forward in front of your chest and lower yourself down to the chair



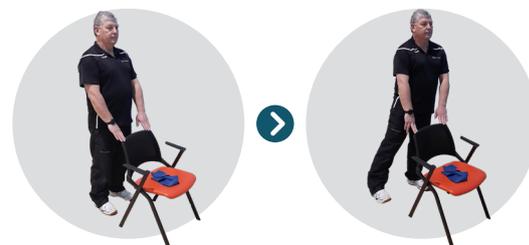
## 5 Standing Banded Row 1 Repeat 6 to 10 times

- Stand tall with your feet shoulder width apart and with a slight bend in your knees
- Scoop the band up around 2 hand width's apart with your palms facing up
- Pull the band apart to the sides and pull towards your stomach
- Pause and control back to the starting position with the band stretched
- Relax and repeat



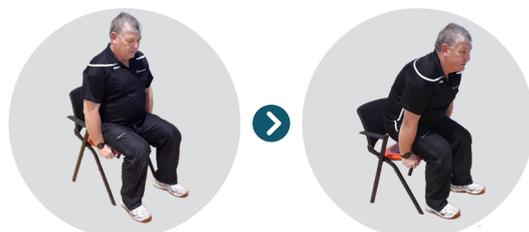
## 6 Standing Hip Abduction Repeat 6 to 10 times on each side

- Stand tall behind a chair and hold on with both hands
- Move your weight to your standing leg and straighten the working leg
- Ensure the foot of the working leg points straight ahead throughout
- Move your working leg out to the side for a count of 3 and control back for 3
- Repeat the reps on 1 leg and then the other



## 7 Seated Push ups Repeat 6 to 10 times

- Sit tall at the front 1/3rd of your chair with your feet flat on the floor
- Place your hands to either side of your hips
- Using your arms, push down on the chair and lift your body, pause and control down
- Focus on your arms pushing rather than your legs



### Setup

A sturdy chair, a theraband and a clear space. Please wear supportive footwear even when doing seated exercise. Before you start, warm up with some seated marching for 1-2 minutes.

### Frequency

Some is good, but more is better, doing these exercises 2-3 times a week will improve your strength and balance and help you live an active lifestyle. Try to rest for a day or two between exercising.

### Rest

Take a rest in between the exercises, as you get fitter you may find you are able to rest less.

### Benefits

These exercises are designed to help improve your balance and to strengthen the key muscles you use when walking, getting up from a chair and in general movement.

### Precautions

Do not exercise if you feel unwell, develop chest pain or dizziness or if a health professional has advised you not to.

If you would like further support to exercise at home or information about classes with our experienced instructors, please contact us on **01224 507701** or **activelifestyles@sportaberdeen.co.uk**