

# EXERCISE GUIDE

# FOR OLDER ADULTS



Staying active as you get older is important for your health and wellbeing. Exercise helps maintain a healthy weight, reduces the risk of many health issues, and improves sleep.

It is important to do some form of physical activity every day. Even if it is whilst you make a cup of tea or watching TV. This information sheet is for people who are not currently including 30 minutes of physical activity into their daily lives. It shows you how easy it can be to stay fit and healthy as you get older.

Exercises may need to be different depending on your individual lifestyle and health status. Please consult with your doctor before starting any new physical activity.

## 1

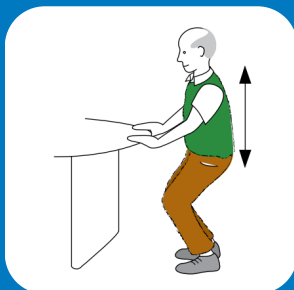
### KETTLE EXERCISES

These exercises can be done while you are waiting for the kettle to boil or even talking on the phone. You will need a stable piece of furniture about the height of a kitchen bench to hold onto.



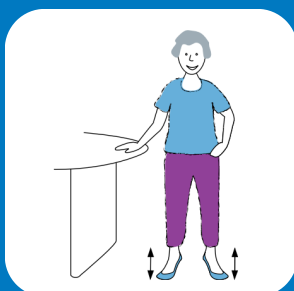
#### **SIDE LEG RAISES** (improves both strength and balance)

Stand sideways to the bench and hold on with your right hand to support yourself. Slowly take your left leg out to your left side. Keep your back and both legs straight. Hold the position for one second then slowly lower. Repeat 8 times at first, increasing to 15. Turn around and hold on with your left hand while you raise your right leg.



#### **HALF SQUATS** (improves leg strength)

Stand facing the bench with your feet shoulder width apart, feet facing forward and holding on with both hands. Leaning very slightly forward, but keeping your back straight, slowly bend both legs, keeping your knees over your feet. Do not go down too far. As you return to the up position, squeeze your buttocks together. Repeat 8 times at first, increasing to 15.



#### **HEEL RAISES** (for strength and balance)

and balance) Stand sideways to the bench, feet apart (shoulder width) holding on with one hand to support yourself. Slowly rise up on to your toes, hold for one second and lower again. Do this 8 times to begin with, increasing to 15. Make sure your movements are not rushed.

# 2

## TV EXERCISES

These exercises can be done when you are watching television.



### **CHAIR RAISE** (for strength and balance)

Sit on a chair with your feet flat on the floor and slightly apart. Keep your back and shoulders straight throughout this exercise. Slowly stand up, trying not to use your hands. Slowly sit back down and pause. Do this 8 - 15 times.

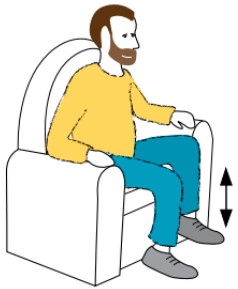
---



### **SHOULDER ROLL** (for flexibility)

Using a gentle circular motion, hunch your shoulders upwards, backwards, downwards and forwards. Do this slowly 5 times, then reverse the direction.

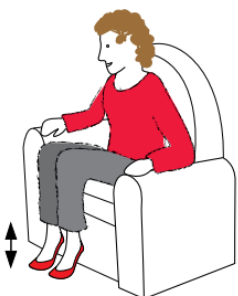
---



### **KNEE LIFTS** (for strength)

Sit back in your chair with your back straight. Bend your knee and lift your left leg towards your chest. Hold for a few seconds then lower slowly. Do this 8-10 times with each leg.

---



### **HEELS UP TOES UP** (for flexibility)

Start with feet flat on the floor and lift heels as high as you can, keeping the balls of your feet on the floor. Slowly lower heels until feet are flat, then lift toes until they point upwards. Repeat these up and down movements for 30 seconds.



### FRONT LEG AND ANKLE STRETCH

Remove shoes and sit on the edge of a chair. Lean back and stretch your legs out in front of you. Keep your heels on the floor and stretch your ankles so that your toes point towards the floor. If you don't feel the stretch in your ankles, lift your heels off the floor. Hold this position for 10-20 seconds. Repeat 3-5 times.

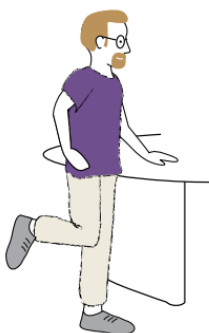
---



### HAMSTRING STRETCH

Sit on the lounge with your right leg up, toes pointing up as shown. Try to keep this leg straight. Keeping your back straight, lean forward until you feel a gentle stretch in the back of your right leg. Hold this position for 10-20 seconds. Repeat 3- 5 times, then turn around and do this stretch with your left leg.

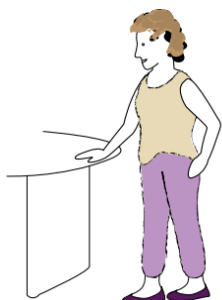
---



### STAND ON ONE FOOT

Stand next to the kitchen bench or the back of a chair – hold on if you need to. Lift your right leg and stand for 10 seconds on your left leg. Repeat 5 times. If you feel steady enough, do it without holding on. If you are very steady on your feet, try this with your eyes shut.

---



### WALK HEEL TO TOE

Stand next to a support (the kitchen bench will do) and step forward by putting the heel of one foot directly in front of the toes of the other foot, so that they touch (or almost touch). If easy without holding on, try it with your eyes shut. Have someone stand next to you to support you if you need help.

This resource has been repurposed from the *Australian Government, Department of Veterans' Affairs, Department of Health and Aging 'Choose Health: Be Active, A physical activity guide for older Australians'*, for the purpose of education to St George Hospital | The Sutherland Hospital Kidney Supportive Care clinic patients.

<https://www.health.gov.au/sites/default/files/documents/2021/03/choose-health-be-active-a-physical-guide-for-older-australians.pdf>



Reviewed By

St George Hospital  
Consumer Advisory Group  
*Working together*



Produced by South Eastern Sydney  
Local Health District