



KEEP **MOVING** SUFFOLK



# Activity Pack

## 01. Introduction

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**You don't need lots of space or equipment.**



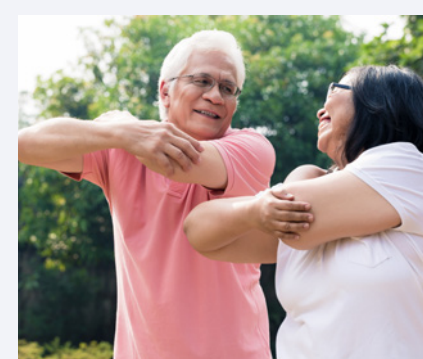
**These exercises have been produced to help you move more.**



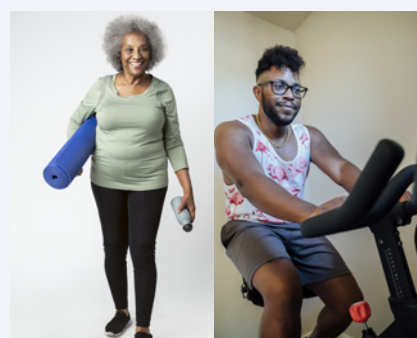
**You just need a little time and some confidence to give it a go.**



**We care about your health and how you're feeling. We hope the exercises will help you to experience the benefits of being more active.**



**You can start small. Even small amounts of activity add up and can have a positive impact on your health.**



**Our message is simple:  
Just move more when you can and however you can.**



**There are lots of different exercises in this leaflet.**



## 01. Introduction



Many of the exercises are recommended by the NHS.



They are designed to give you lots of ideas for moving more in different ways.



A good aim could be to try a different movement every day.



You may then find ones you prefer to do more regularly.

## 01. Introduction



You could also then do some of the exercises for longer to build up your strength and confidence.



For some people, doing a couple of minutes throughout the day can help them get started.



Just listen to your body and do what feels comfortable to you.

## TOP TIP



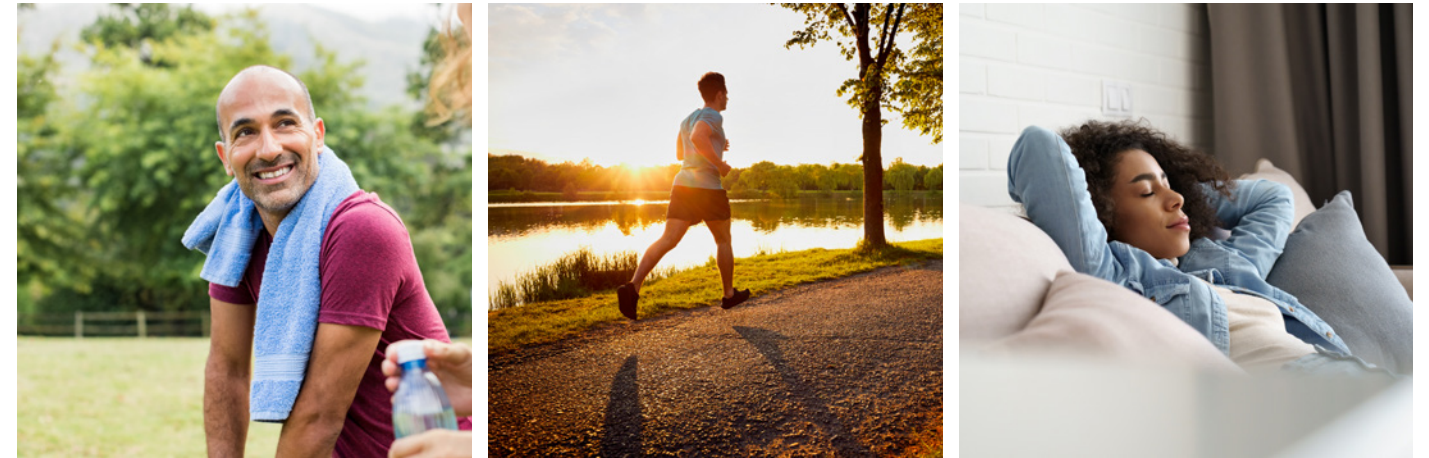
**“Start slowly and build up. When moving more, you may feel warmer or even slightly breathless.**

**You might also find that your muscles and joints get a little sore a day or two afterwards.**

**This is normal, but you can help avoid this by gradually increasing the length and intensity of activity.”**

Dr Zoe Williams

## TOP TIP



**“If you’re starting exercising, start slowly.**

**For example if you’re running, try taking a day off in between runs to help your muscles recover.**

**“This will give you a nice balance between activity and rest.”**




Mark Conquer





## 02. Useful Contacts




Over the next few pages we have written details of some useful organisations that offer support in Suffolk.

Support



Suffolk Advice and Support Service



If you would like free and confidential advice give them a call.

They can help with:



COVID-19 related concerns



Money & debts



Access to food



Rent issues



One-off grants



Other expenses




You can call the service on:

0800 068 3131



You can find out more by visiting the Suffolk County Council website.

Click here: <https://bit.ly/32sbEdH>



Silverline offers a free, confidential helpline for older people.



They can provide support with befriending.



Information


Advice


They can also offer information and advice about local groups and organisations.



You can call the service on:  
  
08004 70 80 90



Keep Moving Suffolk is a local campaign to support and encourage people to get active and stay active during the COVID-19 pandemic.



The Keep Moving Suffolk website has lots of useful information and guidance about keeping active.



You can find out more by visiting the Keep Moving Suffolk Website.  
  
[www.keepmovingsuffolk.com](http://www.keepmovingsuffolk.com)





## The Rural Coffee Caravan



The Rural Coffee Caravan offers friendship and support to people that live in rural areas of Suffolk.



The Rural Coffee Caravan runs the 'More Than A Shop' and 'Meet Up Monday' networks.



You can call the service on:

01379 855338



You can find out more by visiting the Rural Coffee Caravan website:

[www.ruralcoffeecaravan.org.uk](http://www.ruralcoffeecaravan.org.uk)

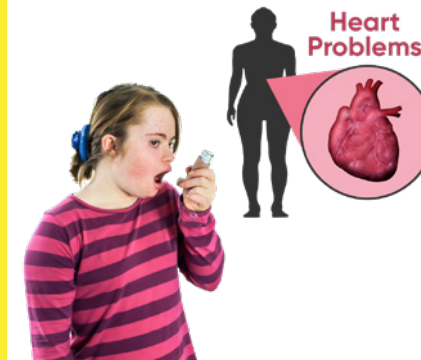
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# IMPORTANT



Most people can get active without medical advice.



3. You have a chronic health condition, such as heart disease or asthma.

**NHS** Doctor



However, we recommend that you check with your doctor before starting if any of the following apply to you.



You should not overdo it with your exercises if you have an infection.



1. You are extremely unsteady on your feet.



If you feel unwell during exercise, stop and get medical advice.



2. You have dizzy spells or take a medicine that makes you feel dizzy or drowsy.



## MINI SQUAT



**STEP 1**

Rest your hands on the back of the chair for stability and stand with your feet hip-width apart.

**STEP 2**

Slowly bend your knees as far as is comfortable, keeping them facing forwards.

## MINI SQUAT

**STEP 3**

Aim to get them over your big toe.

**STEP 4**

Keep your back straight at all times.

**STEP 5**

Gently come up to standing, squeezing (clenching) your buttocks as you do so.

**x5**

**Repeat 5 times**

## SIDEWAYS WALKING



STEP 1

Stand with feet together.

STEP 2

Move your left foot to the side and then move the right foot to join the left.

## SIDEWAYS WALKING

STEP 3

Do 10 steps in each direction.



# NECK ROTATION



STEP 1

Sit upright, with your shoulders down and look straight ahead.

STEP 2

Turn head towards your left shoulder as far as your can and hold for 5 seconds.

## NECK ROTATION

STEP 3

Then return to starting position.

STEP 4

Repeat on the right side.

x3

Repeat 3 times on each side

# STANDING JACKS



STEP 1

Stand with your feet about shoulder width apart and arms by your side.

STEP 2

Raise your arms up at the sides and then above your head.

## STANDING JACKS

STEP 3

Now put them down again by your side.

STEP 3

Repeat this movement for 30 seconds.

STEP 4

Then rest for 30 seconds.

x5

Repeat 5 times



## LATERAL RAISE



STEP 2

Hold a tin can in each hand and hold your arms by your side (like in picture A).

STEP 3

Keeping your wrists straight, bring your arms out to your sides (like in picture B).

STEP 4

Hold for 1 to 2 seconds, then release slowly back to the starting position.

x5

Repeat 5 times



You can do this activity with or without cans.

STEP 1

Stand with your knees slightly bent.

## SIDEWAYS WALKING WITH LEG CROSSOVER



**STEP 1**

**Cross your right foot over the left and bring your left foot to join it.**

**STEP 2**

**If you need to, put your fingers on a nearby wall to help keep you stable.**

## SIDEWAYS WALKING WITH LEG CROSSOVER

**STEP 3**

**Attempt 5 cross steps on each side.**

**x5**

**Repeat 5 times**



## NECK STRETCH



**STEP 1** Sit upright on a chair and look straight ahead.

**STEP 2** Hold your left shoulder down with your right hand.

## NECK STRETCH

**STEP 3**

Tilt head to the right slowly and hold for 5 seconds.

**STEP 4**

Repeat on opposite side.

**x3**

Repeat 3 times on each side



## TAP BACKS



**STEP 1**

Step your left leg back behind you and swing both arms forward.

**STEP 2**

Now repeat with your right leg backwards.

## TAP BACKS

**STEP 3**

Keep switching which leg goes backwards.

**STEP 4**

Try to move as smoothly as you can.

**STEP 5**

Do these movements for 30 seconds.

**STEP 6**

Rest for 30 seconds.

**x5**

**Repeat 5 times**

## WALL PRESS UP



STEP 1

**Stand arm's length from the wall** (as shown in picture A).

STEP 2

**Place your hands flat against the wall, with your fingers pointing upwards.**

STEP 3

**With your back straight, slowly bend your arms, keeping your elbows by your side.**

STEP 4

**Aim to close the gap between you and the wall as much as you can.**

STEP 5

**Slowly return to the starting position.**

**x5**

**Repeat 5 times**



## HEEL-TO-TOE WALKING



**STEP 1** Put your right heel in front of your left toes.

**STEP 2** Then do the same with your left heel (like your walking slowly).

## HEEL-TO-TOE WALKING

**STEP 3** If you need to, put your fingers on the wall to help keep you stable.

**STEP 4** Always look forward.

**STEP 5** Try to do at least 5 steps.

**STEP 6** As you progress, move away from the wall.

**x3** Repeat 3 times

## SIDEWAYS BEND



**STEP 1** Stand with your feet shoulder width apart.

**STEP 2** Stretch your left arm down your left side, as far as you can.

## SIDEWAYS BEND

**STEP 3** Hold for 2 seconds.

**STEP 4** Repeat on your right side.

**x3** Repeat 3 times on each side



## CLIMB THE ROPE



**STEP 1**

Imagine you are pulling a rope above your head whilst walking on the spot.

**STEP 2**

Do this for 30 seconds.

## CLIMB THE ROPE

**STEP 3**

Then rest for 30 seconds.

**x5**

**Repeat 5 times**

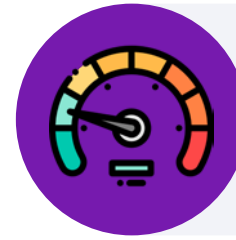
## CALF RAISES



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

**STEP 2** Lift both heels off the floor as far as you can.

## CALF RAISES



The movement should be slow and controlled.

**x5**

**Repeat 5 times**



To make this more difficult, do this exercise without support from the chair.



Only do this if you feel comfortable enough.



## ONE-LEG STAND



**STEP 1**

Face the wall, with your arms in front of you, with your fingers touching the wall.

**STEP 2**

Lift your right leg in the air.

Hold for 5 to 10 seconds.

## ONE-LEG STAND

**STEP 3**

Then set it back down.

**x3**

Repeat 3 times on each leg

## CHEST STRETCH



**STEP 1** Sit upright on a chair.

**STEP 2** Pull your back and shoulders down and lift your arms out to your sides.

## CHEST STRETCH

**STEP 3**

Gently push your chest forward and up until you feel a stretch.

**STEP 4**

Hold for 5 to 10 seconds.

**x5**

Repeat 5 times



## HIGH KNEES



STEP 1

**Stand on the spot lifting 1 knee in the air at a time**  
(as if you were marching).

STEP 2

**Do this for 30 seconds.**

## HIGH KNEES

STEP 3

**Rest for 30 seconds.**

STEP 4

**If you need to, rest your hand on a chair.**

x5

**Repeat 5 times**

## SIDEWAYS LEG LIFT



**STEP 1**

Stand up and rest your hands on the back of a chair.

**STEP 2**

Raise your left leg out to the side.

## SIDEWAYS LEG LIFT

**STEP 3**

You must keep your back and hips straight.

**STEP 4**

Return to the start and do the same with your right leg.

**x5**

Repeat 5 times on each side



## TRICEP PRESS WITH CANS



STEP 1

Whilst standing, hold 2 cans straight above your head.

STEP 2

With 1 can in each hand, bend your elbows and hold your arms close to your ears (like in picture B).

## TRICEP PRESS WITH CANS

STEP 3

Then slowly straighten your arms so they are straight above your head.

x10

Repeat 10 times

## UPPER BODY TWIST



**STEP 1** Sit on a chair and cross your arms in front of you.

**STEP 2** Your right arm should be on your left shoulder and your left on your right shoulder.

## UPPER BODY TWIST

**STEP 3** Without moving your hips, twist your body to the left as far as you can.

**STEP 4** Hold this position for 5 seconds.

**x5** Repeat 5 times on each side



## KICKBACKS



**STEP 1** Stand up and rest your hands on the back of a chair.

**STEP 2** Bring your left heel up behind you.

## KICKBACKS

**STEP 3** Touch your left heel to your left buttock.

**STEP 4** Then return your foot to the floor.

**STEP 5** Repeat with your right heel.

**STEP 6** Do this for 30 seconds.

**STEP 7** Then rest for 30 seconds.

**x5 Repeat 5 times**

## BICEP CURLS



STEP 1

Hold 2 tins with your arms down by your sides and stand with your feet hip-width apart.



You could use any tin cans or could even use filled water bottles.

## BICEP CURLS

STEP 2

Keeping your elbows tucked in to your side, bring the cans up in front of you until they reach your shoulders.

STEP 3

Slowly lower them again.

STEP 4

This activity can also be done while sitting.

STEP 5

Rest for 30 seconds.

STEP 6

Attempt 5 curls with each arm.

x3

Repeat 3 times



## NARROW BALANCE



**STEP 1** Stand up and rest one hand on the back of a chair.

**STEP 2** Your feet should be as close together as possible.

## NARROW BALANCE

**STEP 3** Let go of the chair and try to hold your balance for as long as possible.

**STEP 4** If you feel unsteady hold onto the back of the chair.

**STEP 5** To make this more difficult you can close your eyes but be careful!

**STEP 6** Rest for 30 seconds.

**x5 Repeat 5 times**

## CALF STRETCH



**STEP 1**

Place your hands on the wall.  
This will help you feel stable.

**STEP 2**

Bend your right leg and step back on your left  
leg. Keep your left leg straight.

## CALF STRETCH

**STEP 3**

Keep your feet flat on the floor.

**STEP 4**

You should feel a stretch down the back  
of your left leg.

**STEP 5**

Repeat with the opposite side.

**x3**

**Repeat 3 times on each side**



## STANDING PUNCHES



**STEP 1** Stand with feet shoulder width apart.

**STEP 2** Clench each fist and lift the arms as if you are protecting yourself from an oncoming punch.

## STANDING PUNCHES

**STEP 3** Using each arm punch the fists out straight ahead as if hitting something in front of you.

**STEP 4** Do this for 30 seconds.

**STEP 5** Rest for 30 seconds.

**x5 Repeat 5 times**

## SIT-TO-STAND



**STEP 1**

Sit on the edge of a chair, with your feet hip-width apart.

**STEP 2**

Lean slightly forwards.

## SIT-TO-STAND

**STEP 3**

Stand up slowly using your legs, not arms.

**STEP 4**

Keep looking forward and do not look down.

**STEP 5**

Stand upright and then slowly sit down.

**x5**

**Aim to repeat 5 times**

**TOP  
TIP**

For this exercise: the slower, the better.



## ONE-LEG STAND WITH EYES CLOSED



STEP 1

Face the wall, with your arms out in front of you, with your fingers touching the wall.

STEP 2

With your knee bent, lift your left leg in the air and close your eyes.

## ONE-LEG STAND WITH EYES CLOSED

STEP 3

Hold this position for 5 to 10 seconds.

STEP 4

Put your left leg back down on the floor.

x3

Repeat 3 times on each leg

## ANKLE STRETCH



**x5**

**Repeat 5 times on each leg**

**STEP 1**

Sit upright holding onto the chair with your left leg out straight in front of you and your toes pointing upwards.

**STEP 2**

Point your toes back towards you then towards the floor.



## CLIMB THE LADDER



**STEP 1**

Imagine you are climbing a ladder above your head.

**STEP 2**

Lift one leg off the ground at a time with the knee bent.

**STEP 3**

Do this for 30 seconds then rest for 30 seconds.

**x5**

**Repeat 5 times**

**For more information:**



Contact form: <https://www.KeepMovingSuffolk.com/contact-us/>



Online: <https://www.KeepMovingSuffolk.com/>

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