

KEEPING WELL at home

Chair based exercises

NECK STRETCHES

Helps with turning the head for good vision.

FORWARD BEND:

Bend head forward until you feel a stretch behind your neck. Hold for 5 secs, repeat 5 times.



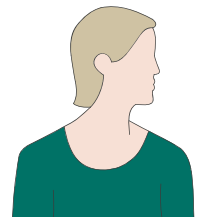
SIDE BEND:

Tilt head toward one shoulder until you feel a stretch on the opposite side. Hold for 5 secs, repeat on other side. Repeat 5 times each side.



SIDE TURN:

Turn head to one side until you feel a stretch. Hold for 5 secs, repeat on other side. Repeat 5 times each side.



SHOULDER CIRCLES AND LIFTS

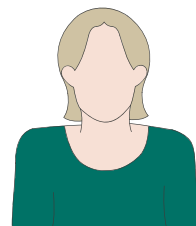
Helps with reaching and getting dressed.

CIRCLES:

Circle shoulders back – bring them forward slightly to instigate the movement, then up and around the back. The finish position draws back the shoulder which helps open the chest. Repeat 5 times.

LIFTS:

Lift both shoulders up towards the ears. Lower shoulders with control as far as is possible. Repeat 5 times.



LEGS

Helps to strengthen muscles in legs to help with walking, getting in/out of a chair and climbing stairs.

KNEE BENDS:

Feet hip width apart on the floor, bend one knee as much as possible. Repeat 5-10 times for each leg.



SEATED MARCHING:

March your legs, lifting your knees, keeping your feet level. Repeat 10 times on each leg.



LEG RAISES:

Pull up your toes, tighten thigh muscle and slide your foot away straightening your knee and leg. Hold for approx 5-10 secs. Repeat 5-10 times each leg.

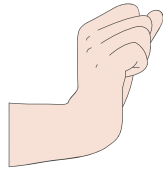


WRISTS AND FINGERS

Helps with flexibility of wrists and hands for doing everyday tasks – doing up buttons, taking off lids, opening packets etc.

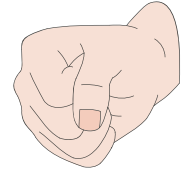
WRIST:

Fully extend your wrist upwards then flex it downwards. Try to extend your wrist a bit more. Hold for 5 secs, repeat 5 times with each hand.



FINGERS:

Hold wrist and fingers straight – make a fist. Repeat 5 times with each hand.



ARMS AND UPPER BODY

Helps with all lifting actions such as carrying bags, picking up heavy items, making the bed as well as helping to maintain good posture and core strength.

ARM STRENGTHENER:

Bend your elbow with palm turned up, keep elbow into waist, bring your palm towards your shoulder in a bicep curl motion. Repeat 10 times with each arm.



TRUNK ROTATION:

Cross arms across your chest, rotate slowly to look to your left then the opposite way to look right – do not over stretch. Repeat 5 times each side.

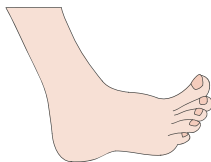


FEET AND ANKLES

Helps with walking and circulation, reduces stiffness in ankles so you can put on your socks, shoes and boots.

TOE RAISES:

Lift your toes off the floor and go up onto your heels. Repeat 10 times.



HEEL RAISES:

Particularly helpful after long periods of sitting still.

Sit with feet apart, lift both heels off the floor and go up onto your tip toes. Repeat 10 times.



FOOT FLEXORS:

Place the heel in line with the toes of the other foot, then lift up the heel and place the toes down on the same spot – pretend you are targeting a coin on the floor, keep alternating heel/toe aiming for the 'hot spot'. Repeat 10 times each foot.

Keeping your mind active at home

Staying mentally active whilst at home is important and has many health benefits. There are plenty of ways to give your mind a daily workout, here are some suggestions.

PLAYING GAMES

There are 100's of brain boosting games that you can play online that help enhance the memory and improve mental health. Online games are easy to find, quick to access and fun to play.

Not all games have to be played online, if you have classic board games at home, such as Chess, Monopoly or Scrabble, these can be a great way to help keep your mind active and keep you entertained.

Quizzes, word searches, puzzles or jigsaws are also a great way to keep you mentally active whilst staying at home.

READING

Reading has many health benefits, it provides mental stimulation, helps reduce stress and can improve your memory. Why not pick up a book you have always wanted to read, or re-read your favourite book.

GET CRAFTY

Re-kindle your love of a craft or try something you've always wanted to try. Pick up knitting, crocheting, photography, or anything else you have around the house.

HOUSEWORK

Housework is a great way of keeping you active, why not try make a list of tasks that need to be done at home such as doing the laundry, having a spring clean and reorganising spaces within your home. These chores will help you get up and moving with an added bonus of a physical workout.

DIY

DIY projects not only make or repair what you need and want, but they also create a healthier mindset and well-being. When you work using both your hands and your mind, it will give positive effects on your mindset. Try to fix broken household items, mend clothing, or make other simple repairs that you've been putting off. If you're not sure how – look up on line!

COOKING

Make a new recipe or come up with your own. Look up a new recipe for a healthy meal or a decadent dessert. Look up recipes that involve that odd ingredient you've been keeping in the back of your cupboard or fridge, or try recipes that need only a few simple ingredients to make.

LEARN SOMETHING NEW

Technology is a great way of staying in-touch with your family and friends, why not Learn how to use Skype or other online forums to help you stay connected.

The internet also has lots of free resources available at your fingertips, it is a great place to learn a new skill or language.

LIFE STORY EXERCISES

A really meaningful activity is to capture your own unique life story, either in written form or by gathering photos and mementos together in a scrapbook. Or, perhaps write a poem, story or diary of your current experience.



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