

# ***MOVE MORE WITH BANDS IN STANDING***

***A PROGRAMME OF STANDING EXERCISES TO  
SUPPORT STRENGTH, BALANCE & WELLBEING***



# **MOVE MORE WITH BANDS IN STANDING**

***Move More with Bands in Standing*** has been designed to support you to exercise with resistance and improve your strength and balance. It is ideal for beginners or those living with health conditions because it is low impact and covers all the major muscles and joints in the body. ***\*All exercises are performed in standing, but a sturdy chair or kitchen worktop can be held for additional support as required.*** Whilst we have only used therabands in this resource, ankle weights are a suitable alternative and may be helpful if you are unsteady on your feet.

## **MOVING WITH RESISTANCE WHILE STANDING IS IMPORTANT BECAUSE IT:**

- ***Maintains muscle mass*** - this naturally reduces from the age of 30
- ***Increases muscle strength*** - keeps us living independently for longer
- ***Improves bone health*** - reduces risk of falls and fractures now and into the future
- ***Supports a healthy weight*** - muscle burns more calories at rest
- ***Decreases risk of injury*** - strong, stable & more able to perform activities of daily living

## **MUSCLE GROUPS**

**ANKLES**

**LEGS, HIPS AND  
BUTTOCKS**

**CHEST  
AND ARMS**

**SHOULDERS  
AND BACK**

**FULL BODY**

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## **LOWER BODY: Ankles, lower and upper legs, hips and buttocks**

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- Good for:**
- Maintaining a strong, stable foundation reducing the risk of falls
  - Joint pain from muscle imbalances
  - Ability to perform activities of daily living

## **UPPER BODY: Chest, arms, shoulders and back**

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- Good for:**
- Pushing, pulling and pressing movements
  - Range of movement
  - Posture
  - Ability to perform activities of daily living

## **FULL BODY: All the benefits above and more!**

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# ***ADVICE & CONSIDERATIONS***

When moving more for the first time, it is advisable to begin easy and build up gradually, allowing the body time to adjust. Some muscle and joint soreness is expected as you begin, but should settle once you establish a regular routine.

## ***SOME OTHER CONSIDERATIONS:***

- ***Identify your fitness goals*** - what do you want to achieve? ***Build activity in to your***
- ***daily routine*** - spread the exercises throughout the day if needed and consider other ways to move at home and outside ***Allow time to recover*** - your body needs a good
- balance of regular movement and rest ***Keep a record*** - tracking what you do, when, for
- how long and what it feels like is great for motivation

# ***MAINTAINING MUSCLE STRENGTH IN YOUR 50 s AND BEYOND HELPS YOU TO:***

- ***Live longer better*** - future proofing your older years
- ***Look more youthful*** - and move with fewer aches and pains
- ***Fight off illnesses*** - with a boosted immune system
- ***Feel better about yourself*** - both physically and mentally

***Posture and stability*** is important with every exercise. Before you begin, remember to stand tall with shoulders back and relaxed. Tuck in your chin, pull in your stomach then squeeze and lift the pelvic floor during the effort stage of each exercise.

Don't forget, some exercises can be done with one or both arms or legs and with smaller or larger ranges of movement. One arm or leg is best for beginners, both is a good progression. Begin with a few repetitions of your chosen exercise and increase the number as you progress, the muscle(s) being worked should feel tired by the last repetition.

## HEEL RAISES: ANKLES AND CALF MUSCLES



**EASIER VERSION**

## **SQUATS: LEGS AND BUTTOCKS**



## **SIDE LEG LIFTS: HIPS AND OUTER THIGHS**



**EASIER VERSION**

## ***CRAB WALK: LEGS, HIPS AND BUTTOCKS***



***This is a continuous movement from one side of the room to the other***

## **MARCHING: ALL LOWER BODY**



**HARDER VERSION**

## **BICEP CURL: FRONT OF UPPER ARMS**



## TRICEP EXTENSION: BACK OF UPPER ARMS



## ARM CIRCLES: CHEST AND ARMS



***This is a continuous circular movement***

## FRONT ARM RAISES: FRONT OF SHOULDERS



## WALL SLIDES: SHOULDERS



***This is a continuous sliding movement, up and down a flat surface. Use a band around both wrists to make this harder.***

## Y-SHAPE RAISE: BACK AND SHOULDERS



## SHOULDER ROTATION: BACK OF SHOULDERS



## DEADLIFT: WHOLE BODY



## TIGHTROPE WALK: WHOLE BODY - BALANCE AND STABILITY



# HOW IS YOUR BALANCE?

Did you know that a simple 10 second balance test can predict your health and longevity? After the age of 50, the ability to balance begins to decline quickly which impacts on the risk of falls. Performing a simple **single leg balance** every day is an effective way of checking and improving your balance. If 10 seconds is too easy, try balancing for longer or with your eyes shut. If 10 seconds is too difficult, begin with 5 seconds or use a sturdy chair or worktop for

support. The longer you balance and stability to begin lifting one then both hands off for 10 seconds and to keep practicing!



## **WE HOPE YOU FIND MANY BENEFITS TO USING THE MOVE MORE WITH BANDS IN STANDING PROGRAMME**

If you are interested in other opportunities to move more at home and outside, please visit: [\*\*www.sasp.co.uk/health\*\*](http://www.sasp.co.uk/health) where you will find lots of 'Things to do' or please visit: [\*\*www.sasp.co.uk/stronger4longer\*\*](http://www.sasp.co.uk/stronger4longer) - Our dedicated Stronger4Longer campaign for 50-65 year olds in Somerset, where you will also find our ***seated version of the Move More with Bands resource.***

You can also call SASP on: **(01823) 653990**  
or Email: [\*\*healthenquiries@sasp.co.uk\*\*](mailto:healthenquiries@sasp.co.uk) for more information and advice.

\*bands can be purchased online and in sports stores



**MOVE MORE WITH BANDS IN STANDING**



**More Information:** [www.sasp.co.uk/health](http://www.sasp.co.uk/health)

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