

MOVE MORE WITH BANDS

A PROGRAMME OF CHAIR EXERCISES TO
SUPPORT STRENGTH AND WELLBEING

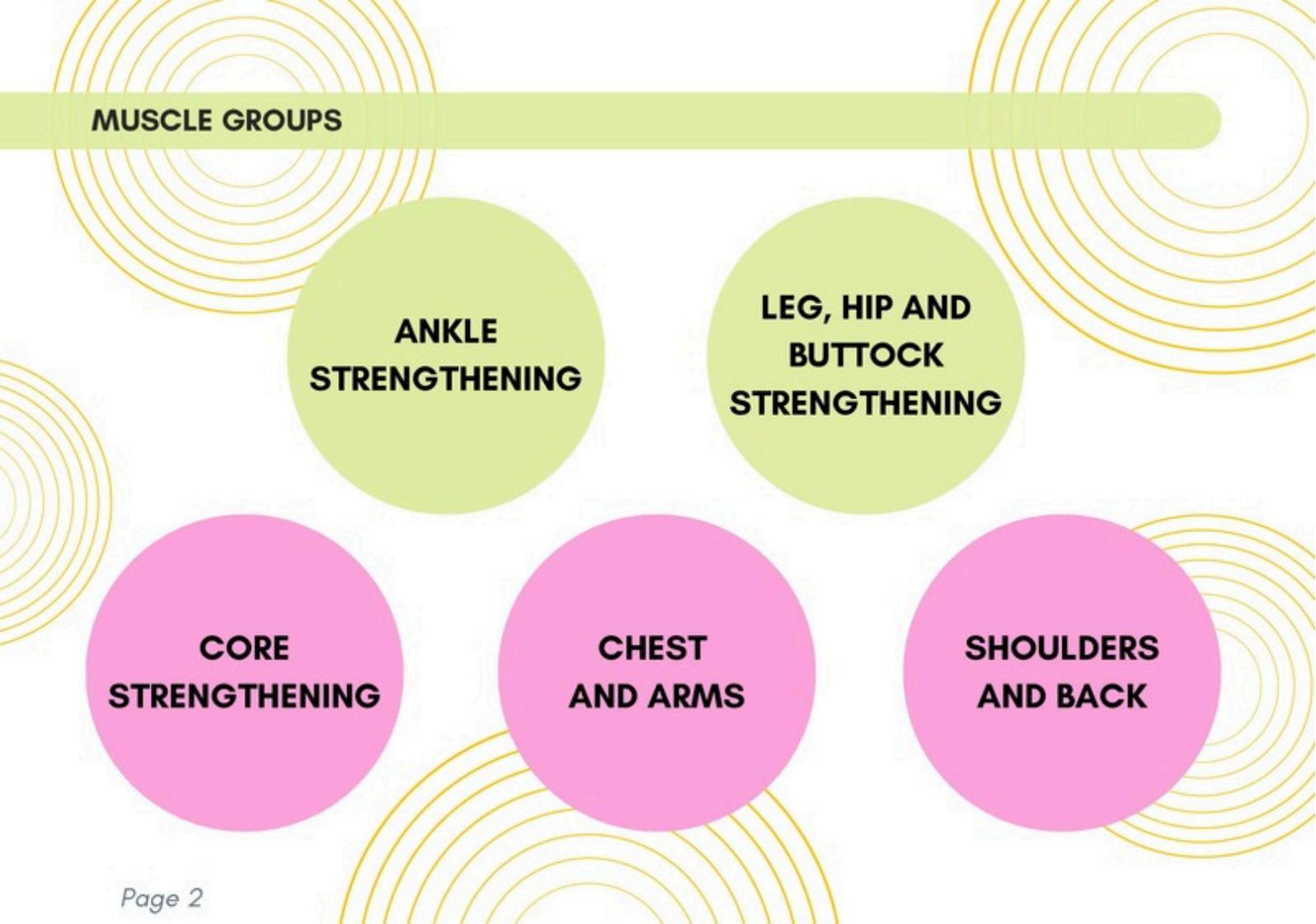


MOVE MORE WITH BANDS

Move More with Bands has been designed to support you to exercise with resistance. 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 sitting, but as ability and confidence grows, you may wish to do these in standing, where appropriate.

MOVING WITH RESISTANCE 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
- **Supports a healthy weight** - muscle burns more calories at rest
- **Decreases the risk of injury** - strong, stable and more able to perform activities of daily living



MUSCLE GROUPS

**ANKLE
STRENGTHENING**

**LEG, HIP AND
BUTTOCK
STRENGTHENING**

**CORE
STRENGTHENING**

**CHEST
AND ARMS**

**SHOULDERS
AND BACK**

CONTENTS

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

Good for:

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

Page 6 - Page 15

UPPER BODY: Core, chest, arms, shoulders and back

Good for:

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

Page 16 - Page 26

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



POSTURE

Your sitting posture is an important part of every exercise.

Before you begin, shuffle forward to the front third of the chair, remembering to sit 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. One arm or leg is best for beginners, both is a good progression. There is a mixture of both options within this programme, clearly highlighted on certain exercises where there is an easier or harder version available.

Begin with a few repetitions and increase the number as you progress, the muscle being worked should feel a little tired by the last repetition.

ANKLE FLEXION: ANKLE AND LOWER LEG MUSCLES



HARDER VERSION = This exercise may be performed with both legs

ANKLE ROTATION OUTWARDS: ANKLE MUSCLES



ANKLE ROTATION INWARDS: ANKLE MUSCLES



HAMSTRING CURL: BACK OF THE THIGH



LEG PRESS: FRONT OF THIGH, BUTTOCK



KNEE EXTENSION: FRONT OF THIGH



SAFETY NOTE - Ensure the band is placed securely over the foot to reduce the chances of it slipping off.

CUSHION SQUEEZE: INNER THIGHS



CLAMS: OUTER THIGHS AND BUTTOCKS



EASIER VERSION = This exercise may be performed with one leg at a time

SIT TO STAND: THIGHS AND BUTTOCKS

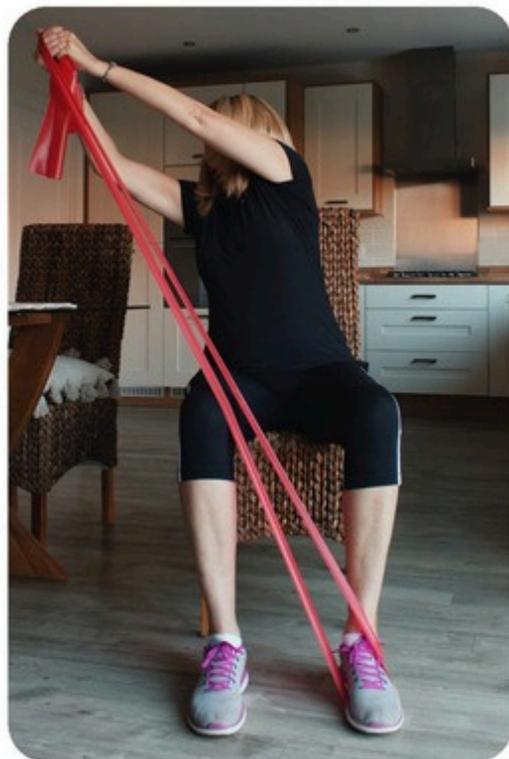


EASIER VERSION = This exercise may be performed without the band

MARCHING: HIPS AND BUTTOCKS



ABDOMINAL ROTATION: WHOLE CORE



CRUNCH: CORE



CHEST PRESS: CHEST



EASIER VERSION = This exercise may be performed with one arm at a time

BICEP CURLS: FRONT OF UPPER ARM



SIDE RAISES: FRONT, MIDDLE AND BACK OF SHOULDER



SHOULDER ROTATION: BACK OF SHOULDER



*You may choose to tie your resistance band to a closed door handle.

PULL DOWNS: BACK MUSCLES



SHOULDER FLEXION: FRONT OF SHOULDER

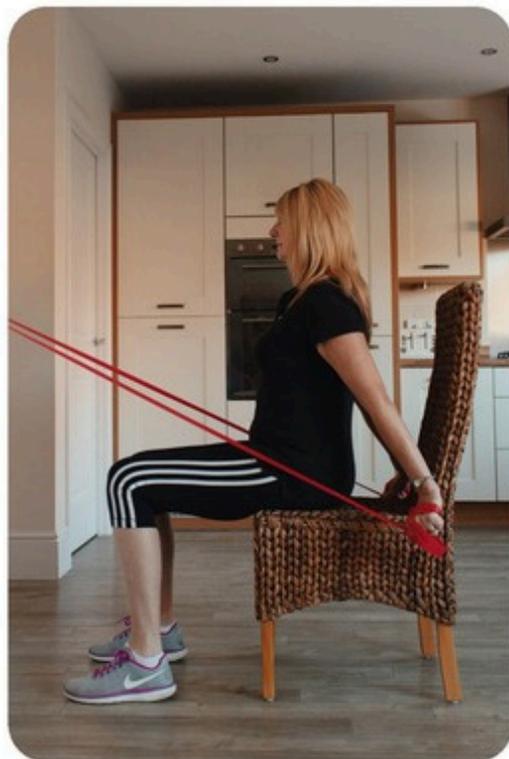


ROW: SHOULDERS, ARMS AND BACK



EASIER VERSION = This exercise may be performed with one arm at a time

SHOULDER EXTENSION: SHOULDERS AND BACK





**WE HOPE YOU ARE FINDING MANY HEALTH BENEFITS
TO THIS 'MOVE MORE WITH BANDS' PROGRAMME.**

If you are interested in other opportunities to move more at home and outside,
please visit:

www.sasp.co.uk/health where you will find lots of 'Things to do'.

You can also call SASP on: **01823 653990**

or Email: **healthenquiries@sasp.co.uk** for more information and advice.

MOVE MORE WITH BANDS



More Information: www.sasp.co.uk/health

Email: healthenquiries@sasp.co.uk

SASP Tel: 01823 653990

Mobile: 07305 049840

