



MANNINGHAM
UNIVERSITY OF THE THIRD AGE

U3AM at Home

Article 2 – 6 April 2020

EXERCISES FOR ALL

Greetings All. This is Sandra, Tutor of Chair Based Exercise, hoping you are all well and keen to keep active, as we are encouraged and permitted to do.

A few pointers

Remember to drink 6 – 8 glasses of water a day whether you feel thirsty or not, plus your other tea, coffee etc. – muscles can only work well with adequate **hydration**.

If you haven't been exercising other than walking, start slowly and gradually increase repetitions.

Listen to your body – if something hurts or you are tired. Stop!!

Find some lively music and start with some simple marching on the spot.

Be aware of, and remember to constantly check your **posture** – stand tall, as though your back is against a wall, tuck your bottom under and tighten your core, chin slightly back, shoulders back, down and relaxed.

When seated, try to self-support and don't slump.

All exercises are important but we will concentrate on strength and balance to prevent falls.

Seated we work from **the feet**, strengthening our stabilisers for balance, working up through the body.

Toe tapping, one foot at a time, alternate feet, both together, etc.

Heel / toe - as above. Anchor heels / toes to left and right

Lift knee out and in, single leg, then both together.

Sit to Stand – use the breath, marching in between.

Behind the chair - Pelvic Floor Exercises; squat keeping knees behind toes, straighten up, squeeze buttocks together, tighten core and pull up pelvic floor.

Walk heel to toe and then backwards for **balance**. Hold onto chair and stand on one leg, hold for several seconds then other leg.

Strength – For people who know the correct technique and are familiar with the exercises.

Use soup or other food cans, bottles of water etc. for weights – SLOWLY.

Biceps curl, upward row, bent forward fly. Open / close at waist level etc. Gentle shoulder rolls and counter stretches in between.

YOUTUBE has many Exercise Videos for further reference, such as HASfit – 20 minute exercises for seniors, elderly or chair based participants.

The above is just a thumbnail reminder of some of our chair based session activities which usually include abdominal work, hand eye co-ordination using tactile dimple balls, neuro plasticity routines, a cool down to gentle music.

REMEMBER – we are Chair Based, not Chair Bound. Don't sit at any activity without getting up, stretching and moving around every 40 or so minutes.

Practise deep breathing. It is vital to keep well oxygenated blood flowing to the brain.

Should anyone have any questions or need further clarifications I can be reached on my email alexamarshall@hotmail.com or my mobile 0412 582 631 – but make sure you identify yourself or leave a detailed message as I don't respond to unknown callers.

Good luck and stay well.

Best wishes

Sandra Marshall – Tutor, Chair Based Exercise.