

# General Exercises

## from MidCentral DHB

### Walking

**Walking is a great way to maintain your general fitness.**

Try going for walks outside around your neighbourhood. Keep safe. If you use a walking frame or stick make sure to take it with you. Take a cell phone or tell someone in your bubble when you are due back. Avoid other people when out walking.

When walking keep your shoulders relaxed and let your arms swing (if you're not using a walking aid), look ahead not down, start with a warm up and warm down of marching on the spot for a few minutes.

There are also simple exercises you can do in your home if you are unable to leave.

When sitting down, you can do the below exercises. Start with 5 of each and build up as you are able. If you get any pain with these exercises stop straight away.

### Seated Leg Exercises



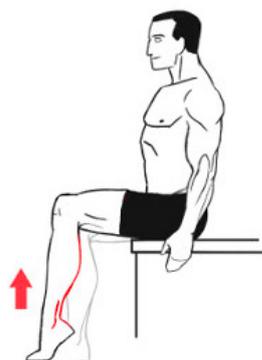
#### Leg Extensions

Straighten leg from the knee  
Alternate left and right legs  
Hold 5 seconds  
Repeat 5 times



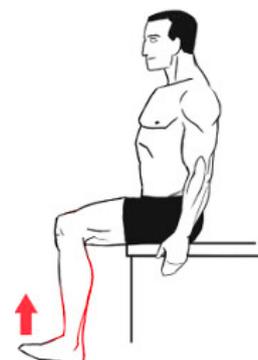
#### Seated Marching

Lift your foot off the ground from your hip  
Alternate left and right legs  
Repeat 10 times



#### Heels raise

Lift your heels off the ground; keep your toes on the ground  
Hold for 5 seconds  
Repeat 5 times



#### Toe Raise

Lift your toes off the ground; keep your heels on the ground  
Hold for 5 seconds  
Repeat 5 times

## Seated Upper Body Exercises

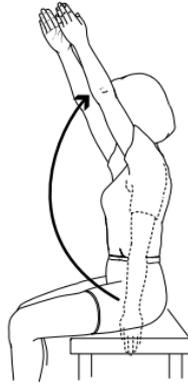
When doing the below exercises, move through the range that is comfortable for you. These shouldn't be painful. If you get any pain, stop immediately.

Start off just doing the movements, if this is too easy grab a tin of something for each hand and try with those for some weight.



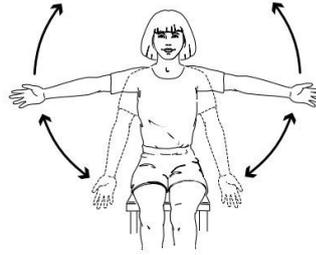
### Bicep curl

Sitting in the chair with your arms at your side  
Bend your elbow to bring your hand towards your shoulder  
Repeat 5 times



### Shoulder flexion

Keep your elbow straight  
Take your arm up and out to the front above your head  
Repeat 5 times



### Shoulder abduction

Keep your elbow straight  
Take your arm up and out to the side above your head  
Repeat 5 times



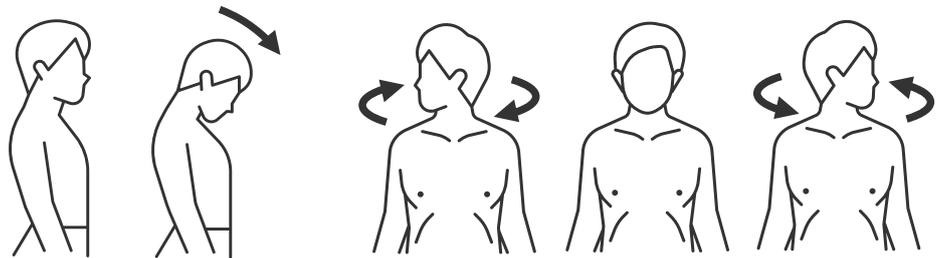
### Shoulder shrugs

Bring your shoulders up towards your ears  
Look in a mirror when doing this to see if doing symmetrically

## Neck Movements

### Keep your neck moving

Look side to side  
Look up and down  
Take your ear towards your shoulder



## Hand Movements

Make a firm fist  
Then stretch out fingers as straight as able

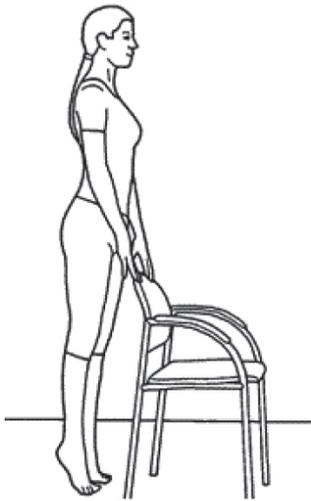


## Standing Exercises

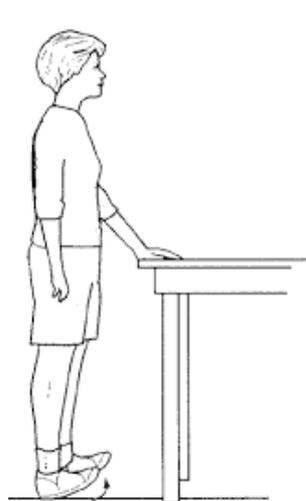
Another great way to get some exercise is doing sit to stands.

When watching TV every ad break try and stand up from your chair and sit back down slowly. Repeat five times. If you are able to, try not to use your hands to push off with.

If you can manage all of these exercises well, you can try some standing exercises. When doing the standing exercises ALWAYS hold onto something stable, the kitchen bench is a great option to hold onto. Aim for 5 to 10 of each exercise.



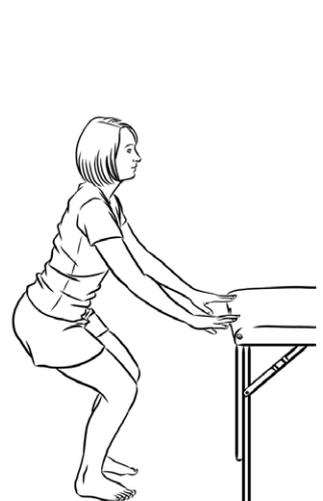
Heel Raises



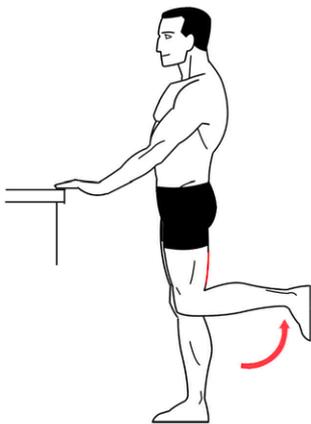
Toe Raises



Knee Lifts



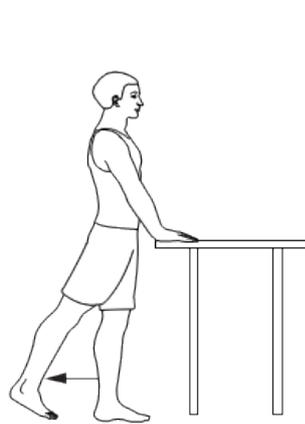
Squat



Kick Backs



Straight Leg  
Out to the Side



Straight Leg  
Out to the Back  
(small movement)

