

EXERCISE CORRIDOR

Welcome to Exercise Corridor

Any amount of physical activity, however small, is good for you. Continuing to enjoy local walks, jogs, cycles or doing a few strength and balance exercises everyday is a great way to clear your head and stay active. It doesn't matter what you do, as long as you do something that you enjoy and keep moving.

Strength and balance are often overlooked aspects of our fitness.

So, whatever your age, here are nine strength and balance exercises that you may like to try during your visit to Exercise Corridor. You could if you choose easily adapt these to do at home as well.

Consider taking five minutes at this bench to do some, or all, of these exercises, which will help with your strength and balance.

A nice goal is to aim for twice a week and gradually increase it to every other day. These exercises will benefit your health and wellbeing for sure!

Aim for ten repetitions of each exercise. If that seems too much, try five and build up.

If you feel that it's too easy, try three sets of ten, and maybe add resistance by using hand held weights or bottles filled with water to some of the exercises.

Doing these strength and balance exercises twice a week or more, will help you be independent and will prevent falls and injury.

Now that you've tried the strength and balance exercises here, next time, why not try them as part of your walk around Larbert Loch, which is behind The Maggie's Centre. As you walk around the loch you will see two LochPower signs to guide you.



SIT TO STAND

1.
This one is easy.
If you have only time for one exercise do this one.
From a sitting position stand up as tall as you can.
Slowly sit down, then repeat.
This is a great way to keep our hips in good working order.



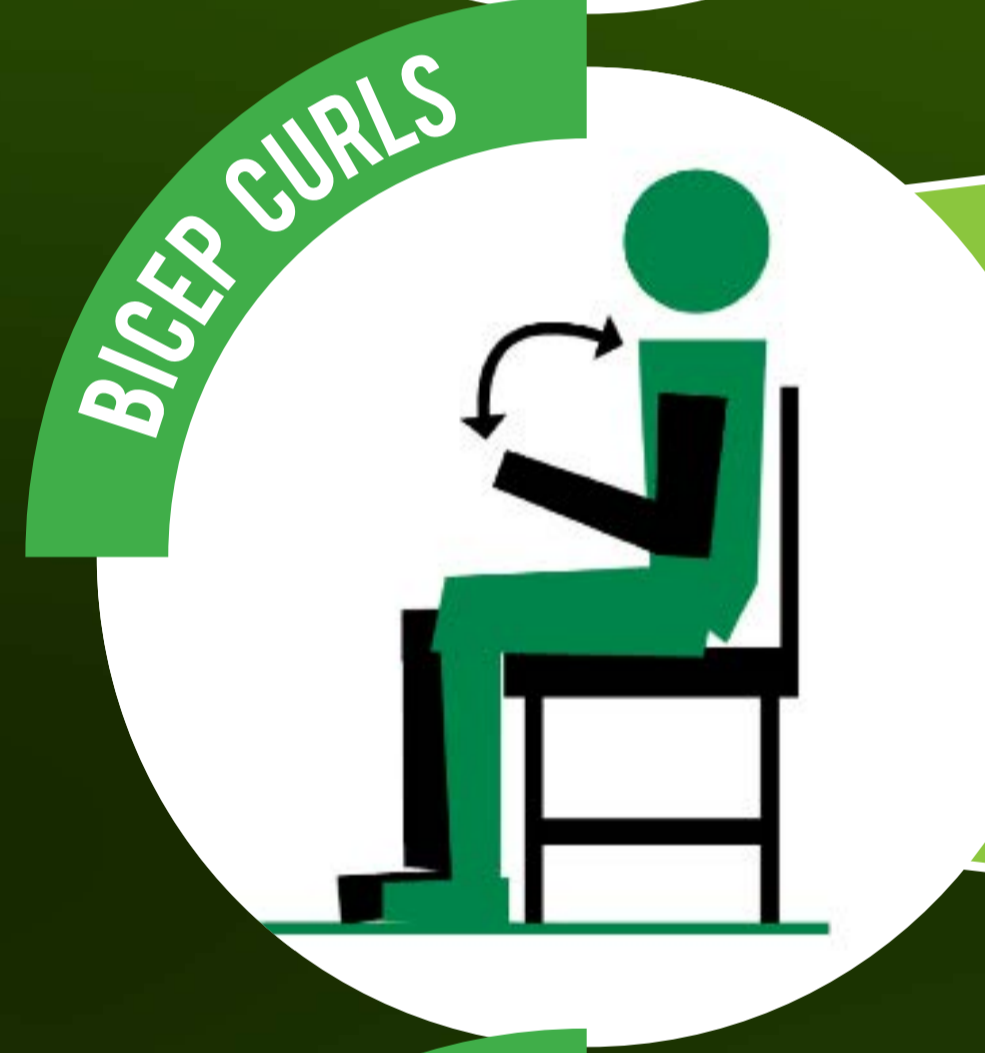
ARM RAISE

2.
Stand tall and raise both arms until they are level with your shoulders, then lower them to your side.
When this feels easy perhaps hold a bottle of water in each hand.
This is a great aid for everyday tasks like picking things up.



BENCH PRESS UP

3.
Lean against the bench or a railing with straight arms.
Allow your arms to bend and let your chin get closer the railing.
Push back to upright position.
This is great for helping our arms stay strong.



BICEP CURLS

4.
Sit comfortably on the bench.
Lift each arm in turn until your fist touches your shoulder.
If you find this too easy then hold a bottle of water while doing it.
Helping us lift everyday items like shopping or suitcases.



CALF RAISE

5.
Use the railing or the back of a bench for balance.
Lift your weight from both feet onto your toes and control the return to solid ground.
This is great for helping our balance.



FRONT KNEE EXTENSION

6.
Sit comfortably on the bench.
Lift one leg until it is horizontal to the ground.
Repeat with the other leg.
This is great for our circulation.



HEEL TO TOE WALK

7.
Stand at the back of the bench side on.
Hold on for balance.
Take small steps walking heel to toe.
If you find this too easy then do this without holding onto the bench.
This is great for helping our balance.



LEG FLEXION

8.
Use the rail for balance.
Bend at the knee and bring your heel towards your bottom.
Repeat with the other leg.
This is a great way to help our legs stay strong.



ONE LEG STAND

9.
Use the rail for balance.
Lift one heel up behind you and try to balance for a count of ten.
If you find that too easy try it without holding onto the rail.
Do with each leg in turn.
Great for helping with our balance.

With thanks to Nanette Mutrie, Professor of Physical Activity for Health, University of Edinburgh.



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