

EASY WAYS TO MOVE MORE

CHALLENGE YOURSELF TO IMPROVE BY FOLLOWING OUR PROGRESSION TIPS

NO EQUIPMENT NEEDED:

TOP TIPS FOR SUCCESS

1 - Aim to complete 150 minutes of moderate exercise each week.

2 - Ideally complete 2 x strength sessions each week that work the major muscle groups. These can be any of the exercises found in the resistance bands exercises.

3 - Move for at least 5 minutes every hour.

4 - Find easy wins to move more. Why not turn meetings into walking meetings?

TOP SAFETY TIP:

PLEASE DO NOT USE A CHAIR WITH WHEELS WHEN COMPLETING ANY SEATED EXERCISES.

HAMSTRING STRETCH AND TOE POINT



SHOULDER ROLLS PROGRESSION - ARMS RAISED LATERALLY ★



KNEE TO ELBOWS PROGRESSION - FEET OFF THE FLOOR ★



SITTING TWISTS PROGRESSION - FEET OFF THE FLOOR ★



LEG RAISES PROGRESSION - MAINTAIN FEET OFF THE FLOOR ★



CHEST SQUEEZES



READY FOR A CHALLENGE? TURN OVER FOR MORE EXERCISES...



SOUTH
KESTEVEN
DISTRICT
COUNCIL

YOU WILL NEED A RESISTANCE BAND FOR THESE EXERCISES:

🕒 TIME: 30 SECONDS

LEG PRESS



SEATED
OR
STANDING

BICEP CURL



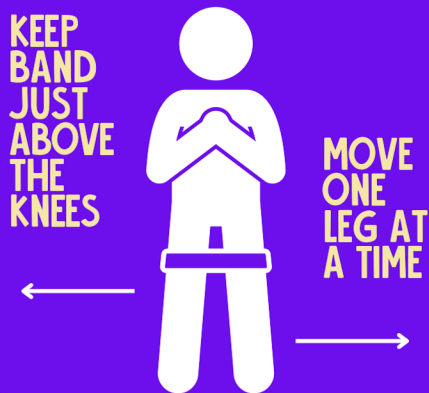
SEATED
OR
STANDING

CHEST PRESS



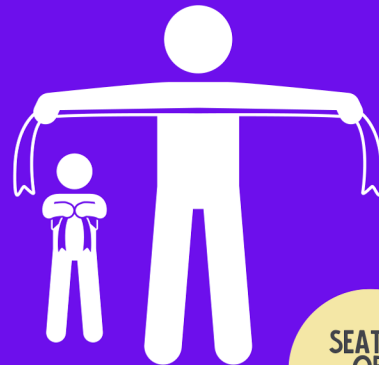
SEATED
OR
STANDING

SIDE STEPS



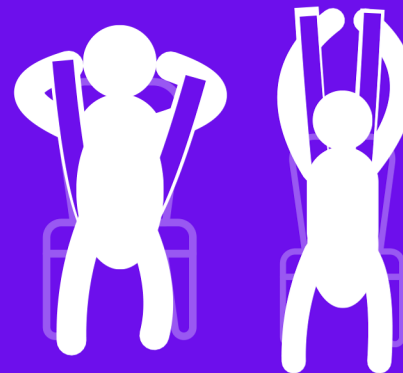
SEATED
OR
STANDING

PULL APARTS



SEATED
OR
STANDING

SHOULDER PRESS



DID YOU KNOW THAT EXERCISE CAN BE MORE EFFECTIVE THAN MEDICINE?

- Decreased Stress
- Improved Mood
- Reduced Anxiety
- Increased Energy
- Increased confidence
- Better sleep
- Weight Reduction
- Improved flexibility
- Heart, muscle and bone health

