

# How to stay active when you have to stay in



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Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

Staying active during this challenging time will help you feel better physically and mentally.

Being as active as you can be is good for your health and wellbeing and will help to reduce your risk of having a fall.

To get going, here are some simple things that you can do at home to get active and help improve your strength and balance.

- Move as often as you can.
- Stand up every hour to stretch your legs.
- If you have difficulty standing try some chair exercises.
- Go out for a walk every day if you are able to.
- Use your garden or outside space to walk or stretch.
- Housework and gardening count as physical activity.

On the following page you'll find six simple standing exercises to improve your strength and balance.

- Work up to doing these at least once a day.
- Repeat exercises 1, 2, 3 and 4 ten times.
- Exercise 5: take ten steps forward then turn around and take 10 steps back.
- Exercise 6: hold the position for 10 seconds on each leg.
- Use a solid surface such as a kitchen worktop when undertaking the standing exercises and hold on to it as much as you need to.
- Use a sturdy chair such as a dining chair when undertaking the sit to stand exercise.
- Please ensure that you are wearing suitable, well-fitted footwear that has good grip on the bottom when carrying out these exercises.

## More information, videos and resources:

For more information on these exercises visit: [www.csp.org.uk](http://www.csp.org.uk)

The 'Move It or Lose It' website has simple exercises including 'The Cuppa Routine': [www.moveitorloseit.co.uk](http://www.moveitorloseit.co.uk)

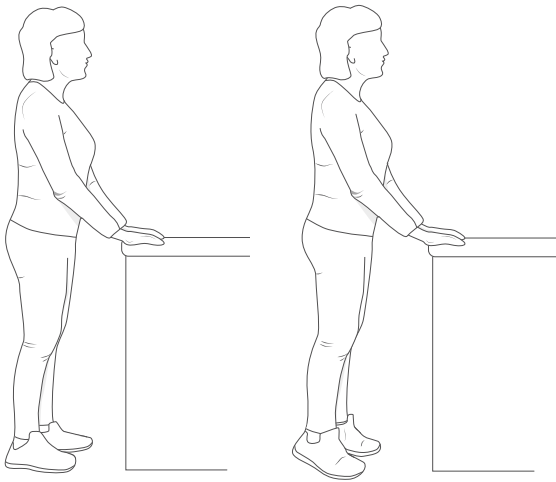
Resources to use at home: [www.cardiffandvaleuhb.wales.nhs.uk/resources-for-use-at-home](http://www.cardiffandvaleuhb.wales.nhs.uk/resources-for-use-at-home)

- **Build movement into your daily activity.**
- **Only do what you feel capable of doing safely.**
- **Obtain advice from a medical professional if you have any concerns about undertaking these exercises.**

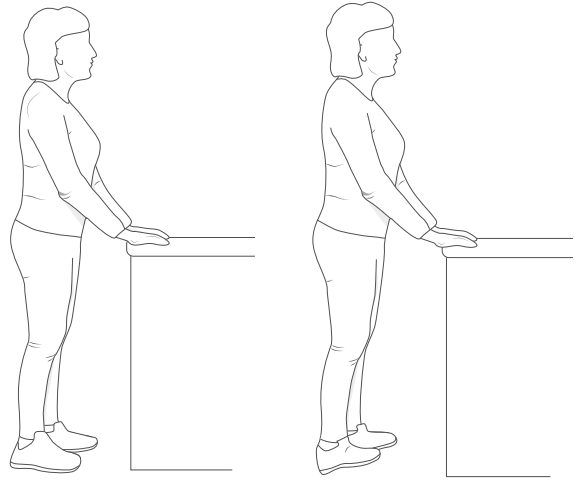
Scan the QR codes to open videos and resources



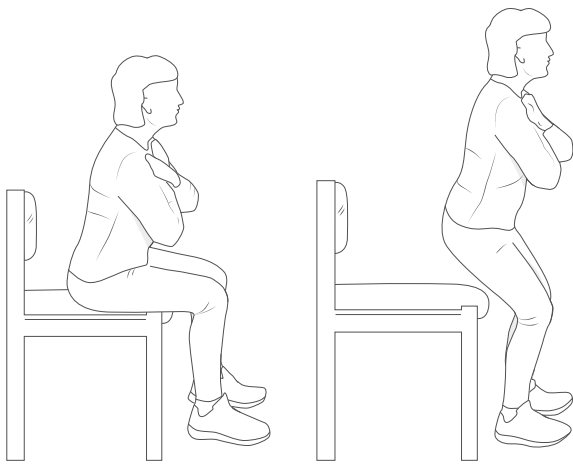
## Standing Exercises



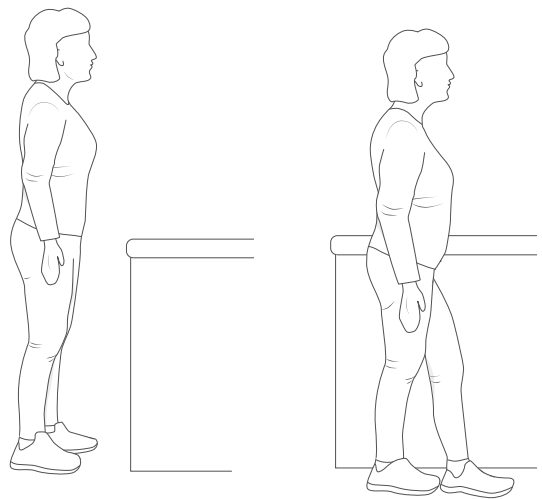
1 Heel Raises



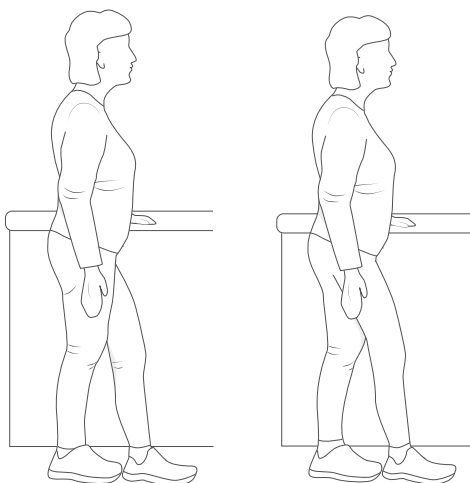
2 Toe Raises



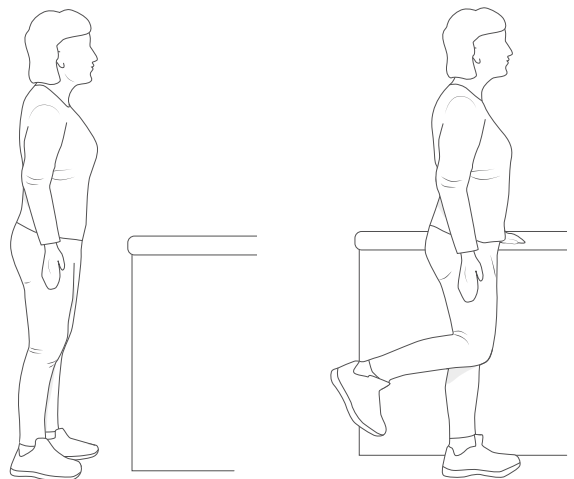
3 Sit to Stand



4 Heel-Toe Stand



5 Heel-Toe Walking



6 One-Leg Stand

Obtain advice from a medical professional if you have any concerns about undertaking these exercises.