

# Be In Motion

## Exercise At Home



Printed March 2021

This booklet was produced by Nillumbik Shire Council in collaboration with Aligned Leisure.

### Disclaimer

Please take care when attempting exercise: When participating in any exercise in any exercise or exercise program, there is the possibility of physical injury. Nillumbik Shire Council and Aligned Leisure accepts no responsibility. If you engage in this exercise, or exercise program, you do so at your own risk.

We recommend that if you have any underlying health issues you seek medical advice before beginning the exercises in this booklet.

## Introduction

This booklet is designed for older adults who are looking to improve their fitness, health and wellbeing from the comfort and convenience of their own home. It is mainly for people who are currently not doing 30 minutes of physical activity each day, and who are looking for ways to do so.

This exercise guide has been developed by qualified exercise instructors from Aligned Leisure to enhance your physical health and wellbeing, so that you can continue to participate in activities that you find meaningful and enjoyable, for longer.

## Why is regular exercise important?

Regular exercise has many physical and mental health benefits. When you introduce your body to consistent and regular exercise routines, your muscles and bones strengthen, providing support for all your movements.

With consistent exercise, you will notice that less exertion is necessary, and that the degree of difficulty in certain tasks and activities has reduced.

When you exercise more often you may notice that getting up and down from a chair becomes less strenuous, or getting in and out of a car becomes more seamless.

Exercise also increases endorphins in your brain, making you feel happier, less stressed and anxious and promotes a better night's sleep.

The main benefits of exercising each day include:

- Reduced risk of many diseases such as cancer, type 2 diabetes, stroke and heart disease
- Increasing bone density
- Assisting in pain management
- Improving the recovery process from an injury causing less harm and stress to your body
- Helping control blood pressure issues
- Increasing confidence and overall self-esteem
- Improving mental health (Department of Health and Ageing, 2005).

The booklet is divided into four sections, covering the four pillars of exercise: aerobic, balance, strength and flexibility. There are plenty of exercises throughout this booklet to cater for all abilities and fitness levels.



## The four pillars of exercise

All four pillars target different elements, and when blended together they will strengthen you physically and mentally to enhance your wellbeing and improve your quality of life.

The table below provides a guideline of how often you should practice exercises from each pillar.

Type of exercise	For adults 65 years and up
 <b>Balance</b>	Perform regularly
 <b>Strength</b>	6 or more exercises, 10-15 repetitions each, 2-3 days per week
 <b>Aerobic</b>	<b>Moderate intensity:</b> 30 minutes/day, 5 days per week <b>Vigorous intensity:</b> 20 minutes/day, 3 days per week
 <b>Flexibility</b>	At least 2 days per week

## How to use this booklet

Each exercise in this book begins with an easy option, Phase 1, and has subsequent phases for increased difficulty, Phase 2 and Phase 3.

1 Beginner	2 Intermediate	3 Advanced
If you are new to any of these exercises, please begin using all Phase 1 options.	Once you have the foundation for an exercise and begin to feel more confident and ready for a challenge, move to Phase 2 activities.	Phase 3 options are the most challenging activities in this booklet. There are some Phase 4 options. Begin these options when you are no longer being challenged in the other Phases.

## Warm up



March on the spot, seated or standing. Lift legs and swing arms. Using a combination of wide legs, narrow legs, on balls of feet and dropping lower with slightly bent knees and flat feet.



Rotate your arms in a circle forwards and backwards.



Bend side to side.



Shrug shoulders (seated or standing).



Roll your shoulders.



Circle hips forwards and backwards whilst standing.

Seated forward pick-ups: In a chair, bend from the hips with a straight back, reach down as far as you can, then lean back up. To challenge yourself, add a weight to pick up.





## Pillar 1 – Balance

### How often: Perform regularly

Practicing balance can increase your confidence to complete everyday activities such as bending over to tie your shoes, kneeling while gardening or walking on uneven surfaces.

### Improving your balance helps:

- ✓ Decrease the likelihood of falls and subsequent injury
- ✓ Improve reflexes and the ability to correct yourself if you're about to fall
- ✓ Strengthen joint stability by holding poses for prescribed time
- ✓ Boost confidence to experience and benefit from other favourable activities, exercise and recreation.

## Heel to toe walking



### Even surface

Walk forwards by placing your heel directly in front of your big toe. Take slow steps, focussing on keeping your balance and your eye gaze forward.



### Uneven surface

Find a slightly uneven surface. Walk forwards, placing your heel directly in front of your big toe. Take slow steps, focussing on keeping your balance and your eye gaze forward.



### Backwards

Find a flat surface. Walk backwards by placing your toes directly behind your heel. Take slow steps, focussing on keeping your balance and your eye gaze forward. Do this next to a support if you need.

**Muscles worked:** Ankle stabiliser muscles

This exercise creates ankle stability and improves your balance on uneven surfaces.

## Single leg balance



### Supported leg balance

Stand with feet hip-width apart. Lift one leg off the ground. Hold for 1 second before stepping back down.



### Support Optional

Holding onto a chair or rail, look forward. Raise one leg up to balance. Let go of the rail for short bursts.



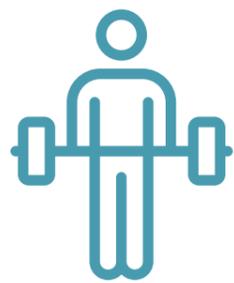
### Unsupported

Stand tall and look forward. Raise one leg up to balance. Use your arms out to help you balance.



**Muscles worked:** Ankle stabiliser muscles

This exercise creates ankle stability and improves your balance on uneven surfaces.



## Pillar 2: Strength

**How often:** 6 or more exercises, 10-15 repetitions each, 2-3 days per week

Strength is classified as one of the most important aspects for maintaining good physical health. As you work on improving your muscle strength, your joints and bones are better supported, resulting in a more resilient body.

Increasing your strength helps to:

- ✓ Create the foundations for all activity
- ✓ Strengthen bones with improved density
- ✓ Reduce body fat by increasing metabolism
- ✓ Stabilise joints by provision of muscle support
- ✓ Increase muscle mass to burn more body fat
- ✓ Strengthen the immune system to ward off sickness and infection.

### Glute bridge



#### Abdominal brace

Lie down on your back on a flat, stable surface. Bend your knees so that your feet are flat on the ground. Breathe into your stomach and brace your abdominal muscles. Simultaneously squeeze your glutes/bottom. Hold for 3-5 seconds before relaxing and repeating.



#### Glute bridge repetitions

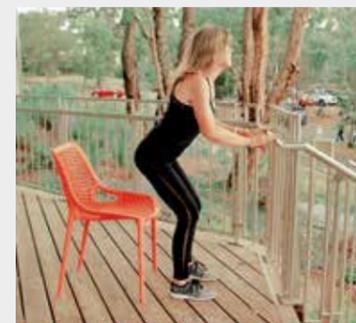
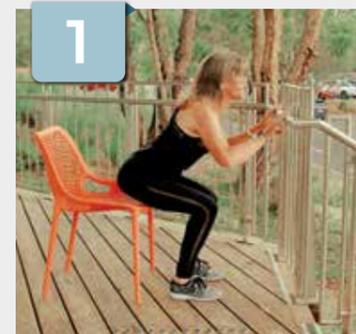
Squeeze your glutes/bottom. Raise your hips up off the ground slowly until your hips are straight. Hold for 3-5 seconds, lower to the ground and repeat.

#### Hold

Raise your hips up off the ground slowly. Hold this position for 10-30 seconds before lowering to the ground.

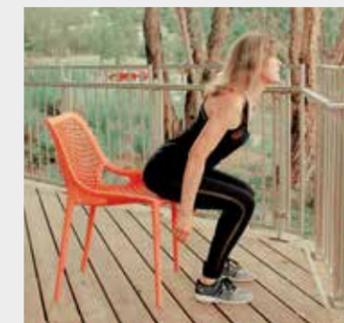
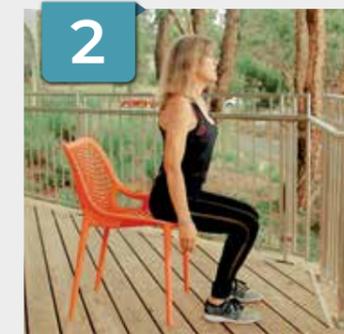
**Muscles worked:** Gluteals (bottom), hamstrings (back of thigh)  
This exercise provides a solid foundation for your core strength and assists you in walking, sitting and standing.

## Squat



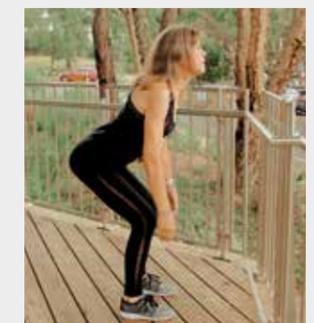
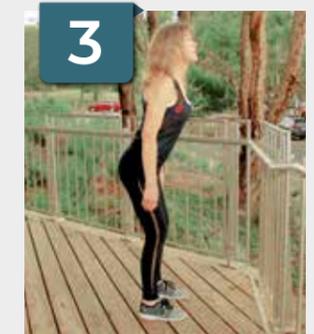
#### Sit to stand supported

Start in a seated position, bottom on the edge of your seat, feet planted firmly on the ground and hip to shoulder-width apart, shoulders back and down. Keep your chest up, back straight and belly in. As you stand, push through your heels then squeeze your bottom. Lower slowly to seated position.



#### No hand support

In the same starting position as Phase 1, without any support, slowly bend knees and sit down on chair. Keep your knees in line with your toes.



#### No support

Try without using any supports. Begin standing, position your feet hip to shoulder width apart with toes slightly turned outwards. Without any hand supports, slowly bend knees and squat down as low as you feel comfortable. Keep your knees in line with your toes.

**Muscles worked:** Gluteals (bottom), hamstrings (back of thigh), quadriceps (front of thigh)

This exercise improves and supports muscles, giving you the ability to sit to stand.

## Push up



### Wall push up

Position hands on wall, slightly outside shoulder width, at shoulder height. Squeeze your abdominal muscles. Bend elbows and move towards wall. Slowly push back up, keeping body straight.



### Table push up

Position hands on table or bench slightly outside shoulder width. Squeeze your abdominal muscles and bend your elbows, move towards table. Slowly push back up, keeping body straight. Try to not let your hips drop.



### Box push up

On the floor or stable surface, position yourself on your hands and knees. Aim for a 90-degree angle

at your hips and armpits (creating a 'box'). Squeeze your abdominal muscles and bend your elbows,

move towards the ground. Slowly push back up, keeping body straight.



**Muscles worked:** Pectoralis (chest), triceps (back of arms), deltoids (shoulders)  
This exercise helps maintain shoulder mobility whilst building chest strength.

## Seated knee raise



### Marching single leg

Start by sitting on a chair with straight posture. Squeeze your abdominal muscles, and slowly bend one leg up and down at a time as if you are marching. Your foot should be 5-10cm off the floor.



### Single straight leg

Start by sitting on a chair with a straight posture. Squeeze your abdominal muscles and hold the sides of your chair. Slowly straighten one leg out, return to ground and repeat on other side.



### Double straight leg

Start by sitting on a chair with straight posture. Squeeze your abdominal muscles and hold the sides of your chair. Straighten one leg out and hold it there while you slowly straighten your second leg. Return each leg to ground, one by one.

**Muscles worked:** Abdominals (stomach), hip flexors (hips), quadriceps (thighs)  
This exercise safely builds abdominal strength.

## Seated side bend



### Bodyweight

Sit on a chair with a straight posture with hands at sides. Squeeze abdominal muscles. Slowly lower one hand down to the side, bending from your torso (make sure you are bending side to side, not bending forward). Only lower down about one hand-length.



### Add weight

Sit on a chair with a straight posture with hands at sides. Hold a light weight in each hand. Squeeze abdominal muscles. Slowly lower one hand down to the side, bending from your torso. Only lower down about one hand length.



**TIP:** Make sure you keep your shoulders back and don't roll them forward. Don't lean too far to the side, as you won't work the correct muscles and can risk losing balance.

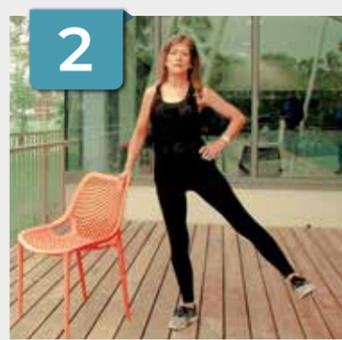
**Muscles worked:** Obliques (side of stomach)  
This exercise builds abdominal strength and stabilisation.

## Standing leg raise



### Front leg raise

Stand tall with feet hip-width apart and squeeze your abdominal muscles. Your supporting leg can be slightly bent at the knee. Raise one leg straight out in front of you as far as you can. Slowly lower leg and repeat on the other side.



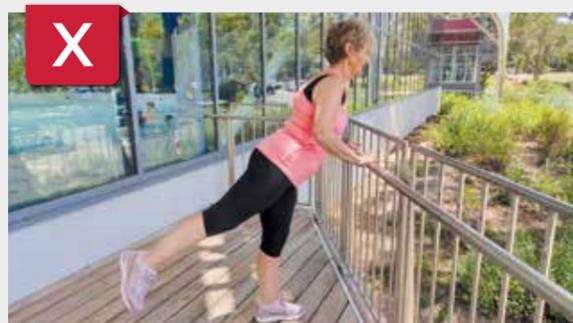
### Side leg raise

Stand tall with feet hip-width apart and squeeze your abdominal muscles. Your supporting leg can be slightly bent at the knee. Raise one leg straight out to the side as far as you can. Slowly lower leg and repeat on the other side.



### Rear leg raise

Stand tall with feet hip-width apart and squeeze your abdominal muscles. Your supporting leg can be slightly bent at the knee. Raise one leg straight behind you as far as you can. If needed, pivot forward from the hips to help leg go a little higher. Slowly lower leg and repeat on the other side.



**Ensure you keep a straight back and avoid curling over.**



**TIP:** Keep a straight back. If you struggle to lift your leg, hinge forward at your hips, keeping your legs upright or at a 90-degree angle to the ground. Leaning your whole body forward works different muscles and increases the risk of losing your balance.

#### Muscles worked:

- Front leg raise: Quadriceps (front of thigh), hip flexor (hip)
- Side leg raise: Gluteals (bottom)
- Rear leg raise: Gluteals (bottom), hamstring (back of thigh)

This exercise helps maintain leg strength and improve your balance.

## Calf raises



### Double leg

Stand with feet flat on the ground, holding a table or chair for support. Rise up onto the balls of your feet. Hold for 1 second before lowering heels back to the ground.



### Add weight

Stand with feet flat on the ground, holding a table or chair for support with one hand, and a light weight in the other. Rise up onto the balls of both feet. Hold for 1 second before lowering heels back to the ground.



### Calf raise on step

Hold onto a rail for support. Stand with front half of feet on step and heels hanging off. Slowly lower heels down until you feel a stretch. Pause for half a second before raising up onto the balls of your feet.



### Single leg

Stand with feet flat on the ground, holding a table or chair for support. Lift one foot off the ground, balancing on the other. Slowly rise up onto the ball of your foot. Hold for 1 second before lowering your heel back to the ground.

**Muscles worked:** Calves (back of lower leg)

This exercise helps you build ankle stability.



## Pillar 3: Aerobic

**How often:** With moderate intensity: 30 minutes/day, 5 days per week OR  
With vigorous intensity: 20 minutes/day, 3 days per week

Walking, running or swimming are simple things you can do to work your body aerobically so you can continue doing the things you love, such as playing with grandchildren or discovering new walking tracks.

### Improving aerobic capacity helps with:

- ✓ reducing the risk of developing diabetes, heart diseases, heart attack and cancers
- ✓ lowering heart rate and improving heart function
- ✓ lowering and controlling blood pressure
- ✓ burning body fat
- ✓ increasing endurance capacity
- ✓ maintaining mobility by strengthening muscles to aid in fall prevention and quality of life
- ✓ keeping the mind sharp with sound cognitive function such as protecting memory, reasoning, judgment and thought processing
- ✓ living a longer quality lifestyle.

### Walking

- |   |                            |
|---|----------------------------|
| 1 | around block once per week |
| 2 | 20 minutes once per week   |
| 3 | 20 minutes twice per week  |

### Water activities

Walking or exercising in a pool – especially a warm water pool – is a low impact activity, meaning any pre-existing injuries or sore joints will not be exacerbated.

Walk the length of a warm water pool or hydro pool and back. Change directions and walk backwards and sideways for 20 minutes.

- |   |                  |
|---|------------------|
| 1 | once per week    |
| 2 | twice per week   |
| 3 | 3 times per week |

**For a challenge, steadily increase the time you spend walking to 30 minutes or more. You can mix up the activities by doing the following:**

- Side step or walk sideways along the pool
- Jogging on the spot, with marching/running arms
- Punching forward – hands in fist positions, arms and hands in water, punch forward and bend elbow as you bring your arms back in line with your body.



## Pillar 4: Flexibility

**How often:** At least 2 days per week

Improving your flexibility is a small but important action you can take so your muscles don't become stiff. It also increases freedom of movement. Simple movements can become easier such as getting in and out of your car or reaching up high.

### Increasing flexibility helps to:

- ✓ Improve posture
- ✓ Lessen joint and muscle pain
- ✓ Decrease likelihood of injury
- ✓ Enhance mobility
- ✓ Improve state of mind and self-esteem.

## Stretches



### Neck stretch

Hold the top of your head with one hand. Gently pull your head to one side so that you feel a slight stretch. Repeat with other side. Hold for 30 seconds per side.



### Seated torso twist

Sit with a straight posture. Turn your body slowly, aiming to rotate through your spine to one side. Repeat with other side. Hold for 30 seconds per side.



### Standing calf stretch

Stand in a split stance with one foot in front of the other, about hip-width apart. Slowly push your back knee forwards, keeping your heel on the ground until you feel a stretch in your calf muscle. Use a wall for support if needed. Hold for 30 seconds per side.



## A message from Aligned Leisure and Nillumbik Shire Council

We hope you enjoy this booklet and find it beneficial in providing you with activities and recreational ideas to improve your health and wellbeing.

As much as information and statistics are helpful, we know this is not always enough. Our recommendation is that you set yourself meaningful goals for motivation.

Here are some examples to consider:

- I am going to walk to my mailbox everyday, even when I don't have mail to collect.
- Over the next year I'm going to increase my flexibility so that I can comfortably put my shoes on and take them off.
- I want to be able to play with my grandchildren.

We believe this training program is a fantastic introduction to exercise! However, it is important to slowly but surely challenge yourself so that you don't plateau or become bored with your routine.

Your exercise regime needs to be adjusted regularly to continually satisfy your goals for strength, aerobic, flexibility, and balance fitness.

We invite you to use the pass available with this book to access and try the Council-owned facilities that are managed by Aligned Leisure:

- Community Bank Stadium
- Diamond Creek Outdoor Pool
- Diamond Creek Community Centre
- Diamond Valley Sports and Fitness Centre
- Eltham Leisure Centre.

Each facility has a range of available activities including warm water pool, spa, steam, sauna, lap pool, extensive group fitness classes specifically for older adults, craft gatherings, and an opportunity to work with gym staff one-on-one for a personally tailored exercise program.



# Stay active in Nillumbik



### 1 Visit Pass

Nillumbik Leisure Facilities

\* terms and conditions apply, strictly one pass per person, not valid with any other offer



- State of the art Health Club facilities
- Access to over 280 Group Fitness Classes a week including Virtual Group Fitness, with specific Active Mover classes across Nillumbik Leisure Facilities
- Member Success Pathway including personalised goal setting and programs
- Aquatic facilities at Eltham Leisure Centre that include 25m Lap Pool, Warm Water Pool, Spa, Sauna & Steam Room

Community Bank Stadium

Diamond Creek Community Centre

Diamond Creek Outdoor Pool

Diamond Valley Sports and Fitness Centre

Eltham Leisure Centre

LEISURE FACILITIES



nillumbikleisure.com.au    



# Feedback and assessment

This booklet aims to help adults become more physically active and stay active as they get older. Your feedback on this booklet would be very helpful. Answer the questions below and return this to reception at any Aligned Leisure facility when you use your visit pass.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

## Self assessment

I feel confident to sit down and stand up from any type of seating:

strongly agree  agree  neutral  
 disagree  strongly disagree

I am worried about walking on uneven surfaces:

strongly agree  agree  neutral  
 disagree  strongly disagree

I feel comfortable walking for approximately 30 minutes a day:

strongly agree  agree  neutral  
 disagree  strongly disagree

I find doing tasks around my house difficult:

strongly agree  agree  neutral  
 disagree  strongly disagree

I can confidently put my shoes on and take them off without support:

strongly agree  agree  neutral  
 disagree  strongly disagree

## Feedback

### Presentation

How easy is it to read the text?

easy  fairly easy  
 difficult  very difficult

What do you think about the layout of the information?

excellent  good  fair  poor

### Exercises

How easy is it to follow the exercises (photographs)?

easy  fairly easy  
 difficult  very difficult

### Impact

Did you learn anything from this booklet?

yes - lots  yes - quite a lot  
 only a little  no - nothing at all

Did you do more exercise as a result of this booklet?

yes - lots  yes - quite a lot  
 only a little  no - nothing at all

If you have any comments or suggestions, please write them below:

# Come and try with us!

We are holding free demonstrations of the exercises in this booklet at the following venues. Come along and bring a friend!

Please note these demonstrations are dependent on COVID-19 restrictions at the time. For more information, please call Community Support Services on 9433 3345.

Date/Time	Venue
Tuesday 20 April 2021 11.20am-12.20pm	Diamond Creek Community Centre
Wednesday 21 April 2021 10.30-11.30am	Community Bank Stadium
Thursday 22 April 2021 1.30-2.30pm	Eltham Leisure Centre
Friday 23 April 2021 11am-12pm	Hurstbridge Community Hub

## Nillumbik Leisure Centres

**Eltham Leisure Centre**  
40 Brougham St, Eltham

**Diamond Creek Community Centre**  
28 Main Hurstbridge Rd, Diamond Creek

**Diamond Creek Outdoor Pool**  
1 Elizabeth St, Diamond Creek

**Diamond Valley Sports and Fitness Centre**  
44 Civic Dr, Greensborough

**Community Bank Stadium**  
129-163 Main Hurstbridge Rd, Diamond Creek

## References

Department of Health and Ageing, 2005, 'Choose Health: Be Active'. Retrieved from ([https://www1.health.gov.au/internet/main/publishing.nsf/content/3244D38BBEBD284CA257BF0001FA1A7/\\$File/choosehealth-brochure.pdf](https://www1.health.gov.au/internet/main/publishing.nsf/content/3244D38BBEBD284CA257BF0001FA1A7/$File/choosehealth-brochure.pdf))

Brought to you by Aligned Leisure and Nillumbik Shire Council.

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