The *cuppa* routine

4 simple exercises in the time it takes to boil the kettle!

1. **10 x heel raises**
   - Feet hip width apart, hold onto the work surface for support
   - Raise your heels then lower back down slowly

2. **10 x arm raises**
   - Start with arms by side
   - Lift up no higher than shoulder height, then lower (use tinned food as weights)

3. **10 x sit to stand**
   - Place chair against wall or cupboards
   - Sit on front third of chair - stand up, then slowly sit back down

4. **10 x leg raises**
   - Hold on to work surface or chair
   - Keep feet facing forwards, lift leg to the side and lower slowly

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Watch the full routine on YouTube: www.youtube.com/moveitorloseituk

For more information on Move it or Lose it go to: www.moveitorloseit.co.uk

or email us at info@moveitorloseit.co.uk