

Strength & Balance for Care Homes

Part 1

A two-part exercise programme to improve the physical wellbeing of care home residents



Combat Signs of Frailty in Older Adults

Regular physical activity has the following benefits for seniors:

- **Helps to reduce symptoms of anxiety and depression** and fosters improvements in mood and feelings of well-being
- **Reduces risk** of developing neurodegenerative diseases, high blood pressure, colon cancer and diabetes
- **Helps maintain the ability to live independently** and reduces the risk of falling and fracturing bones
- **Can help reduce blood pressure** in some people with hypertension
- **Helps people with chronic, disabling conditions**, improving their stamina and muscle strength
- **Helps maintain healthy bones**, muscles and joints
- **Helps control joint swelling** and pain associated with arthritis



Part 1

Select any of the seven following sessions for a simple 10 minute exercise programme.



Seated morning stretch



Seated yoga & breathing



Seated core and upper body



Seated lower body



Standing



Games



Lying down

Strength & Balance

SESSION

1

Seated morning stretch

- Shoulder shrugs/shoulder rolls, progress to windmill arms.
- Neck rotation/neck stretches.
- Wrist circles and forearm stretch.
- Alternately hug the arms across the body.
- Tricep stretch (support upper arm, elbow points up, hand rests on back).
- Upper back stretch (chin to chest, reach arms forward).
- Chest stretch (arms behind back, press chest forward and look up).
- Waist stretch (one arm over head and lean to side, repeat other side).
- Hip flexors, hug knee into chest.
- Foot point and flex.
- Ankle circles.



Strength & Balance

SESSION

2

Seated yoga and breathing

- Close the eyes and practice deep breathing in and out through the nose.
- Deep breath in, raise the arms over the head, breathe out and lower arms.
- Cat/cow stretches, arch the back one way then the other.
- Arms out to side deep breath in, tip one way then the other.
- Lean forward in chair but look straight ahead, arms raised.
- Sit to the front of the chair, deep breath in then breath out with gentle backbend.
- Arms raised to side turn head one way and lean upper body in that direction.
- Wrap the arms around each other, then the opposite way.
- Bring feet together and gently press knees out to the side.
- Breathe in and reach arms up, breathe out and gently roll the body forward, fingers towards the floor. Curl up slowly.



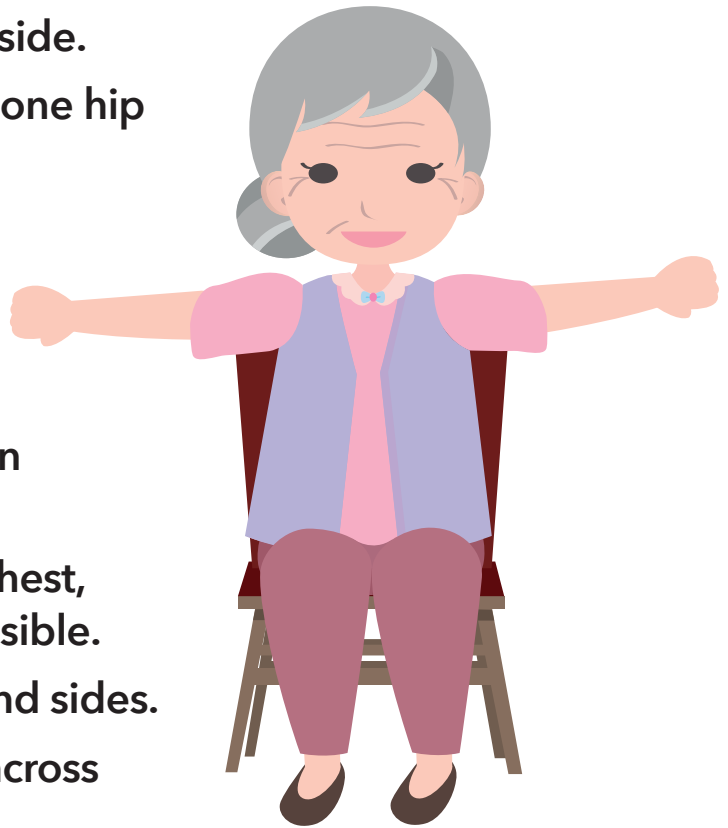
Strength & Balance

SESSION

3

Seated core and upper body

- Arms to side, lift and clap hands together.
- Upright row, hands together and lift them to under the chin, elbows out to side.
- Fingertips to shoulders, press arms up, and hands back to shoulders.
- Fingertips to shoulders, arms extend out to side and back to shoulders.
- Bicep curls, elbows into waist and lift hands to shoulders then lower to thighs.
- Take hand across to opposite arm of chair and twist, then to other side.
- Hands onto sides of chair, lift one hip then the other.
- Lift one knee and bring opposite elbow towards it with a twist at the waist. Alternate sides.
- Hands under chair, slowly lean forward and straighten up.
- Palms of hands together by chest, press together as hard as possible.
- Lift and lower arms to front and sides.
- Hands in fists, little punches across the body.



Strength & Balance

SESSION

4

Seated lower body

- Seated marching.
- Heel/toe taps.
- Lift alternate legs and lower (knee stays bent).
- Lift knee, take knee to the side, back to centre and lower. Change sides.
- Lift leg, extend, bend knee and lower. Change sides.
- Small repeat knee lifts, 10 each side and change legs.
- Both feet to one side, lift and change to other side.
- Hands to the outside of thighs, press the legs outwards into the hands as hard as possible.



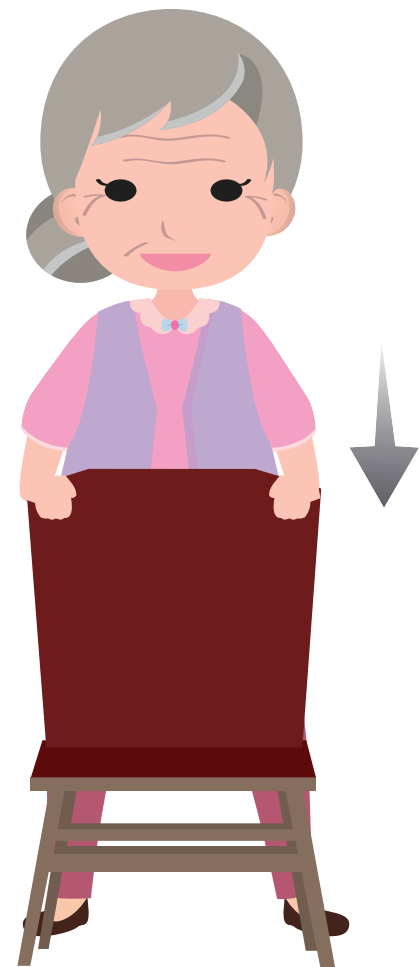
Strength & Balance

SESSION

5

Standing

- Marching.
- Hands rest on back of chair, lift and lower leg to the side. 10 each side.
- Feet as wide as chair and toes out, bend knees then straighten up.
- Stand to side of chair and rest one hand on. Hip circles outside leg. Repeat other side.
- Stand to side of chair and rest one hand on. Lift knee to the front and hold balance. Repeat other side.
- Hands rest on back of chair. Come onto balls of feet, then lower the heels and repeat.
- Come from sitting in chair to standing. Sit back down and repeat.
- Press ups against the wall.



Strength & Balance

SESSION

6

Games

- Sitting in a circle and passing the ball person to person clockwise, saying the name of the person. Change direction.
- When receiving the ball throw it up and catch before passing it on.
- Lean forward and roll the ball along the floor to another person. Say their name.
- Pass the ball under each leg before passing onto next person.



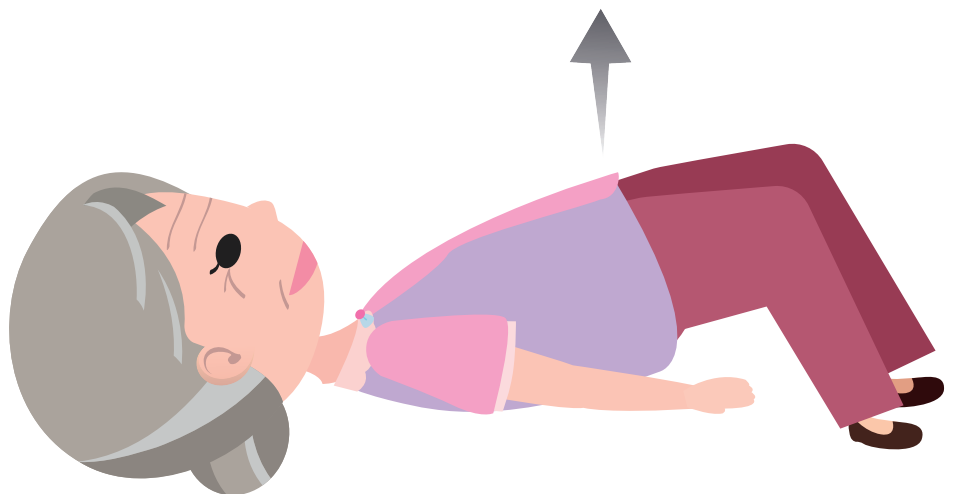
Strength & Balance

SESSION

7

Lying down

- Knees together over to one side then the other.
- Hands to the back of thigh, hug one leg in followed by the other.
- Bend the knees, bring the feet together and let the knees drop out to the side.
- Ankle rotations.
- Knee to chest, extend leg and lower. Change legs.
- Cycle legs.
- Legs raised, slowly lower to the side then back to centre.
- Reach arms forward, lift head neck and shoulders then slowly lower.
- Bend the knees and press the feet down to lift the hips slightly.
- Arms out to side, circles forwards, then backwards.
- Clap hands together above chest and lower back to sides.



For more information contact:
Epping Forest District Council's
Community, Culture & Wellbeing Team
Tel 01992 564561
csreception@eppingforestdc.gov.uk



Strength & Balance for Care Homes

Part 2

A two-part exercise programme to improve the physical wellbeing of care home residents



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Screening Tool

Use this to assess if your participants should exercise seated or standing:

- Stand with chair support and feet together for 10 seconds, then let go of the chair for 10 seconds. **If this is too challenging they should do all exercise seated.**
- Place one foot halfway in front of the other using the chair for support. Stand tall for 10 seconds then let go of the chair for 10 seconds. **If this is too challenging they should do all exercise seated or stand with chair support.**
- Stand with one foot directly in front of the other using chair support for 10 seconds, then let go for 10 seconds. **If this is too challenging they should do all exercise with chair support.**
- If your participant can manage the last task successfully, they can do standing exercise unsupported.

REMEMBER – your participants should perform all exercises with 'good posture'.

Part 2

Create a complete workout using bands and balls.

Select one or two exercises from each of the following categories and perform them in the same order:



Warm up



Aerobic



Strength



Balance



Flexibility



Cool down

Strength & Balance

SESSION

1

Warm up

Foot flexors

- Alternate a toe/heel tap to the ground with first one leg then the other.

Joggers walk

- Lift alternate heels and use a pumping action with the arms.

Figure of eight

- Fluid action drawing a figure 8 with the arms. Avoid leaning.

Tap and clap

- Tap lap and clap out to the side.

Swim

- Front crawl action, then backwards as if brushing the hair.

Sunrise

- Cross and circle arms upwards and outwards.



Aerobic

Arm rolls

- Roll arms forwards then backwards. Start at waist level then move higher.

Box step

- Tap feet to four corners of imaginary box.

Skiing

- Hold 'ski poles' in each hand. Use the upper body as you swing forwards and back.

Around the clock

- Tap alternate foot to front, side and behind.

Marching

- Use opposite arm and leg. Land the feet softly.



Strength

Sit to stand

- Push into the feet and use momentum to lift to standing.

Leg press (band)

- Loop band under foot and hold by knee. Draw hands back to hips and fully extend the leg.

Tricep strengthener (band)

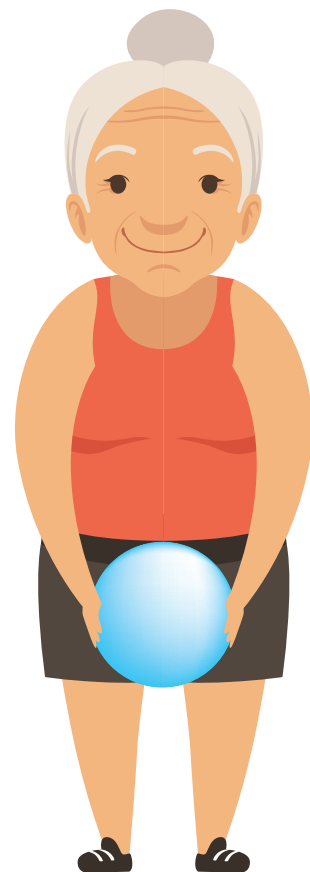
- Band under both feet. Relax arms by side then press alternate arms behind.

Chest strengthener (band)

- Pass the band around the back of chair. Holding ends, press arms forwards and slightly upwards.

Wrist strengthener (ball)

- Elbows to sides. Squeeze the ball together using the wrists.



Balance

Heel raise

- Raise both heels up for 10 seconds then lower.

One leg balance

- Raise one foot off the floor and hold for 10 seconds. Repeat on the other side.

Leg raise

- Straighten and raise one leg and hold for 10 seconds. Repeat on the other side.

Tightrope walking

- Walk heel to toe. Use chair support if needed.

Toe walking

- Walk forwards and backwards on the balls of feet.



Flexibility

Back stretch

- Stretch the arms forward and round as if hugging a tree. Chin to chest.

Open chest stretch

- Sit forward and take the arms behind. Draw shoulders back and down.

Side stretch

- One arm up and over the head. Repeat other side.

Calf stretch

- Extend one leg straight forward and draw the toe in towards the body. Other knee bent.

Diagonal stretch

- One arm up and one arm down on the diagonal. Stretch and open up the chest.



Cool down

Push the waves

- Push hands forwards and back rhythmically with palms facing forwards.

Sunset circles

- Cross and circle arms out and inwards.

Ying and yang

- One hand moves downwards and the other moves upwards.

Bubble circles

- Imagine holding a ball and taking it round in a circular motion.

Open the curtains

- Draw hands up, out, down and up in a rectangular shape.

Option to add a ball game between 'aerobic' and 'cool down' exercises. See 'games' from part 1, or use one of your own ideas.



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