



Active**Stronger**Better

ASB At-Home Seniors Handbook

The ASB guide to safe exercise at home for seniors.



activestrongerbetter.net

**Put your hand up if you
are ready to exercise!**



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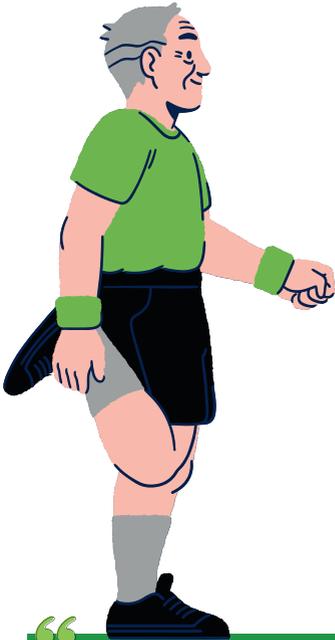


If you are new or returning to exercise it is advised to see your GP before you start.

Using the ASB At-Home Handbook

This booklet can be used in two ways:

1. **Workout:** Complete all exercises in one session, 2-3 times per week for maximum benefit.
2. **Exercise Snacking:** Choose one exercise per day and perform it 3-4 times throughout the day to break up long periods of sitting (e.g., morning, after lunch, afternoon).



**Be Active.
Get Stronger.
Feel Better!**

When exercising at home:

- Exercise near a stable surface (e.g., kitchen bench, windowsill, hand-railing) for balance support.
- Make sure you've taken necessary precautions (e.g., medications, hydration, nutrition).
- Clear your space of trip or slip hazards.
- Avoid or modify exercises that cause pain or aren't recommended by your health professional.
- Enjoy your workout with your favourite music!

When to stop exercising:

Stop and sit or lie down if you experience any of the following:

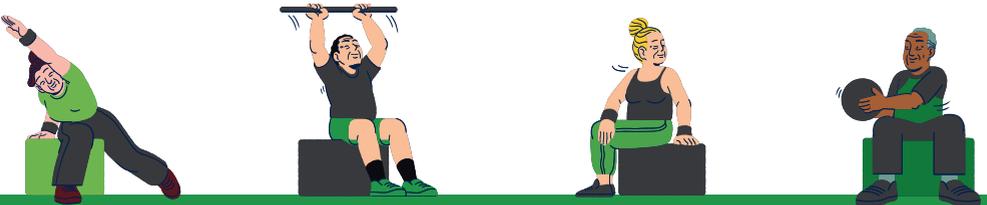
- Shortness of breath
- Chest pain/tightness/discomfort
- Rapid heartbeat
- New or severe joint pain
- Feeling faint, lightheaded, or clammy

Call for help or dial triple zero (000) if symptoms continue or get worse.

Instructions for exercises:

- Do 2-3 rounds of each exercise.
- Keep going in each round until it feels challenging or up to 20 times.
- Rest for 15-30 seconds between rounds.
- Breathe steadily and evenly throughout the exercises—
DO NOT HOLD YOUR BREATH.

If you can do an exercise 20 times for all rounds, increase the challenge by adding weight. Choose an appropriate weight that challenges your muscles without straining them.



Tip: Track your workouts in a diary, noting how many times you do each exercise, how you feel, or the weight used. This helps you monitor progress over time.

Strength

Chair Sit to Stands/Squats

Strengthens hips and upper legs.



1. Sit on a firm chair, tip your upper body forward slightly, press into your heels, and rise to standing without using your hands (if possible).
2. Slowly return to seated.

Tips:

- If this is difficult, try a seated leg raise: sit with feet flat, raise one knee, straighten the leg, and squeeze the upper leg muscles before slowly bending and lowering.
- For a challenge, remove the chair from the sit to stand to perform a squat, bending your knees to a manageable level.

Heel Raises

Strengthens muscles of the lower legs.

1. Stand tall, feet hip-width apart.
2. Rise onto the balls of your feet, lifting your heels as high as possible.
3. Hold briefly, then lower slowly.

Tips:

- Hold a sturdy surface for balance if needed.
- If a full raise is difficult, try seated or one leg at a time.



Strength

Counter-Top Push Aways

Strengthens muscles of the arms, shoulders and chest.



1. Place hands on the counter-top, slightly wider than shoulders.
2. Walk your feet back, lean forward slightly.
3. Bend elbows to lower your chest towards the counter-top, then push back to starting position.

Tips:

- Make easier by using a wall instead of the counter-top.
- Make harder by moving feet further from the wall or bench.

Chair-Supported Reverse Half Lunges

Strengthens muscles of the legs.

1. Stand tall behind a sturdy chair for support.
2. Step one leg back, lowering the back knee toward the ground while keeping the front knee in line with toes.
3. Push through the front heel to return to start.
4. Alternate legs.

Tips:

- Keep your torso upright with good posture.
- Minimise reliance on the chair as you build strength.



Strength

Step Ups

Strengthens muscles of the legs.



1. Stand in front of a sturdy step, using a rail if needed.
2. Place one foot on the step, push through the heel to lift your body up, bringing feet together on the step.
3. Step back down with the same leg.
4. Alternate legs.

Tips:

- Maintain good posture.
- Start with a low step and gradually increase height as strength improves.

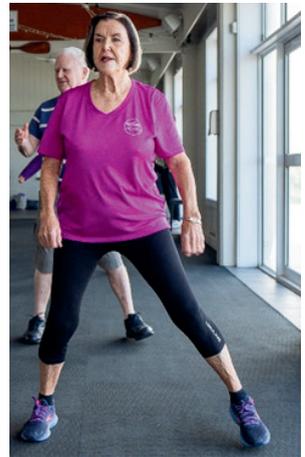
Lateral Steps

Strengthens muscles of the leg and improves stability.

1. Stand tall, feet hip-width apart, knees slightly bent.
2. Step out with your right foot to the side, then bring your left foot to meet it.
3. Alternate sides. (Step to the right, step to the left etc.)

Tips:

- Keep your posture upright and avoid leaning forward.
- Start with smaller steps if needed and increase as confidence grows.
- Focus on controlled steps.



Strength

Arm Curls

Strengthens muscles of the arms.



1. Stand tall, feet hip-width apart.
2. Holding a weight in each hand, palms forward, arms straight.
3. Curl the weights toward your shoulders, keeping elbows close to your body.
4. Squeeze at the top, then slowly lower.

Tips:

- Maintain good posture and avoid swinging your arms.

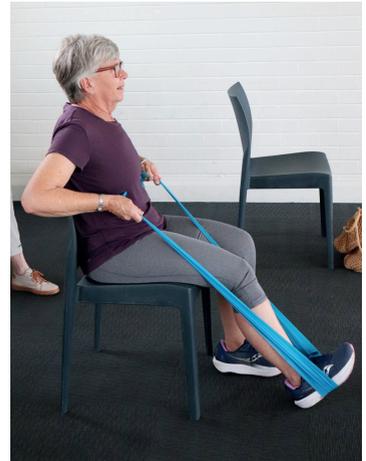
Seated/Low Rows

Strengthens the muscles of the back, shoulders, and arms.

1. Sit on the edge of a chair (or stand) with feet flat on the ground.
2. Hold a weights or use a resistance band hooked over your feet, palms facing inward, arms extended in front (if standing hook the band over a secure post).
3. Lean forward with a straight back, then pull arms back, squeezing shoulder blades together. Slowly release.

Tips:

- Keep your back straight and avoid rounding the shoulders.
- Focus on using your back muscles to pull.



Strength

Single Leg Kickbacks

Strengthens muscles of the legs and improves balance.



1. Stand facing a wall or counter-top for support, about arm's length away.
2. Shift your weight to one leg, keeping the knee slightly bent, and lift the other leg behind you, keeping it straight.
3. Squeeze your bottom muscles as you raise your leg as high as is challenging, then lower with control.

Tips:

- Maintain good posture and avoid arching your back or using momentum.
- Use both hands on the wall or counter-top for extra support and adjust for stability.

Seated Upper Body Twists

Strengthens muscles of the abdomen and the back.

1. Sit on sturdy chair with feet flat, good posture, and hands on your shoulders.
2. Twist to reach your right hand/elbow toward your left knee, then return to center.
3. Repeat on the other side.

Tips:

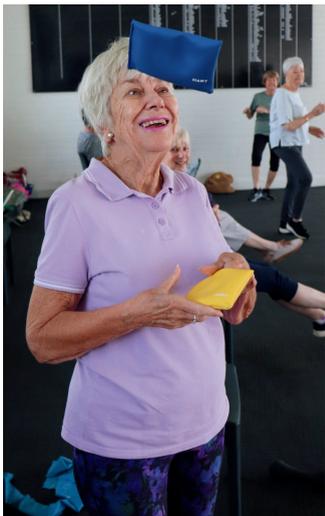
- Move slowly and twist from your mid-section not your shoulders.
- Keep your chest open and avoid rounding your back.
- For more challenge, lift your knee or reach for your ankle/toes.



Coordination & Balance

Juggling

A fun activity to help improve coordination.



1. Hold a light durable object (e.g. bean bag, ball, soft toy etc.) in each hand.
2. Practise by gently tossing item up and down in the each hand.
3. To juggle, toss the right-hand item in the air, pass the left-hand item to the right, and catch the airborne object with your left hand.

Tips:

- Aim for a steady rhythm and consistent toss height.
- Stay with practice tosses if this is challenging enough.
- As you improve, try to change direction or increase speed.

Single Leg Stands

Helps improve balance and stability.

1. Stand tall, feet hip-width apart.
2. Shift your weight onto one leg, lifting the other leg slightly off the ground.
3. Keep your knee slightly bent and posture upright.
4. Hold for 20-30 seconds or as long as you can, then switch legs.

Tips:

- Use a sturdy surface for support if needed.
- Increase difficulty by standing on an uneven surface or changing your eye focus.
- Focus on keeping your body upright.



Coordination & Balance

Wall or Partner Ball Throws

Helps improve balance, coordination, and stability.



1. Stand with your feet hip-width apart or one foot forward and a slight bend in your knees.
2. Hold a ball and throw it to a partner or toss it against a wall, aiming for partners hand or specific spot on the wall.
3. Be ready to catch it as it comes back to you.

Tips:

- Maintain stable posture and bent knees.
- Increase difficulty by standing farther away or using a smaller ball.

Heel-Toe Tightrope Walks

Helps improve coordination and balance.

1. Stand tall with your feet together, arms at your sides.
2. Imagine or use a line (e.g. a floorboard or pattern in carpet) on the floor to walk along.
3. Walk heel-to-toe (like walking a tightrope), maintaining balance, until you reach the end, then turn and walk back.

Tips:

- Keep your arms out for better balance.
- Try to look straight ahead for stability.
- Practise near a wall or counter-top if needed.
- Take controlled steps and avoid rushing.



Stretch

Sit and Reach

Stretches the hamstrings and lower back.



1. Sit on the edge of your chair with one leg extended straight and toes flexed upward.
2. Gently tilt forward toward your toes, keeping your back straight and chest lifted.
3. Hold for 15-30 seconds, breathing deeply, then return to the starting position to change legs.

Tips:

- Keep the extended leg knee straight.
- Avoid bouncing; stretching should feel slightly uncomfortable, not painful.

Side Bend

Stretches the sides and lower back.

1. Stand tall, feet hip-width apart, arms at your sides.
2. Inhale and extend one arm overhead, palm facing inward.
3. Exhale and lean to the opposite side, keeping hips stable.
4. Hold for 15-30 seconds, feeling the stretch along your torso, then switch sides.

Tips:

- Avoid leaning forward or backward.
- Slightly bend your knees.
- Keep your chest open as you lean to the side.
- If shoulder discomfort occurs, skip the arm raise.



Stretch

Lower Leg

Stretches the calf muscles and helps improve ankle flexibility.



1. Stand facing a wall or bench with your hands placed for support.
2. Step one leg back to a lunge position, keeping both feet flat, and parallel.
3. Bend the front knee, keeping the back leg straight with the heel pressed into the floor.
4. Hold for 15-30 seconds, then switch legs.

Tips:

- Keep hips level and upper body upright.
- Adjust foot distance to increase or decrease the stretch.

Overhead Reach

Stretches the upper body.

1. Stand tall, feet hip-width apart, arms at your sides.
2. Reach both arms overhead, palms facing each other, elbows slightly bent.
3. Stretch upward, lengthening your spine.
4. Hold for 15-30 seconds, then lower arms.

Tips:

- Avoid arching your lower back.
- For a more gentle stretch, try rolling your shoulders instead.
- Keep shoulders relaxed and avoid shrugging.



Looking for more?

Scan the QR code below or visit:

activestrongerbetter.net/asb-outdoors-and-at-home/

Here you'll find links that offer at home and outdoor exercise for seniors.



Get in touch...



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