

Low impact exercises to try at home

Walking around the house or on the spot

You could try walking whilst on the phone, watching TV or listening to music. Why not get a pedometer to see how many steps you do each week!



Yoga

Helps to improve flexibility and strengthen your core as well as helping to improve your mood and mental well-being.



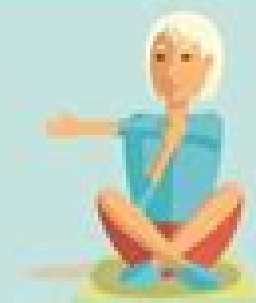
Dancing

Is a great way of staying fit but it also has the additional benefits of improving social and emotional well-being as well.



Pilates

Can help with balance, flexibility, focus and breathing, and is a gentle type of exercise that is perfect for older people.



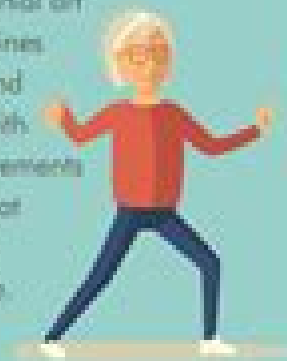
Leg raises

Can help strengthen and tone muscles – some of them can even be done whilst lying down, which is perfect for when you're just starting to exercise again.



Tai chi

This is a martial art which combines breathing and relaxation with flowing movements and is a great exercise for older people.



Cycling

If you have an indoor exercise bike, you can cycle from the comfort of your home or if not its great for getting outdoors in the fresh air.



Chair based exercise

Can help improve mobility and help to prevent falls by increasing strength, flexibility and balance.



Low Impact Exercises

Ying-Ying Zheng



Low Impact Exercises:

Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Low Impact Exercises**

In a global inundated with monitors and the cacophony of quick communication, the profound power and psychological resonance of verbal beauty frequently diminish into obscurity, eclipsed by the constant onslaught of noise and distractions. However, set within the lyrical pages of **Low Impact Exercises**, a fascinating function of literary splendor that impulses with fresh emotions, lies an memorable journey waiting to be embarked upon. Published with a virtuoso wordsmith, that exciting opus instructions readers on a mental odyssey, delicately exposing the latent possible and profound impact stuck within the complicated web of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is central subjects, dissect their charming publishing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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