

# 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

**Peipei Pang**



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