

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.

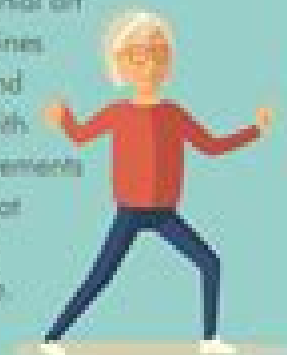
Leg raises



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

RM Cervero



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