



**Vitality**  
for the over sixties  
bringing movement and music to you



# Vitality

## Exercise at Home

**Vitality** is an award winning, NHS approved and Lincolnshire County Council 'Health Improvement' subsidised programme of Exercise and Movement to Music classes for the Over Sixties and those younger who have medical conditions that prevent them from exercising in any other way. The programme, which runs throughout Lincolnshire, is designed to provide a number of health and wellbeing benefits to participants such as improved joint mobilisation and circulation, improved muscle strength, balance, posture and coordination through carefully planned physiotherapy based exercises set to music.

## Exercising can:

- Maintain and improve joint mobility
- Strengthen muscles
- Improve co-ordination
- Increase energy levels
- Relieve stress
- Help improve posture

## Set up - before you start

### You'll need a chair

- The best option is one with no arms and a straight back, like a dining room chair
- Make sure you have space around you and wear secure shoes
- Keep hydrated during your exercises by drinking water
- Never hold your breath, ensure you maintain regular breathing during exercise

## Posture check

- Sit on the chair
- Make sure feet are flat on the floor, legs hip width apart
- Sit up tall, with your upper back off the back of the chair
- Encourage your shoulders back and down
- Chin parallel to the floor, level as if 'on a shelf', keep your eyes on the horizon

Repeat this posture check at the beginning of each exercise.

## Warm Up

These exercises warm you up, loosen muscles and get you ready to exercise

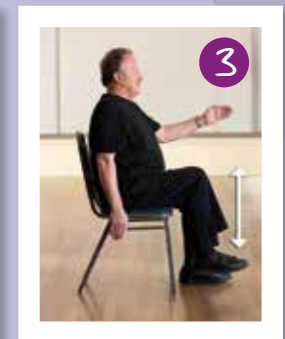
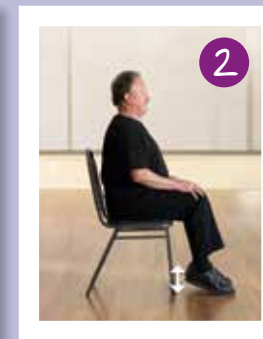
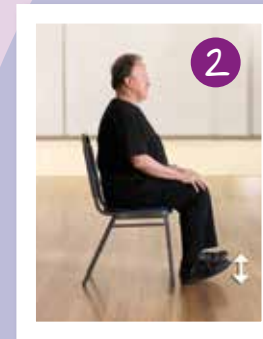
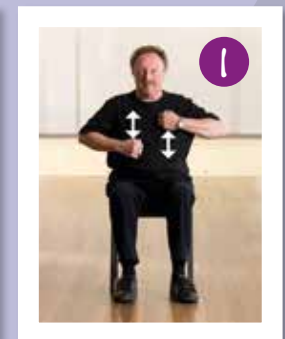
### 1. Massage/rub your joints vigorously in this order;

- Hands/wrists
- Upper forearm and around elbows
- Upper arm and around shoulders
- Knuckles into the chest and down the torso
- Rub front and sides of upper leg
- Around knees and hips (not leaning forward)

### 2. Then rock your feet from heels to toes

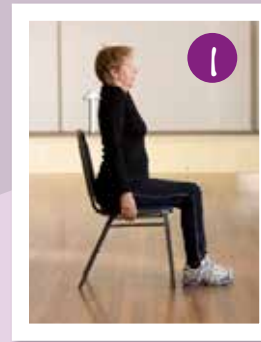
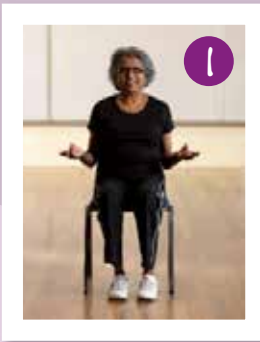
### 3. March your feet, lifting your knees and picking your feet off the floor

Repeat warm up sequence 3 times



**Vitality.** Exercise for the Over Sixties hold no responsibility for any injury resulting from performing these exercises. Always seek medical advice before embarking on an exercise programme. Do not exercise if you feel unwell and if you feel any discomfort stop. Do not exercise after eating a large meal. Only exercise to your own level and only do as many repetitions as is comfortable for you. Build up slowly and aim to increase the repetitions of each exercise over time.

Don't forget your posture!



## Hands & Fingers

Aim for  repetitions

These exercises help to keep fingers and hands flexible and to ease joint stiffness

### 1. Finger taps

Relax arms and hands

Tap thumb to the top of every finger (index to little) and reverse

Make sure you exaggerate the movements

Ensure you tap the finger and open the hand every time

### 2. Progression - next level

Tap the thumb to the base of every finger (index to little and reverse)

### 3. Hand Flashes

Relax arms and hands

With the palms down, open the hands, stretch them in a star shape, hold for 3 seconds

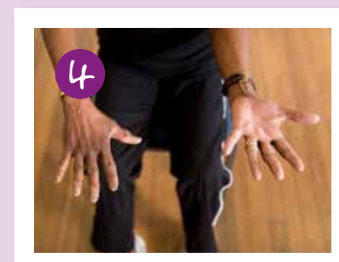
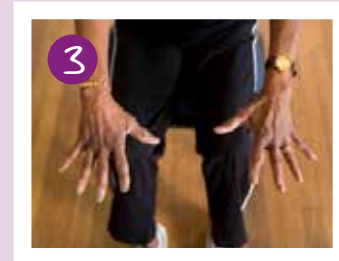
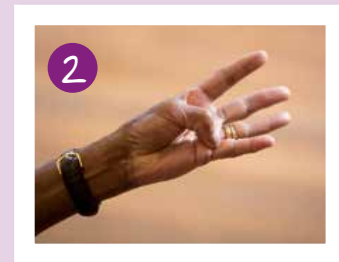
Remember not to hold your breath, while you hold the stretch

Rest/relax the hand, do not make a fist

Repeat exercise again with palms up

### 4. Progression - next level

Test your co-ordination! Repeat hand flashes with one palm down and one palm up and alternate



## Shoulder Exercises

Aim for  repetitions

These exercises loosen and mobilize the shoulder joints, helping to maintain a good range of movement

### 1. Shoulder Rolls

Slowly ease both shoulders up towards your ears

Gently ease them back and down

Make these movements a continuous circle

Pause in the down position for a moment before releasing and starting again

### 2. Progression - next level

Only working one shoulder at a time, place your hand towards your shoulder; use your elbow to make a greater circle

Lift the elbow up, move the elbow back and circle the shoulder around and down

Repeat on the other side

### 3. Reaching Forward

Starting with single arms, push your hand forward from your chest to the front and return

Repeat with the other arm

Sit tall, don't lean forward

When you feel ready try doing the exercise with both arms together

### 4. Progression - next level

Starting with single arms, push your hand from your chest up towards the ceiling and down

Repeat with the other arm

When you feel ready try doing the exercise with both arms together

## Lower Body

Aim for  repetitions

These exercises help to stretch leg muscles and loosen hip joints

### 1. Can Can

Without leaning back, lift one knee – taking your foot off the floor and lower back down

Then with the same leg, lift and straighten the leg from the knee, try to feel the squeeze on the front of the thigh, don't lock the knee out, keep it soft

Repeat with the other leg

Hold the chair for support if needed

### 2. Prepare to Stand

Set posture – follow posture set up instructions with your feet slightly further back towards the chair, heels on the floor

Hold on to the side of the chair

Lean forward slightly

Take your weight onto your feet and legs

Lift bottom off the seat 3-4 inches

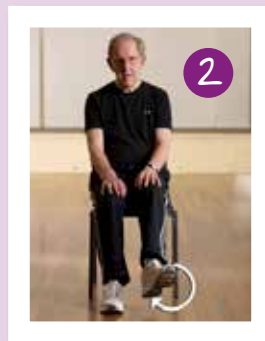
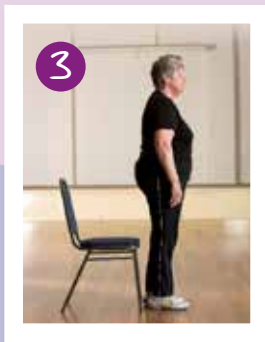
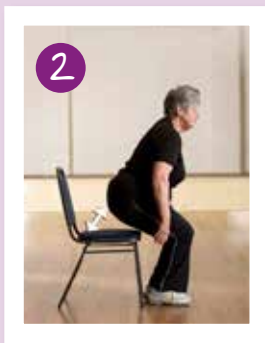
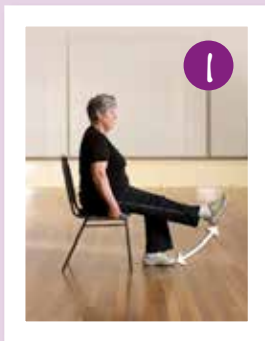
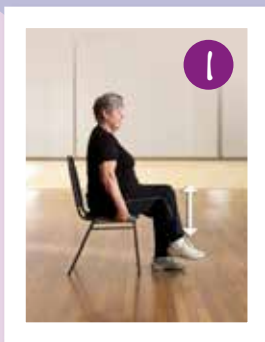
Then lower back down to sit

Keep looking forward, 'chin on shelf' parallel to the floor

### 3. Progression - next level

Take the 'prepare to stand' into a full 'sit to stand'

Start seated, stand up straight and lower back to seated position



Don't forget your posture!

## Ankles

Aim for  repetitions

These exercises help to mobilise the ankles, prevent or reduce stiffness and strengthen to improve balance.

### 1. Heel, Toe, Heel

Sit tall, don't look down. Hold the chair for support if needed

Ease one foot forward so the heel is level with the toes on the other leg

Pull toes up so the heel is to the floor

Now replace the heel with the toe, aim for the same spot on the floor

Then alternate from the heel to toe. Place firmly but avoid banging the heel down

Repeat on the other foot

### Progression - next level

Move your wrist to follow the movement of your foot – as the heel of the foot goes down, push the heel of the hand down with fingers up and then as the toes go down, point the fingers down  
Test your co-ordination and try your opposite hand to leg

### 2. Ankle Rolls

Without leaning back, lift one foot slightly off the floor and circle the ankle 3 times clockwise

Place the foot down and repeat on the other leg

Then go back to your first ankle and repeat anti-clockwise

Then repeat on the other foot

### Progression - next step

Without leaning back, lift your foot straightening your leg from the knee & do the ankle rolls as above

Repeat with the other leg

Ensure you don't hold your breath, just continue to breathe normally



## Cardiovascular - increasing your heart rate

Aim for  repetitions

These exercises condition the heart and lungs, help to increase endurance and to keep everyday activities going for longer

### 1. Chair Marching

March the feet – lift your knees up and down, taking your foot off the floor

Ensure you alternate legs

Swing your arms backwards and forwards in time with your legs

### 2. Progression - next level

Stand behind the chair, holding the back of the chair for support, march the feet as above

### 3. Tap & Clap

Sit on the chair

Tap both hands gently on your thighs and then clap your hands together in front of you

Repeat 3 times

Without leaning forward, gradually take your clap higher towards the ceiling. So clap low, middle and high

Repeat starting the claps low again

### Progression - next level

As you get more confident with your sit to stand exercises, you could add them in with the tap and clap

So as you do the 3rd (highest) clap, you could stand, then sit gently and repeat



## Spine/Back

Aim for  repetitions

As a flexibility stretch these exercises lengthen muscles and maintain a good range of movement

### 1. Spine Twist

Place hands together into a prayer position

Place your hands on your breast bone

Keep your feet firmly on the floor and your bottom on the chair with nose and chin over your hands, twist your upper body very slowly to the right with your head following the movement

Then slowly return to the centre – ensure your posture is correct and repeat to the left

Make sure you don't hold your breath, maintain normal regular breathing

### 2. Side Bends

With your shoulders back and your hands resting down by your sides

Keep your feet firmly on the floor and your bottom on the chair

Slowly reach down to the right

Return to centre – reset your posture and repeat to the left

Make sure you don't hold your breath, maintain normal regular breathing

Only go as far as is comfortable

Don't lean forward, imagine you are bending between two panes of glass keeping you straight

Don't  
forget your  
posture!

## Cooling down stretches

Aim for  repetitions

### 1. Triceps Stretch

Place right hand towards right shoulder

Let the right hand slide over the right shoulder

If possible use your left hand to encourage the elbow up

Feel the stretch in the back of the upper arm

Repeat on the other side



### 2. Hamstring Stretch

Move to sit on the front 1/3 of the chair

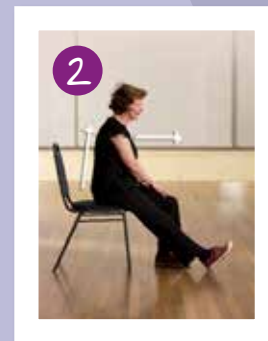
Straighten one leg and place the heel on the floor.

Keep the other knee bent and foot on the floor

Sit up tall and lean slightly forward from the hip

Feel the stretch down the back of the straight leg

Repeat on the other side



### 1. Calf Stretch

Stand behind your chair

Place both hands on the back of the chair for support

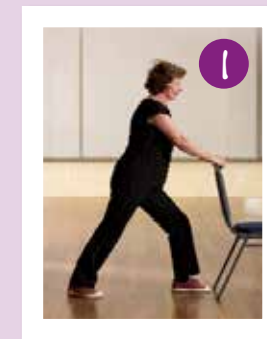
Keeping both feet facing the back of the chair

Take a big step back with one leg

Press your back heel to the floor and keep the front knee slightly bent

You should feel the stretch in the back of the straight leg

Then repeat with the other leg



### 2. Chest Stretch

Move to sit on the front 1/3 of the chair

Keeping your tummy tight take arms backwards and hold onto the back of the chair

Open the chest pulling the tummy in, then lean slightly forwards and upwards

Draw the shoulders back until you feel a gentle stretch across the chest

Hold for 10-20 seconds and release

Ensure you don't hold your breath, just continue to breathe normally

Don't  
forget your  
posture!



Thank you to the  
Branston Vitality Class

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