

**EVERY
DAY.**

**YOUR
WAY.**



MOVE AT HOME ACTIVITY PACK



**RICHMOND UPON
THAMES MOVES**
FOR A HEALTHIER BOROUGH



LONDON BOROUGH OF
RICHMOND UPON THAMES

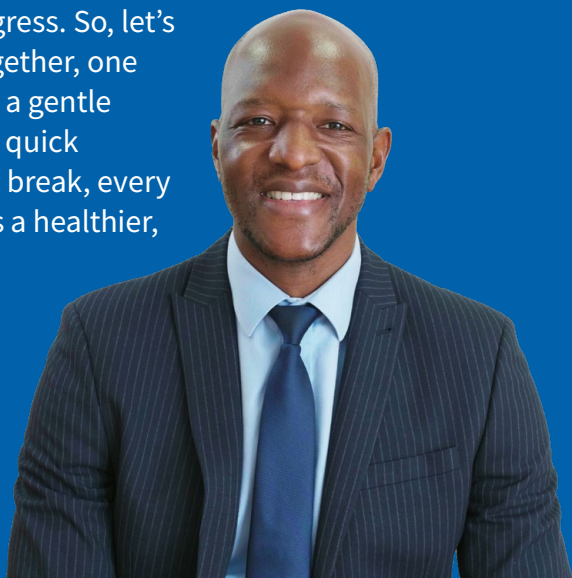
FOREWORD

In today's fast-paced world, finding the time and motivation to prioritise our health can be challenging. However, with the right guidance and determination, we can all take small yet significant steps towards a more active lifestyle. Richmond Moves is here to remind you that every day is an opportunity to move, and you can do it your way.

Whether you're a beginner or looking to add variety to your routine, the exercises featured here are accessible, effective, and require minimal equipment. From seated workouts to equipment-free exercises, each routine is designed to help you build strength, improve flexibility, and boost your overall well-being.

Remember, getting active isn't about perfection – it's about progress. So, let's embark on this journey together, one step at a time. Whether it's a gentle stretch in the morning or a quick workout during your lunch break, every movement counts towards a healthier, happier you.

Shannon Katiyo FFPH
Director of Public Health



ABOUT THIS BOOKLET

This booklet has been designed to give you some ideas on different exercises you can do to build your strength.

We hope it will give you inspiration to get moving, get active and get back into physical activity. If you haven't been active for a while or are new to being active, this guide will help you set realistic and achievable goals.

The following equipment is recommended for some of the exercises:

- 1 x Light Exercise Band (Yellow)
- 1 x Medium Exercise Band (Red)

We aim to help you reach the Chief Medical Officer's Guidelines for Physical Activity:

- Aim to be more physically active every day. Any amount of activity is better than none. The more you do the better, even if it's just light activity.
- Do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity if you are already active or a combination of both.
- Reduce time sitting or lying down and break up long periods of not moving with some activity.
- For older adults, do activities that improve strength, balance, and flexibility at least two days a week.



Light activity includes activities that do not cause you to break a sweat or produce shortness of breath

Moderate intensity activity will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level, is if you can still talk, but not sing.

Vigorous intensity activity makes you breathe hard and fast. If you're working at this level, you will not be able to say more than a few words without pausing for breath.

We hope this guide will act as a support for you but please note that any increase in activity will be beneficial even if the recommended levels of physical activity are not met.

Please take each activity at your own pace and slowly build up the time and intensity. If you are feeling unwell during the activity please stop and rest. If you continue to feel unwell, please seek medical advice.

STAYING SAFE

It is important that you use this booklet at your own pace and slowly increase the number of exercises you do, the length of time you do them for, and the intensity you exercise at. We have highlighted how each activity can be adapted to ensure you stay safe whilst beginning to get active. If you feel nervous about starting activity, you can start with something very simple or ask a friend or family member to join in or assist. If you have concerns, feel pain, or feel unwell, please speak to your GP before continuing.

SETTING GOALS

Goals are a great way of measuring your progress and to keep you motivated. It's important you set goals that are achievable and realistic. Find exercises that you like and then gradually build up how long you do it and for how often.

Choose a starting point, whether that be an area you want to work on or a time you want to build up to. Below are some examples of goals that will help provide some ideas of where to start:

- 'I want to improve my arm strength and will complete two exercises three times a week to me improve this.'
- 'I want to build up to do 30 minutes of exercise five days a week. To do this, I will set a time each day to do at least 10 minutes of exercise, building it up one minute at a time over the next month until I reach 30 minutes of exercise.'
- 'I want to build up my overall strength so that I feel confident to join in an exercise class again.'

Remember to set realistic goals, and slowly build up your exercises. Don't push yourself too hard too soon.



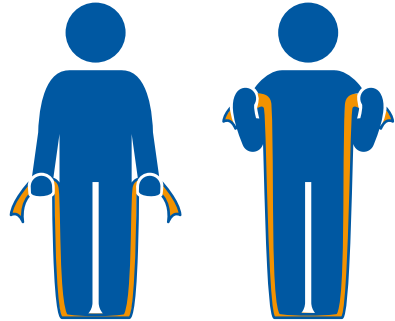
EXERCISE BAND ACTIVITIES

- Here you can find some different types exercises to use with your exercise bands.
- The yellow band is the easiest to use start with this and build up to the red band.
- Set yourself a number of repetitions for each exercise, no more than 10 at a time.
- These exercises are designed to support you in building muscle strength.

BICEP CURL **STANDING OR SEATED**

You should feel this working on your biceps (front upper arm).

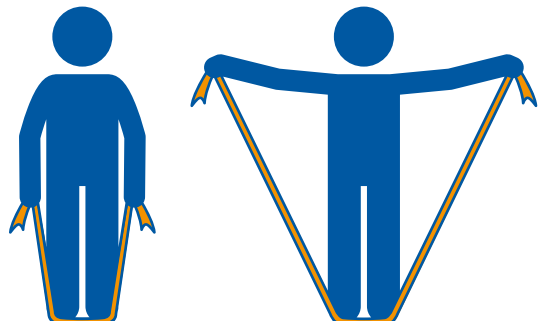
- Take each end of the band in each hand and stand or place your feet on the middle.
- Start with your hands at your hips, palms facing upwards.
- Bend your elbows and lift your hands towards your shoulders then slowly lower them down and repeat.
- To make this harder hold the band further down. To make it easier hold the band toward the ends



LATERAL RAISES – **STANDING OR SEATED**

This exercise will work on upper arm and shoulder strength.

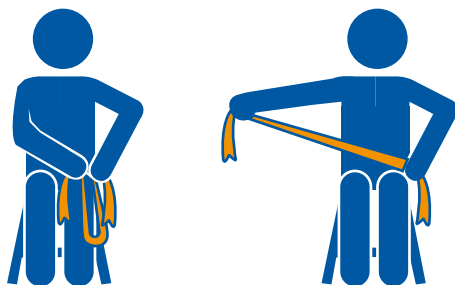
- Take each end of the band in each hand and stand or place your feet on the middle.
- Place your hands down by your side with your palms facing inwards.
- Slowly raise your arms up sideways, keeping your arms straight until you reach shoulder level.
- To make this easier only lift your arms halfway and build up to shoulder height.



TRICEPS EXTENSIONS – STANDING OR SEATED

This exercise will work the triceps, upper back, and shoulders.

- Start by holding each end of the band.
- Place both hands on the left hip.
- Lift your right arm up in a diagonal direction until your arm is straight, keeping the left hand on the hip.

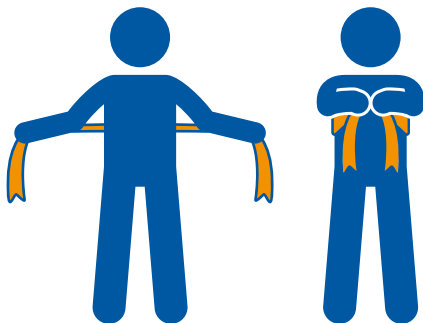


- Once you have completed a set number of repetitions switch sides.
- To make this harder make shorten the band to increase the tension.

CHEST PRESS – STANDING OR SEATED

You should feel this exercise working on your upper chest, shoulders, and upper arms.

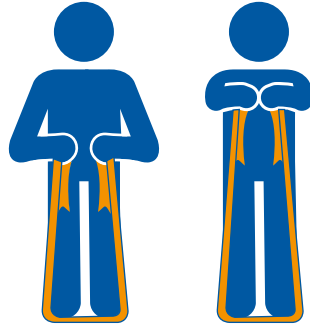
- Place the band round your back, hold each end of the band with it coming round and under your armpits, keep the band fairly loose.
- Tuck your elbows into your side.
- In one motion stretch your arms out in front of you at shoulder height and slowly bring them back in.
- To make this easier or hard change where you hold the band this will change the tension.



FRONT RAISE – STANDING OR SEATED

You should feel this exercise working the front of your shoulders.

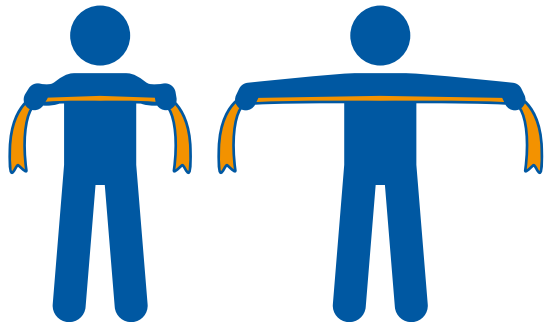
- Take each end of the band in each hand and stand or place your feet on the middle.
- Place your hands in front of you with your palms facing inwards.
- Slowly raise your arms up, keeping your arms straight until you reach shoulder level.
- To make this easier only lift your arms halfway and build up to shoulder height.



REVERSE FLIES – STANDING OR SEATED

This exercise will work the upper back and shoulders.

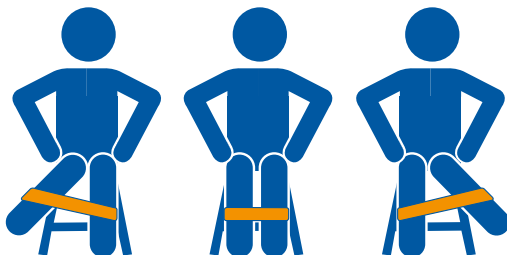
- Holding towards the ends of the band start with your hands outstretched together in front of you at shoulder height.
- Slowly open your arms out wide and bring them back together stretching the band out.
- To make this easier or harder change where you hold the band to change the tension.



HIP FLEXORS – SEATED

This exercise will work your hips and upper inner thigh.

- Tie your Exercise band at either end to create a loop.
- Put both your feet into the loop with the loop around your calves.
- One at a time lift your leg out sideways slightly, lifting your foot off the ground where possible.
- To make this harder make the loop smaller to create more resistance.



LEG PRESS – SEATED

This exercise will work your hamstrings and quads (front & back upper leg).

- Hold each end of the band, looping the middle of the band around your foot with a bent knee.
- Keep a hold of the band and lift your leg slightly off the ground straightening your leg.
- Slowly bend your knee bringing your heel back to the floor, after a set number, switch legs.
- To make this harder try not to put your foot back on the ground after each straightening and bend of the knee.





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NO EQUIPMENT ACTIVITIES

Here you can find some different types of exercises that you can do without any equipment. Set yourself a number of repetitions for each exercise, no more than 10 at a time. These exercises are designed to support you in building muscle strength.



SIT TO STAND – SEATED & STANDING

This exercise will work on your leg strength and standing balance.

- Sit tall near the front of a chair with your feet slightly back.
- Lean forwards slightly and stand up (with hands on the chair if needed).
- Step back until your legs touch the chair then slowly lower yourself back into the chair.



HEEL RAISES – STANDING

This exercise will work on your leg strength and standing balance.

- Stand tall, holding the back of a sturdy kitchen-type chair or kitchen sink.
- Lift your heels off the floor, taking your weight onto your big toes.
- Hold for three seconds, then lower with control.
- We recommend that you hold onto the side of your chair to help keep you stable.



TOES RAISES

– SEATED OR STANDING

This exercise will work on your leg strength and standing balance.

- Stand tall, holding the back of a sturdy kitchen-type chair or kitchen sink.
- Raise your toes – taking your weight on your heels.
- Don't stick your bottom out.
- Hold for three seconds, then lower with control.



ONE LEG STAND

– STANDING

This exercise will work on your leg strength and standing balance.

- Stand close to your support and hold it with one hand.
- Balance on one leg, keeping the support knee soft and your posture upright.
- Hold the position for 10 seconds.
- Repeat on the other leg.



WALL PRESS-UPS – STANDING

This exercise will work on your upper body and core strength, and balance.

- Standing around arm's length away from the wall, place both hands around shoulder width apart with feet flat on the ground.
- Slowly bend both arms so that your nose moves closer to the wall.
- Slowly push back into standing.
- Start with a few repetitions then build up.
- To make this harder bend your arms slower or move your feet further away from the wall.

ACTIVITY DIARY

Use the table below to keep track of your progress.

Day	Activity	Time spent

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SAFE USE OF RESISTIVE EXERCISE BANDS (REB)

REBs if not used correctly can cause injury. The following are recommended:

- Do not use the REB in any way that it could snap back potentially causing injury including to the eyes, face, or ears.
- Avoid exercises where the REB may snap towards the head.
- If you secure the REB for an exercise that you have seen and wish to do, make sure that it is fastened to a sturdy object.
- If you notice any irritation of the skin, stop using immediately.
- Start with the lower resistance yellow band and gradually move to the red band as your strength improves. This helps prevent overexertion and injury.



Move at your own pace
for more information.



For more information on how you can move at home and at your own pace, visit www.richmond.gov.uk/richmond_moves_more or scan the QR code to sign up for tailored emails.

Richmond Moves and London Borough of Richmond upon Thames don't take liability for any injury or damage caused when taking part in the activities or resulting from the use or misuse of the REB. When participating you are doing so at your own risk.

Last reviewed by Amish Pankhania, Enable Leisure & Culture, REPS/CIMSPA or BACPR, JoAnn Taylor-Villanueva, Senior Public Health Lead and Tony May, Public Health Lead.

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