

HEALTH LITERACY MODULE

Daily Exercises



Daily exercise

➤ Daily exercise leads to a healthier lifestyle:

- **Improved health:** reduction in risk of coronary heart disease, diabetes mellitus and insulin resistance, hypertension and obesity as well as improvements in bone density, muscle mass, arterial compliance and energy metabolism ([Mazzeo & Tanaka, 2001](#)).
- **Increased longevity and quality of life:** decreases the risk of death, prevents the development of certain cancers, lowers the risk of osteoporosis and increases longevity ([Gremeaux et al. 2012](#)).
- **Maintain independence:** although physical deterioration is inevitable, individuals exercising daily maintain a high physical performance throughout their lifespan which reduces their dependence on others for their care and reduces the risk of fall ([Manini & Pahor, 2009](#)).
- **Happiness:** daily exercise improves the mood of the elderly ([Arent et al. 2000](#)).

Daily exercise

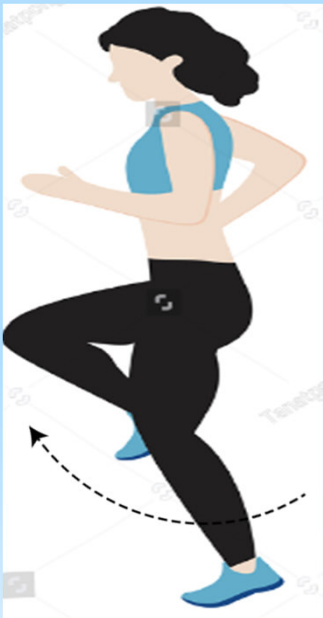
➤ Basic home exercises:



Source: HealthHub (2021) 7 Easy Exercises to an Active Lifestyle. Step by step guidelines available [here](#).

Daily exercise

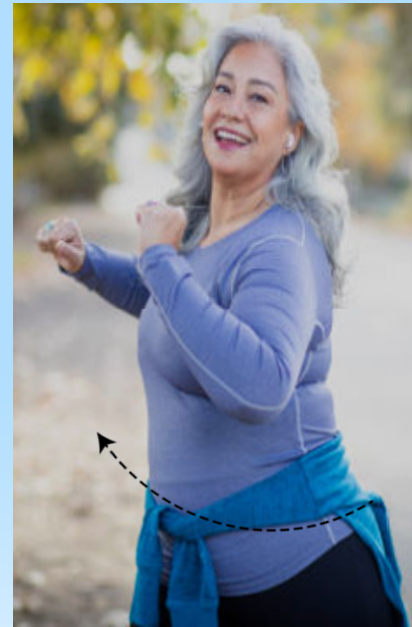
➤ Warm-up exercises (10 repetitions):



Stationary march:

1. Stand with arms at sides, feet shoulder width apart.
2. Raise one knee up as high as comfortable. Lower this knee, then raise the other knee.

Source: Healthhub (2021) 7 Easy Exercises to an Active Lifestyle. Available [here](#).



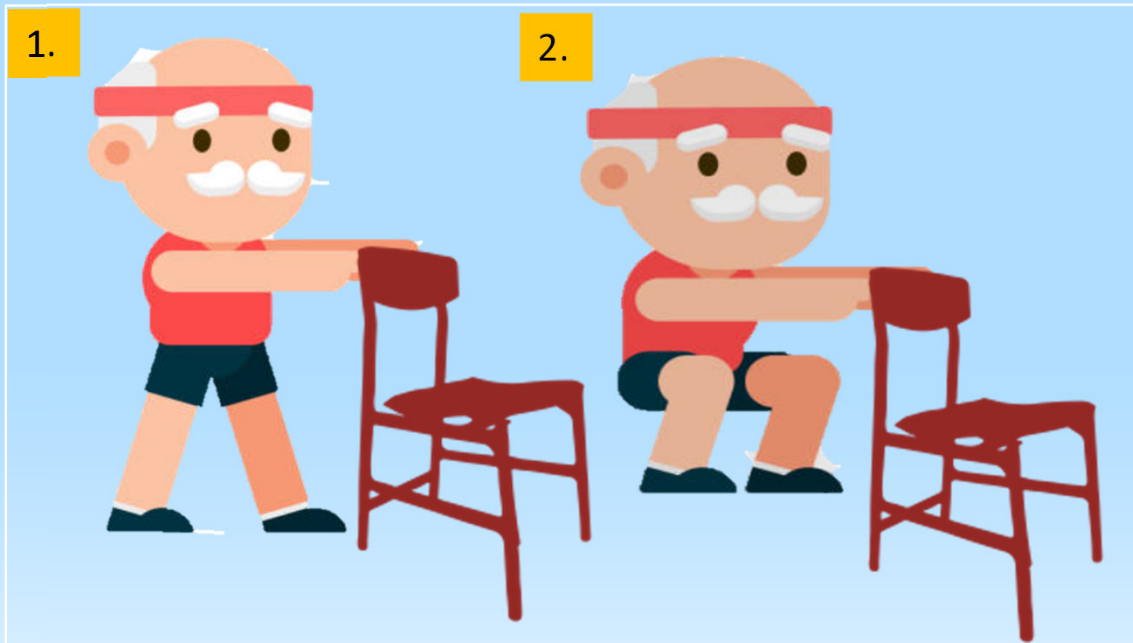
Waist loosening:

1. Stand up straight with your feet slightly wider than hip width.
2. Let your arms hang by your sides.
3. Rotate your hips to the left then back to the right. Your relaxed arms will flap against your body.

Source: senormobility.org (2021) Strength exercises. Available [here](#).

Daily exercise

➤ Strength exercises (5 repetitions):



Source: NHS UK (2021) Strength exercises. Available [here](#).

Mini-squats

1. Rest your hands on the back of the chair for stability and stand with your feet hip-width apart.
2. Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.
3. Gently come up to standing, squeezing (clenching) your buttocks as you do so.

Daily exercise

➤ Strength exercises (5 repetitions):



Source: NHS UK (2021) Strength exercises. Available [here](#).

Calf raises:

1. Rest your hands on the back of the chair for stability.
2. Lift both heels off the floor as far as is comfortable. The movement should be slow and controlled.

Daily exercise

➤ Strength exercises (5 repetitions):



Source: NHS UK (2021) Strength exercises. Available [here](#).

Sideways leg lift:

1. Rest your hands on the back of the chair for stability.
2. Raise your left leg to the side as far as is comfortable, keeping your back and hips straight. Avoid tilting to the right.
3. Return to the starting position. Now raise your right leg to the side as far as possible.

Daily exercise

➤ Strength exercises (5 repetitions):



Source: NHS UK (2021) Strength exercises. Available [here](#).

Leg extension:

1. Rest your hands on the back of the chair for stability.
2. Standing upright, raise your left leg backwards for 5 seconds, keeping it straight. Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom.
3. Repeat with the right leg.

Daily exercise

➤ Strength exercises (10 repetitions):



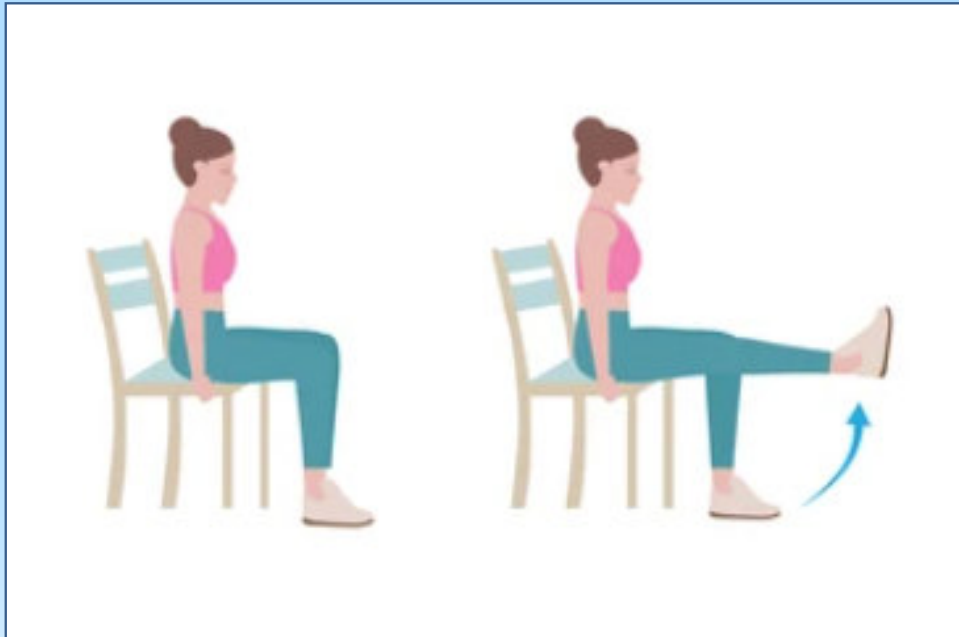
Source: Eldergym (2021) Leg toning exercises for the seniors and the elderly. Available [here](#).

Lunges:

1. Stand with arms at sides or on the hips. Keep feet shoulder width apart.
2. Step forward keeping your trunk vertical. Push back up to the starting position.

Daily exercise

➤ Strength exercises (10 repetitions):



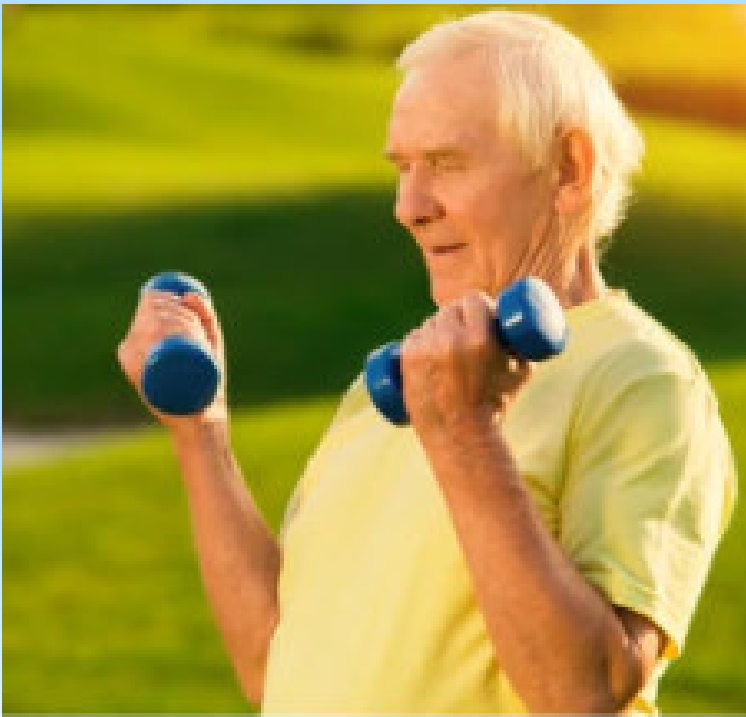
Source: Eldergym (2021) Knee strengthening exercises for the seniors and the elderly. Available [here](#).

Knee extension:

1. Sit in a chair with feet flat on the floor.
2. Straighten out your right knee and hold for a few seconds.

Daily exercise

➤ Strength exercises (5 repetitions):



Source: NHS UK (2021) Strength exercises. Available [here](#).

Biceps curls:

1. Hold a pair of light weights such as two filled water bottles or thick books; and stand with your feet hip-width apart.
2. Keeping your arms by your side, slowly bend them until the weight in your hand reaches your shoulder.
3. Slowly lower again.

Daily exercise

➤ Strength exercises (10 repetitions):



Source: Eldergym (2021) Shoulder stretches for the seniors and the elderly. Available [here](#).

Shoulder and Upper Back Stretch:

1. Bring palms together in front of your chest.
2. Exhale as you bring arms up and straighten your arms overhead with palms facing forward.
3. Lower your arms out to the side and back to the starting position.

Daily exercise

➤ Balance exercises (10 repetitions):



Source: NHS UK (2021) Balance exercises. Available [here](#).

Sideways walking:

1. Stand with your feet together, knees slightly bent.
2. Step sideways in a slow and controlled manner, moving one foot to the side first.
3. Move the other to join it.

Daily exercise

➤ Balance exercises (10 repetitions):



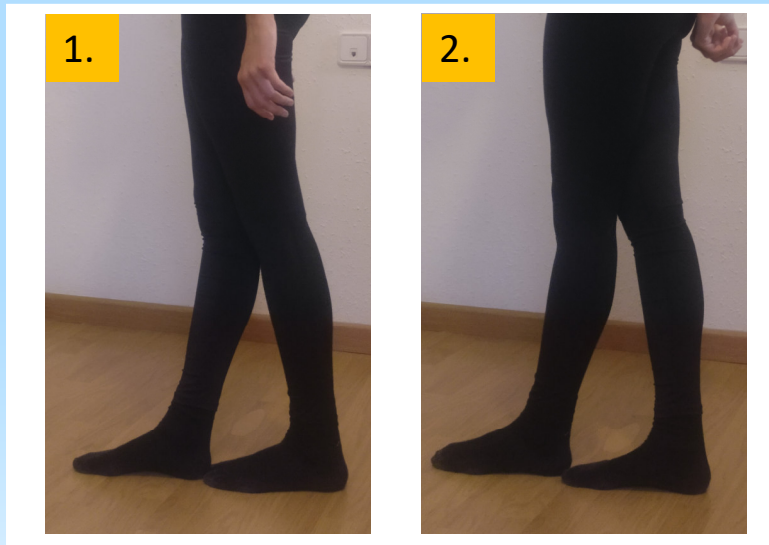
Source: NHS UK (2021) Balance exercises. Available [here](#).

Simple grapevine:

1. Stand by crossing your right foot over your left.
2. Bring your left foot to join it.

Daily exercise

➤ Balance exercises (10 repetitions):



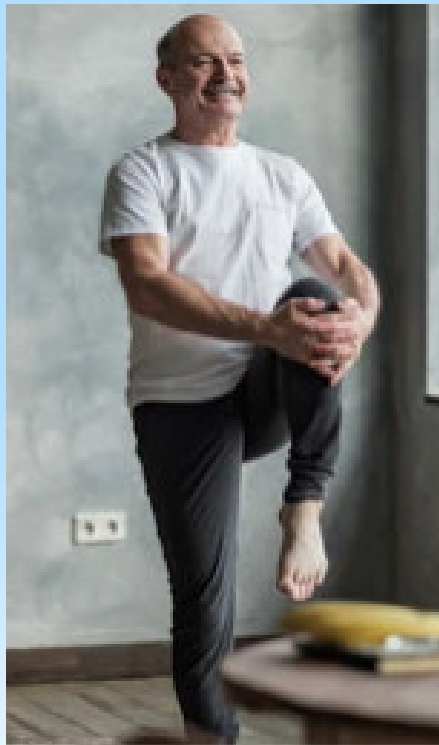
Source: NHS UK (2021) Balance exercises. Available [here](#).

Heel-to-toe walk:

1. Standing upright. Place your right heel on the floor directly in front of your left one.
2. Then do the same with your left heel. Make sure you keep looking forward at all times. If necessary, put your fingers against a wall for stability.

Daily exercise

➤ Balance exercises (3 repetitions per leg):



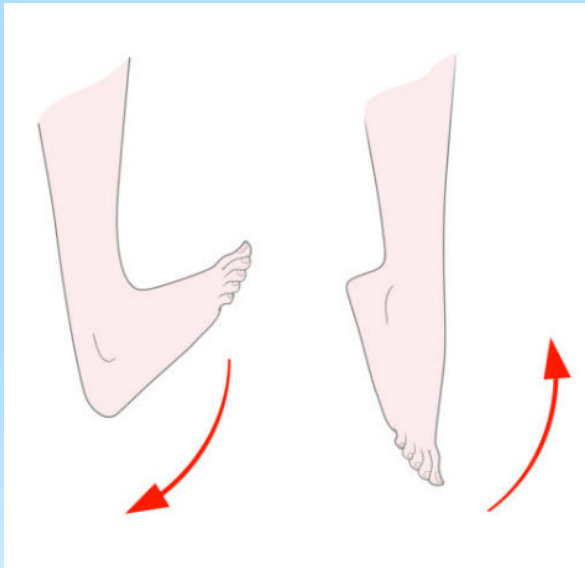
Source: NHS UK (2021) Balance exercises. Available [here](#).

One-leg stand:

1. For more balance, stand facing the wall, with your arms outstretched and your fingertips touching the wall.
2. Lift your left leg, keep your hips level and keep a slight bend in the opposite leg for 5 to 10 seconds. Gently place your foot back on the floor.
3. Repeat with the other leg lifted.

Daily exercise

➤ Stretch exercises (20 repetitions):



Ankle rotation:

1. Sit in a chair with feet flat on the floor. Extend your right knee and move your foot upwards and downwards.
2. Repeat with the other ankle.

Source: Eldergym (2021) Knee strengthening exercises for the seniors and the elderly. Available [here](#).

Daily exercise

➤ Stretch exercises (10 repetitions):



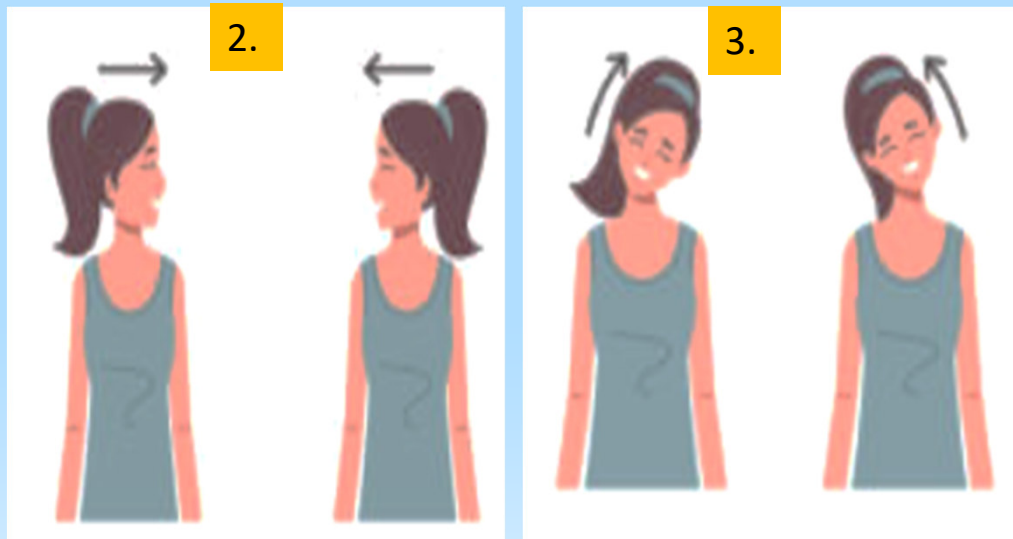
Source: Eldergym (2021) Stretching routines for seniors and the elderly. Available [here](#).

Shoulder Stretch:

1. Bring your right hand across your chest and hold your right elbow with your left hand.
2. Gently pull your right elbow towards your chest. When a stretch is felt, hold for 10 or 15 seconds.
3. Repeat with the other side: left elbow held by right hand.

Daily exercise

➤ Stretch exercises (3 repetitions):



Source: Eldergym (2021) Neck stretches for seniors and the elderly. Available [here](#).

Neck Rotation and Side Bend:

1. Sit comfortably in the chair.
2. Look to the right as far as comfortable and hold for 5 seconds. Then look to the left as far as comfortable and hold for 5 seconds.
3. Bring your right ear to your right shoulder and hold for 5 seconds. Then bring your left ear to your left shoulder and hold for 5 seconds.

Daily exercise

➤ Stretch exercises (3 repetitions):



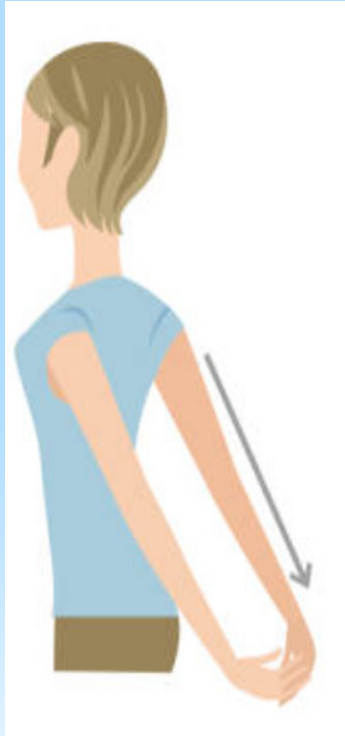
Source: Eldergym (2021) Stretches before exercise. Available [here](#).

Triceps Stretch:

1. Sit in a chair while extending your left arm with your palm up.
2. Bring your left arm overhead and pat yourself on the back.
3. Bring your right hand to your left elbow. Gently press the elbow back until a stretch is felt. Hold for 10 to 15 seconds.
4. Repeat with the other arm.

Daily exercise

➤ Stretch exercises (10 repetitions):



Source: Eldergym (2021) Neck stretches for seniors and the elderly. Available [here](#).

Reach Back:

1. Stand and inhale as you interlace your hands behind your back.
2. Exhale and gently move arms backward. Pause, then return to the start position.

Daily exercise

➤ Stretch exercises (10 repetitions):



Source: seniorsmobility.org (2021) Warm Up Exercises for Seniors. Available [here](#).

Standing Quad Stretch:

1. Raise your right foot and balance using your left hand on a chair back or other object.
2. Bend your right knee and grab your right ankle.
3. Gradually pull your right foot to your bottom. Don't pull it too high if it hurts your knee.
4. Hold for about 20 seconds.
5. Repeat with left leg.

Daily exercise

➤ Additional Breathing exercises:



1. Place your right hand on your chest and your left hand on your belly.
2. Inhale so that your right hand rises (chest breathing).
3. Inhale so that your left hand rises (abdominal breathing).



1. Stand with your arms crossed at the wrists in front of your waist.
2. Breathe in as you raise your arms overhead.
3. Relax and breathe out, lowering your arms.

Source : Eldergym (2021) Elderly Breathing Exercises. Available [here](#).

Daily exercise

➤ Additional out-of-home weekly exercises:



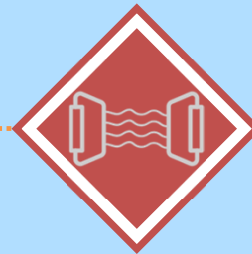
Water aerobics.

- Aqua jogging
- Flutter kicking
- Leg lifts
- Standing water push ups
- Arm curls



Chair yoga.

- Overhead stretch
- Seated cow stretch
- Seated cat stretch
- Seated mountain pose
- Seated twist



Resistance band workouts

- Leg press
- Triceps press
- Lateral rise
- Bicep curl
- Band pull apart



Pilates

- Mermaid movement
- Side circles
- Food slides
- Step ups
- Leg circle

Source: SeniorLifestyle (2021) 7 Best exercises for Seniors.

• References

1. Mazzeo, R.S., Tanaka, H. 2001. Exercise prescription for the elderly: current recommendations. *Sports Med*, 31(11):809-18.
2. Guiraud, T. Et al. 2012. High-intensity interval training in cardiac rehabilitation. *Sports Med*, 1;42(7):587-605.
3. Manini, T. M., Pahor, M. (2009). Physical activity and maintaining physical function in older adults. *British Journal of Sports Medicine*, 43, 28-31.
4. Arent, S. et al. 2000. The Effects of Exercise on Mood in Older Adults: A Meta-Analytic Review. *Journal of Aging and Physical Activity* 8(4):407-430.
5. HealthHub. 2021. 7 Easy Exercises to an Active Lifestyle. Step by step guidelines available



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Partners

