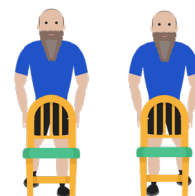


# Keeping active at home

Please find below a few exercises to help you keep active at home.

## March on the spot

Standing behind your support, march on the spot and step within your comfort zone.

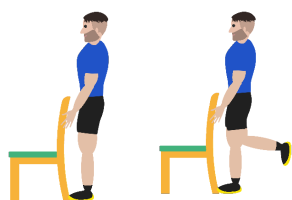


## Overhead reach

Standing behind your support, keep pace on the spot and reach alternate hands up into the air. Only reach as high as is comfortable. Ensure that you always have a free hand to hold on to your support if you need to.

## Sit to stand

From a seated position stand up by squeezing your bottom and driving your feet into the floor. Sit down again with control, trying not to flop down.



## Leg curl

Standing behind your support, alternately curl your heels up towards your bottom. Keep your bottom squeezed throughout.

## Leg extension

From a seated position, straighten your leg and then lift up. Return it to the start and swap legs. Do not allow your back to flex forward as you lift.

