



# Get up Get dressed Get moving



Irish Society of  
Chartered  
Physiotherapists  
The Voice of Physiotherapy in Ireland

# Let's get moving again!

## Simple exercises and advice from your Physiotherapist

Follow the 8 daily exercise shown later in this booklet. Tick the boxes below when you complete each session. Add in your daily walk distance. Please complete all 8 exercises once or twice each day depending on how you feel that day. The diary will help you keep track of your progress!



Days	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Monday</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercises						
Walk (km or minutes)						
<b>Tuesday</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercises						
Walk (km or minutes)						
<b>Wednesday</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercises						
Walk (km or minutes)						
<b>Thursday</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercises						
Walk (km or minutes)						
<b>Friday</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercises						
Walk (km or minutes)						
<b>Saturday</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercises						
Walk (km or minutes)						
<b>Sunday</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercises						
Walk (km or minutes)						

# Let's get moving again

We recommend you do 30 minutes of moderate-intensity physical activity on 5 days of each week.

If you get active it can help you to:

- ✔ keep your body strong
- ✔ improve your balance and coordination
- ✔ reduce your risk of falling as you get older
- ✔ boost your mood and energy
- ✔ improve your memory and brain health

It is important to pace your return to outdoor exercise. This is because if you have been inactive for a while, you may find some activities more challenging to do than before.



## Here are some tips to get you active again

### Before you start

- ✔ Set realistic goals. Start slow and go slowly to build back up your fitness. Slow and steady wins the race!
- ✔ If you have been advised to use a walking stick or walker, bring it with you.
- ✔ Dress for the weather – this includes wearing sunscreen with a SPF of at least 30+. Wear supportive shoes.
- ✔ If nervous, ask a family member to go with you. This will help you to build up your confidence with outdoor exercise.
- ✔ Digest your food first and stay hydrated! Wait at least 1 hour after eating a large meal before exercising. Aim to drink 8 glasses of water throughout the day. You may need to drink more on warmer days.

### Things to consider

- ✔ Exerting yourself makes you breathless – this is normal! Stop and rest for two or three minutes if you start to become breathless. It is not normal if you feel dizzy or develop chest pain and if you do so you should seek advice from your doctor.
- ✔ If you have an underlying heart or lung condition and have a GTN spray or rescue inhaler, bring it with you.
- ✔ After periods of inactivity, where your body is not used to pumping blood quickly, blood can pool in your legs, and there is a higher risk of developing a blood clot in your leg. Look out for new signs like: severe calf pain, swelling in one leg (rarely affects both legs), red or discoloured skin on the leg, a feeling of warmth in the leg. If you are experiencing any of these symptoms, contact your GP immediately.

# Let's begin

To warm up:

- ✓ hold one water bottle in each hand
- ✓ march on the spot for 30 seconds
- ✓ rest for 1 minute
- ✓ repeat 3 times

If you are able to, keep holding the bottles and swing your arms.



Most importantly have fun!

All exercises can be progressed by choosing one of the following:

- ✓ Increase the number of times you do each exercise, or the number of sets, or both.
- ✓ Reduce the amount of time that you rest for between sets.
- ✓ Increase weight or add weight to the exercise.

Please follow the instructions in black print for each exercise.

When you are confident doing these exercises, challenge yourself to complete the next level of the exercise in blue print. These are Levels 1, 2 and sometimes there is a Level 3.

## 1 Knee strengthening

- Sit tall in a chair with your back well supported.
- Straighten your right leg fully and bring your toes up towards you.
- Hold for 5 seconds.
- Lower your leg slowly.
- Repeat 10-15 times, on each leg.



### Progressing to Levels 1 and 2:

Level 1 – Repeat the exercise twice.

Level 2 – If you have a light weight, for example a one kilogram weight, strap this onto your ankle. You can buy weights or make your own. If you want to make your own, you could use a kilogram of uncooked rice in a plastic bag and wrap it around your ankle.

## 2 Arm strengthening

- Sit tall.
- Hold a tin securely in each hand.
- Lift one arm over your head at a time.
- Replace your hands onto your lap.
- Repeat 10-15 times, with each arm.

### Progressing to Levels 1 and 2:

Level 1 – Repeat the exercise twice.

Level 2 – Increase the weight of the tin – as you are able.



## 3 Sit to stand

- Where possible put your chair against the wall.
- Move your bottom forwards in your chair.
- Bring your feet behind your knees.
- Lean forwards bringing your head over your knees.
- Push off with both hands to stand up.
- Step back until you feel the chair against your legs.
- Bend in the middle and reach back for the chair and slowly sit back down.
- Repeat 10-15 times – as you are able.

### Progressing to Levels 1 and 2:

Level 1 – If you can, stand up without using your hands to push up. Place your hands across your chest while doing so.

Level 2 – If you have light weights, for example tins of food, hold a weight in each hand by your side or across your chest.



## 4 Calf and toe raises

- Stand tall at the back of a sturdy chair or in front of your kitchen sink.
- Hold on with both hands and look ahead.
- Place your feet hip width apart.
- Lift up onto your toes slowly, making sure you are not leaning forward.
- Lower your heels back onto the ground slowly.
- Place your weight onto your heel:
  - lift your toes and the front of your feet off the ground
  - keep your bottom tucked in
  - make sure not to lean backwards
  - lower your feet back to the ground slowly



### Progressing to Level 1:

Level 1 – Tiptoe walking – hold onto a kitchen counter or table and walk on your tiptoes for 30 seconds.



**“If you feel unwell on any day, don’t push yourself to complete these exercises.”**

## 5 Hip strengthening

- Stand tall at the back of a sturdy chair or in front of your kitchen counter.
- Hold on with both hands.
- Standing on your left leg:
  - keep your right leg straight
  - keep your right foot facing straight forward
  - lift your right leg out to the side slowly
  - return your right leg to the starting position slowly
- Repeat 10-15 times on each leg – as you are able.



### Progressing to Levels 1, 2 and 3:

Level 1 – Repeat the exercise twice.

Level 2 – If you have a light weight, strap this onto your ankle.

Level 3 – Side-stepping:

- hold onto a kitchen counter or table
- take steps sideways until you reach the end of your counter or table, leading with your **right** leg
- return leading with your **left** leg

## 6 Step-up

- Stand at the base of stairs or a step and use handrails for support.
- Step up with your right leg leading. Then step down.
- Repeat up to 10 times with your right leg leading.
- Step up with your left leg leading. Then step down.
- Repeat up to 10 times with your left leg leading.



### Progressing to Level 1:

Level 1 – If you have light weights, strap these onto your ankles.

## 7 Balance heel toe standing

- Facing your kitchen counter, hold onto your counter with two hands and look ahead.
- Place your right foot directly in front of your left foot.
- Hold this position for 10 seconds.
- Change feet and hold for 10 seconds.

### Progressing to Levels 1 and 2:

Level 1 – Use one hand for support.

Level 2 – Try no hand support but hover your hands over the kitchen counter to provide support if needed.



## 8 Balance one-leg stand

- Hold onto your kitchen counter with two hands and look straight ahead.
- Stand on your left leg.
- Hold for 10 seconds.
- Repeat on your right leg.

### Progressing to Levels 1 and 2:

Level 1 – Use one hand for support.

Level 2 – Try no hand support but hover your hands over the kitchen counter to provide support if needed.





# Walking plan

**Goal: To achieve 30 minutes of walking at a moderate intensity 5 days a week. This can be either continuously or in smaller amounts spread throughout the day, for example, 10 minutes 3 times a day.**



**The following is an example of how you might safely increase your walking time:**

Example of walking plan	
<b>Week 1</b>	<ul style="list-style-type: none"><li>• 5-minute walk, rest for 1 minute, repeat 2 times.</li><li>• Three days a week.</li><li>• 10 minutes in total three days per week.</li></ul>
<b>Week 2</b>	<ul style="list-style-type: none"><li>• 5-minute walk, rest for 1 minute, repeat 3 times.</li><li>• Three days a week.</li><li>• 15 minutes in total three days per week.</li></ul>
<b>Week 3</b>	<ul style="list-style-type: none"><li>• 5-minute walk, rest for 1 minute, repeat 4 times.</li><li>• Three days a week.</li><li>• 20 minutes in total three days per week.</li></ul>
<b>Week 4</b>	<ul style="list-style-type: none"><li>• 5-minute walk, rest for 1 minute, repeat 5 times.</li><li>• Three days a week.</li><li>• 25 minutes in total three days per week.</li></ul>
<b>Week 5</b>	<ul style="list-style-type: none"><li>• 5-minute walk, rest for 1 minute, repeat 6 times.</li><li>• Four days a week.</li><li>• 30 minutes in total four days per week.</li></ul>
<b>Week 6</b>	<ul style="list-style-type: none"><li>• 5-minute walk, rest for 1 minute, repeat 6 times.</li><li>• Five days a week.</li><li>• 30 minutes in total five days per week.</li></ul>

# Tips to check your body's response to your new exercise routine

## Talk test:

- ✔ Aim to exercise at a moderate intensity.
- ✔ If you can talk and sing without getting out of breath while exercising, you are exercising at a low intensity.
- ✔ If you can comfortably chat, but you can't sing any more than a few words without getting out of breath while exercising, you are exercising at a moderate intensity.
- ✔ If you cannot talk at all while exercising, you are exercising at a high intensity.

## Check how you feel

Examples of signs to look out for if you are over-doing things include:

- ✔ your muscles feel jelly-like, are twitching or cramping
- ✔ you are short of breath so that you are unable to hold a conversation
- ✔ you experience significant fatigue after exercise
- ✔ you are so sore the next day that you cannot exercise

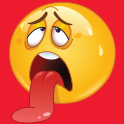
Pace yourself, take breaks as you need them and listen to your body.

Use a scale like the 'Rate of perceived exertion' opposite to check how hard you feel your body is working. Stay in the green zone!




## Rate of perceived exertion

- 0 No effort**
- 1 Very, very light**
- 2 Very light**
- 3 Very easy to manage**
- 4 Easy to manage**
- 5 Very slight challenge**
- 6 Slight challenge**
- 7 Challenging**
- 8 Hard**
- 9 Very hard**
- 10 Extremely hard**



**Keep it in the green zone!**

A woman with blonde hair, wearing a blue tank top, is smiling and looking back over her shoulder. She has a blue yoga mat rolled up over her shoulder. The background is a bright, indoor setting, possibly a gym or studio, with another person in a blue shirt visible in the background.

**“Congratulations!  
Keep going. Don’t forget  
to go to page 2 and tick  
the boxes to record  
your walk distance  
or time!”**





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This resource has been developed with PCC Physiotherapy Services in Dublin South, Kildare, West Wicklow and Cork North / South Lee in conjunction with the Irish Society of Chartered Physiotherapists, and is informed by Let's Get Moving Again booklet produced by the same group. We would like to acknowledge and thank the service users who kindly gave their time to demonstrate the exercise programme.

## Disclaimer

You are responsible for doing these exercises safely. Stop exercising if you experience pain or you feel unwell. The authors and advisors, who have created this brochure, accept no liability for injury caused as a result of taking part in these exercises.