

# HEALTHY AND ACTIVE AT HOME

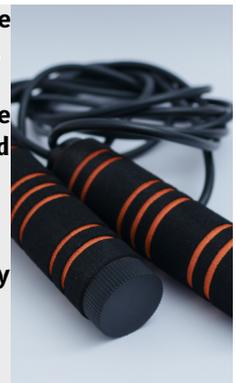


This information leaflet provides you with some ideas of activities that can be undertaken with the equipment provided. Remember to start gradually and build up.

Resistance Bands - Yellow bands have the lowest resistance and you may want to use this initially. You may need to start with lower repetitions for each exercise and build up gradually doing more repetitions and / or using the next strength band.

**WARNING:**

Skipping ropes have a strangulation risk - please supervise children and keep away from babies/very young children.



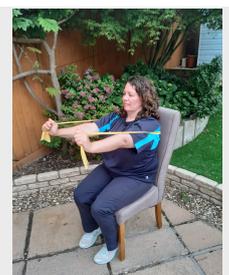
### Resistance Band - Lateral Raise

Place both feet on the middle of the resistance band and hold each end of it with your hands. Raise both arms to the side until they reach shoulder height, then return to your starting position and repeat ten times.



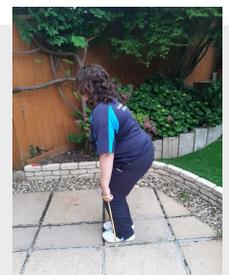
### Resistance Band - Chest Press

Sit or stand and put the resistance band behind your back and hold each end of it with your hands. Stretch both arms out in front of your chest, then return to the starting position and repeat 10 times.



### Resistance Band - Squats

Place both feet in the middle of the resistance band and hold each end with your hands. Slowly bend your knees into a squat position (trying to keep your heels on the floor and your bottom pushing back). Return to your starting position and repeat ten times.



### Resistance Bands - Leg Press

Sit on a chair with your back straight. Place one foot in the middle of the band and hold it at both ends. Bend your knee, then straighten it back out in front of you before returning to your starting position and repeat ten times.



### Resistance Band - Bicep Curl

Sit on a chair with your back straight. Place one foot in the middle of the band and hold onto it at both ends. Bend your knee, then straighten it back out in front of you before returning to the starting position. Repeat with each leg ten times.



### Resistance Band - Seated Calf Press

Sit on a chair with your back straight. Place one foot in the middle of the band and hold onto each end. Extend one leg and point your toes towards the ceiling, then point your toes towards the ground. Return to starting position after ten times and repeat with other leg.



### Skipping

Skipping is fun but extremely effective. Gradually build up the time you are skipping for. Remember to watch out for hazards around you that the skipping rope may get caught in!

### Flat Cones

Balance is important as we get older. Can you place the cones on the floor or at a raised level around you, stand on one leg and pick them up one at a time. Don't forget to try it on both legs!

### Badminton or Tennis

Enjoy a game with a partner or practice your skills hitting shuttlecock or ball against wall or tapping it up and down on your racquet.

### Pink Volleyball

Use this to play a game of volleyball (if too fast use a balloon), football, netball or basketball!



### Further Information:

Check out the Vale Healthy Living Page [resources] for more ideas to get more active: [bit.ly/2UdgZoe](https://bit.ly/2UdgZoe)

Check out the Vale National Exercise Referral Programme youtube channel for Active at Home sessions or for live session follow their facebook..... @ValeNERS

Walking is a great and free way to get more active and there are lots of different routes within the Vale. Take a look at ideas for walking in the Vale on our web-site. If you do not have access to the internet contact Rachel Shepherd [Senior Healthy Living Officer] on 07730 749485 for paper copies.



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