



# **Daughters of Charity Disability Support Service**

## **Guide for Staying Active Weekly Challenges & Chair-Based Exercises**

Compiled by DOCDSS Physiotherapy Department  
8 April 2020

***Staying physically active and healthy is important, particularly now when we all need to mind ourselves and each other a little more.***

***Please find enclosed helpful tips on how to keep yourself moving!***

- ***We all need to be active every day***
- ***All activity counts, no matter how short***

***Inside this packet you will find the following:***

- ***Why Exercise easy read information sheet***
- ***Lets Stay active weekly challenge***
- ***Weekly Challenge record***
- ***Move it or Lose it***
- ***Chair base Exercise Programme***
- ***Walking Challenge***
- ***Walking challenge Record***
- ***Sing Song a day***

***Just get moving!!***



## Why Exercise?



Healthy Heart



Weight Management



Happy Bones



Strong Muscles



Flexible Joints

## Why Exercise?



Prevent Falls



More Energy



Good Mood



Brain Health



Sleep well

## How Hard Should I Exercise?

Always link with your local physiotherapist for recommended activity intensity.

### Easy



Able to sing a song

### Moderate



Feeling warm  
Feel heart beating  
Notice your breaths  
Able to chat briefly  
Unable to sing a song

### Hard



Sweating  
Heart beating fast  
Breathing hard  
Unable to chat or sing

# ***Lets Stay Active***

## **WEEKLY CHALLENGE**

*Staying physically active and healthy is important, particularly now when we all need to mind ourselves and each other a little more.*

- *We all need to be active every day*
- *All activity, no matter how short, counts*

### **Turn off the television for certain times during the day and MOVE**

Here is a list of suggested activities for this week

- Switch on some music and have a little dance
- Turn on a you tube interactive fitness video such as Siel Bleu chair based exercises or do Chair – based programme I sent to you all
- Set hourly challenge's - Stand up and Sit down every time the big hand of the clock hits 12!"
- Play catch and clap with a soft ball – can be done in sitting!
- Have a Sing Song – good for the breathing !!

***Just get moving !!!***



# Activity Challenge Record Sheet



**AREA:**

**WEEK ENDING :**

|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|---------|-----------|----------|--------|----------|
|  |        |         |           |          |        |          |
|  |        |         |           |          |        |          |
|  |        |         |           |          |        |          |
|  |        |         |           |          |        |          |
|  |        |         |           |          |        |          |

|                           |  |  |  |  |  |  |
|---------------------------|--|--|--|--|--|--|
| <b>Notes<br/>Comments</b> |  |  |  |  |  |  |
|---------------------------|--|--|--|--|--|--|



**MOVE IT OR LOSE IT !!!!!**



*We all know that being physically active is good for us, but not everyone can take part in activities like walking. If that's the case for you, but you want to keep active, then chair-based exercise could be just what you're looking for.*

*You can use these exercises if you have trouble getting up and about, or even if you just want a change of activity on days you can't get outdoors.*

*Chair-based exercise can be done at home or in small groups and is easy to fit in to your daily routine. For example, you could aim to do ten minutes every other day for two weeks. Then, if you achieve that and don't get too tired, you could plan to do more or carry on for a few more weeks*

*So why not give it a go? You might be surprised at just how good it makes you feel.*

*The six rules of chair-based exercise*

*Always use a strong chair, preferably with armrests and not too soft. When you sit in the chair, your thighs should be parallel with the floor.*

*Keep your arm and leg movements steady, as this will help avoid muscle and joint strain.*

*Ten repetitions of each exercise is enough , but you are the best judge of what you can manage.*

*Don't exercise too hard. Some days or weeks may be better than others, so see how you're feeling.*

*Never hold your breath while exercising. You'd be surprised just how often we forget to breathe when lifting our arms and legs or staying balanced.*

*Keep your arm exercise below head height. This means the heart doesn't have to pump so hard against gravity and will help to reduce breathlessness.*



# Chair Based Exercises 1



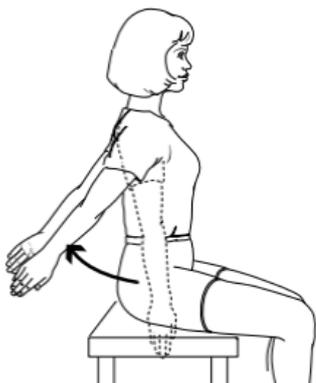
Sunshine  
And  
Breath



Shoulder shrug



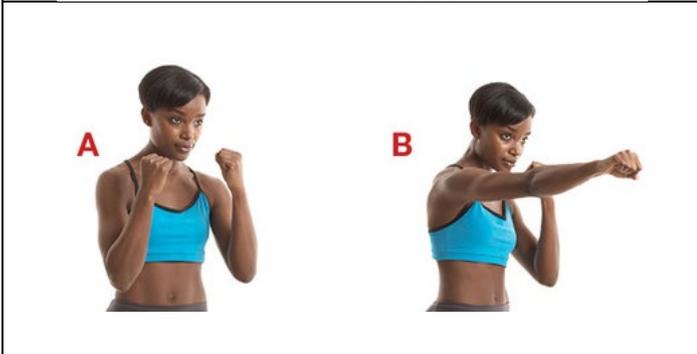
Open book



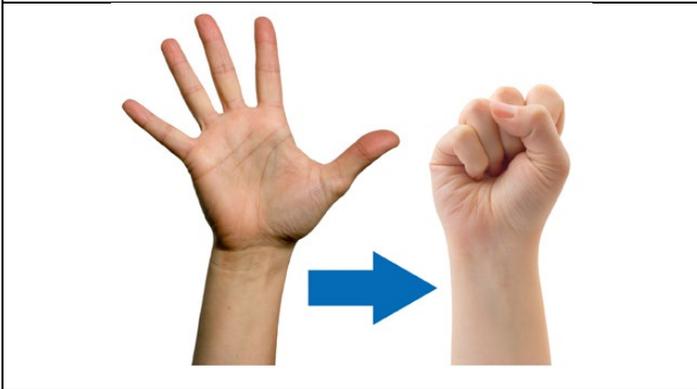
Arm Swing



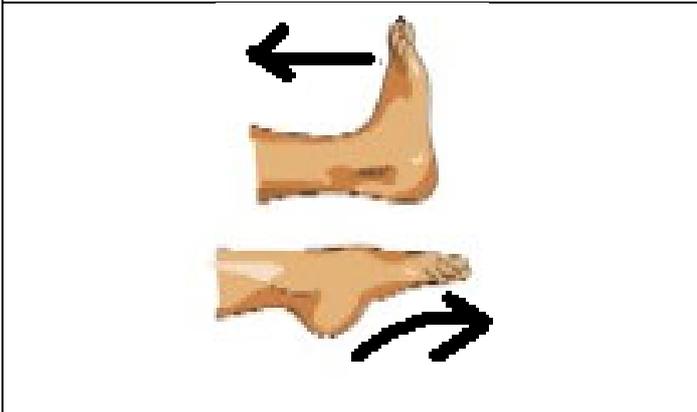
Biceps curl



Boxing



Handiwork



Toe tap



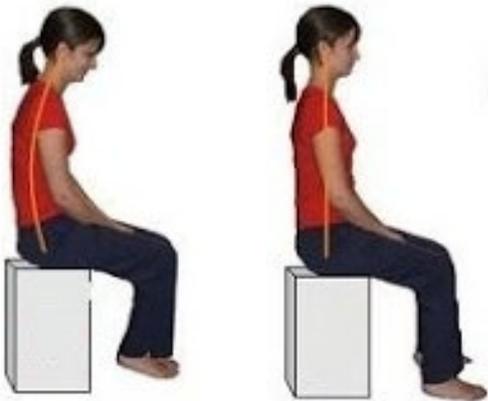
Marching



Hams stretch in chair



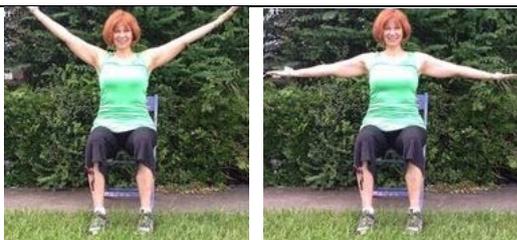
Kick



Slouch  
And  
Tall



Sunshine  
and  
Breath





## CHAIR BASED EXERCISES 2



### Sunshine And Breath

Breath in raising arms.  
Breath out lowering arms.  
X 5 reps



### Look up Look down

Look up, middle, and down  
X 5 reps



### Look to side

Look side, middle, and other side  
X 5 reps



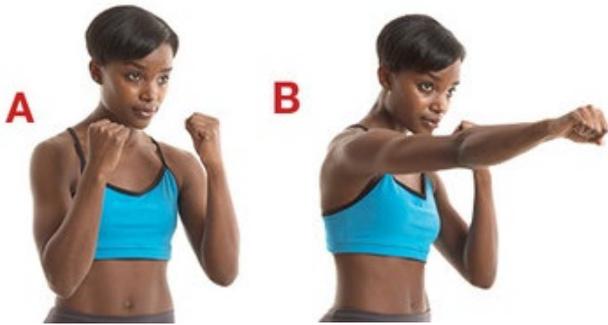
### Shoulder shrug

Squeeze shoulders up  
Hold a moment then relax  
X 5 reps



## Open book

Start with hands together.  
Open arms out and return to start.  
X 5 reps



## Boxing

X 20 reps



## Marching

X 20 reps



## Kick

X 20 reps each leg



## Up On Toes

Hold onto sturdy chair or table  
or counter top X 10 reps



## Squat

Have a sturdy chair behind you.  
Squat as if to sit down, sticking  
your buttocks out behind you.  
Just before sitting, stand up again.  
X 10 reps



## Leg Behind You

Hold onto sturdy chair or table  
or counter top X 10 reps



## Leg Out to the Side

Hold onto sturdy chair or table  
or counter top X 10 reps



## Calf Stretch

Sit in a chair/sofa with a towel/belt around the forefoot.

Pull toward you bringing toes toward your face - knee straight.

Hold x 10 seconds  
Repeat 3 x each foot.



## Side of Leg/Hip

Hold onto sturdy chair or table or counter top, cross right leg in front of left leg and raise the right arm over head, lean to side until you feel a stretch.

Hold 10 seconds  
Repeat x 3 each leg



## Hams stretch in chair

Sitting in a chair/sofa put one leg out straight. Lean forward until you feel stretch at back of leg.

Hold x 10 seconds  
Repeat 3 x each foot.



## Sunshine and Breath

As previous x 5 reps to end.

## Are you ready to start walking and don't know where to begin?

Walking is one of the easiest, most enjoyable, and most profitable forms of exercise. All you need is a good pair of shoes, comfortable clothing, and desire

- **HOW TO START:** First of all, start out slow and easy. Just walk out the door. For most people this means head out the door, walk for 5 minutes, and walk back. That's it? Yes, that's it. Do this every day for a week.

If this was easy for you, add five minutes to your walks next week. Keep adding 5 minutes until you are walking as long as desired.

If you're new to walking, start off with slow, short sessions and build your way up gradually. Do not worry at all about speed in the beginning. After you have been walking for several weeks you can slowly start picking up your pace.

- **WATCH your posture.** Walk tall. Think of elongating your body. Hold your head up and eyes forward. Your shoulders should be down, back and relaxed. Tighten your abdominal muscles and buttocks and fall into a natural stride.



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Be sure to drink plenty of water before, during, and after walking. Incorporate a warm up, cool down and stretches into your routine. Start your walk at a slow warm up pace, then walk for the desired length of time. End your walk with the slower cool down pace and stretch well after your walk. Stretching will make you feel great and assist in injury prevention.

*In the beginning, don't worry about speed or distance. Just get out the door on a regular basis. After you have formed the habit you will want to evaluate your program and your goals. Here are some general guidelines depending on your goals:*

*If you are walking for general health benefits try to walk at a "talking" pace. (Talking pace means you have elevated breathing, but you can still carry a conversation.)*



### **IMPORTANT - ALWAYS PHYSICALLY DISTANCE**

**What do you really need to get started?** *Four essential items to remember:*

- **Shoes** - *The most important item you need is a good pair of walking shoes. Shoes should fit comfortably, have a flexible sole and plenty of toe room.*
- **Socks** - *Your choice of socks is almost as important as what shoes you wear. Be sure to wear the socks you will walk in when trying on shoes.*
- **Clothing** - *Wear what is comfortable for you. Wicking fabrics can make walking more comfortable. Also be sure to dress for the weather. On cold weather days, layer your clothing so items can be removed as you warm up. Add a hat, sunscreen and sunglasses on a sunny day.*
- **Water** - *Be sure to drink plenty of water. If taking a short walk around your local area drink some water before you head out and more when you return. If walking for longer than 30 minutes take water and drink along the way.*



## **WARM UPS AND COOL DOWN**

*Warming up, cooling down are very often neglected by walkers*

*Every workout should be performed in the following sequence:*

- 1) Warm up with easy paced walking*
- 2) Walk at your desired pace*
- 3) Cool down*

**Warm up** - Warming up is exercising at a lower intensity in order to get the blood circulating and let your body know that you are preparing for exercise. You can warm up by walking and gradually increasing your pace over a period of about ten minutes.

**Workout** - Now that you have warmed up you should be ready to complete your walk at your normal walking pace. For the first few weeks do not push too hard. Your breathing should be elevated, but you should not be gasping for air. A rule of thumb that works for most people is... If you can not talk you are walking too fast, if you can carry a tune you are walking too slow.

**Cool down** - At the end of your walk you need to walk at a slower pace to cool down. The harder you have worked out the longer you should cool down. In the beginning your walks are very short and you only need to cool down a couple of minutes. As your walking time and intensity extends so should your cool down period.

# WALKING CHART



**NAME:**

**WEEK ENDING :**

|                                  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | Average over week |
|----------------------------------|--------|---------|-----------|----------|--------|----------|-------------------|
| <b>Distance/<br/>No of steps</b> |        |         |           |          |        |          |                   |
| <b>Notes<br/>Eg .was it easy</b> |        |         |           |          |        |          |                   |

**NAME:**

**WEEK ENDING :**

|                                  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | Average over week |
|----------------------------------|--------|---------|-----------|----------|--------|----------|-------------------|
| <b>Distance/<br/>No of steps</b> |        |         |           |          |        |          |                   |
| <b>Notes<br/>Eg .was it easy</b> |        |         |           |          |        |          |                   |

# A Sing Song a Day



**“I don’t sing because I’m happy, I’m happy because I sing.”**

*Singing provides many benefits to all of us. Ongoing research has shown that regular singing can lift your spirits, increase your immunity and provide a workout for your brain and your lungs.*

## 11 Surprising Health Benefits of Singing

*Singing brings joy to many people – but did you know that singing can lead to incredible benefits in your physical, emotional, and social health?*

***Here are 11 reasons why singing is good for you.***

### Physical Benefits of Singing

- ***Singing strengthens the immune system***

*According to research conducted at the University of Frankfurt, singing boosts the immune system. The study included testing professional choir members’ blood before and after an hour-long rehearsal singing Mozart’s “Requiem”. The researchers noticed that in most cases, the amount of proteins in the immune system that function as antibodies, known as Immunoglobulin A, were significantly higher immediately after the rehearsal.*

- ***Singing is a workout***

*For the elderly, disabled, and injured, singing can be an excellent form of exercise. Since you pull in a greater amount of oxygen while singing than when doing many other types of exercise, some even believe that singing can increase your aerobic capacity and stamina.*

- ***Singing improves your posture***

*Standing or sitting up straight is part of correct technique as you’re singing, so with time, good posture will become a habit! As your chest cavity expands and your shoulders and back align, you’re improving your posture overall.*

- ***Singing helps with sleep***

*Experts believe singing can help strengthen throat and palate muscles, which helps stop snoring and sleep apnoea. If you’re familiar with these ailments, you know how difficult it can be to get a good night’s sleep!*

## Psychological & Emotional Benefits of Singing

- ***Singing is a natural anti-depressant***

*Singing is known to release endorphins, the feel-good brain chemical that makes you feel uplifted and happy. In addition, scientists have identified a tiny organ in the ear called the sacculus, which responds to the frequencies created by singing. The response creates an immediate sense of pleasure, regardless of what the singing sounds like. Not only that, but singing can simply take your mind off the day's troubles to boost your mood.*

- ***Singing lowers stress levels***

*Making music in any form is relaxing. Singing releases stored muscle tension and decreases the levels of a stress hormone called cortisol in your blood stream.*

- ***Singing improves mental alertness***

*Improved blood circulation and an oxygenated blood stream allow more oxygen to reach the brain. This improves mental alertness, concentration, and memory.*

## Social Benefits of Singing

- ***Singing can widen your circle of friends***

*Whether you're in a choir or simply enjoy singing karaoke with your friends, one of the unexpected health benefits of singing is that it can improve your social life. The bonds you form singing with others can be profound, since there's a level of closeness naturally involved.*

- ***Singing boosts your confidence***

*Stage fright is a common feeling for new singers. However, performing well and receiving praise from your friends and family may be the key to eventually overcoming your fears and boosting your self-confidence.*

The delights of singing go beyond merely enjoying the beauty of your own vocal talent.

Don't hesitate to get started – have fun with it, and do you what you enjoy!

