

Exercise Guidelines

- Wear good supportive non-slip footwear.
- Dress correctly for the weather if exercising outdoors.
- Aim to do 150 minutes a week of moderate intensity exercise - brisk walk, cycle or swim.
- Aim to do at least 2 days a week of strengthening based exercises, e.g. Pilates, Yoga, weight training.
- Reduce time spent sitting down by moving regularly for 10 mins or more e.g. doing chores - making tea or cleaning or cooking.
- If using a walking aid, make sure grips are working well and the wheels are in good condition.
- Use a personal alarm or have your mobile phone on you in case of emergencies.

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EXERCISE GUIDELINES FOR 65+



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Leg Strengthening 1

In sitting, straighten leg out and hold x10 sec x10 Times.



Leg Strengthening 2

Sitting up tall in your chair, lift leg up towards the ceiling. Hold x10 seconds x10 Times.



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Arm Strengthening 1

Sit up Tall and with weights in the hands slowly lift the arms up to the ceiling and slowly lower arms back down. Repeat x10 Times.



Arm Strengthening 2

Sit up Tall and with weights in the arms slowly bend and straighten the arms/elbows. Repeat x10 Times.



Sit To Stand

Sit up Tall and slowly stand up and then slowly sit back down again. Try not to use your arms. Repeat x10 Times.