

Be Active At Home Brimbank



Activities suitable for people aged 18-65 years

On The Spot Lunge

1. Keep your upper body straight, with your shoulders back and relaxed and chin up (it may help to pick a point to stare at in front of you). Squeeze in your belly.
2. Step forward with your right foot, lowering your hips until both knees are bent at about a 90-degree angle.
3. Bring your right foot back to a standing position and repeat with your left foot.
4. Perform this exercise 10 times on each leg.

If you require some support, you can use the back rest of a stable chair to assist with balance.



Squats

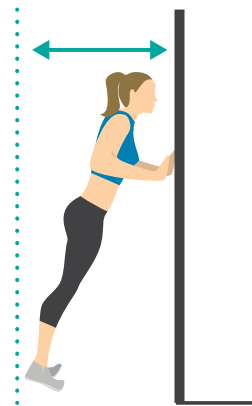
1. Stand with your feet hip-width apart keeping your knees over your feet.
2. Slowly lower your bottom just like you are about to sit down.
3. Keep your knees over your ankles and place your weight in your heels.
4. Straighten your body upright and repeat 15 times.

If you require some support, you can use a chair to lower your bottom towards, but try not to sit down on it.



Wall Push Up

1. Place hands on a wall shoulder-width apart and at chest level.
2. Step back with both feet to where your heels are off the ground. This is the starting position.
3. Begin exercise by bending your elbows and lowering your chest toward the wall. Inhale while doing so.
4. Next, push yourself back up into the starting position. Exhale while doing so. Repeat 15 times.



Always remember to stay hydrated and wear appropriate clothing and footwear when exercising



Be Active Brimbank is a Brimbank City Council initiative to help you find and participate in physical activity.

If you haven't exercised in a while, you should progressively increase the intensity of the exercises. If you feel unwell stop exercising immediately. If you continue to feel unwell, seek medical assistance. The exercises provided are generic and not based on your individual needs. Please seek the help of an accredited professional for a tailored exercise program. Contact your local GP to find out about services that you may be eligible for.

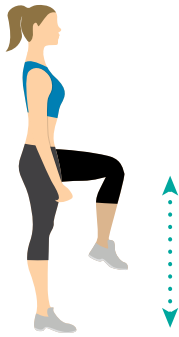
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High Knees

1. Stand with your feet hip-width apart. Lift up your left knee towards your chest.
2. Lower your left knee back to the floor.
3. Switch to lift your right knee towards your chest and lower it back to the floor.
4. Continue alternating each leg, whilst increasing the speed of movement to a fast walk, jog, run or sprint on the spot.
5. Continue exercise for 30 seconds.



Star Jumps

1. Stand with your feet together and arms by your side.
2. Jump slightly in the air bringing your legs away from each other and your hands to above your head.
3. In a quick motion, bring your legs and arms back to the starting position. This is one Star Jump.
4. Complete 10 Star Jumps.

You can always start with stepping one leg out at a time whilst bringing your hands to above your head.







Side Leg Raises

1. Holding onto a surface or back of a chair, stand with your feet hip-width apart.
2. Raise your left leg out sideways towards the wall as far as you can. Return your foot back to the starting position.
3. Repeat this with your right leg.
4. Complete the exercise 10 times on each leg.



Want to add a bit of a challenge to your exercise? You can grab two cans or cartons out of your pantry for weights and hold them in your hands whilst completing the exercise.

Be Active Brimbank can be discovered here:

-  Pick up a Be Active Physical Activity Guide at your local Brimbank Council Customer Service Centre
-  Call Brimbank Council on **(03) 9249 4000**
-  Visit www.brimbank.vic.gov.au/BeActive
-  Follow [@BeActive Brimbank](https://www.facebook.com/BeActiveBrimbank) on Facebook