

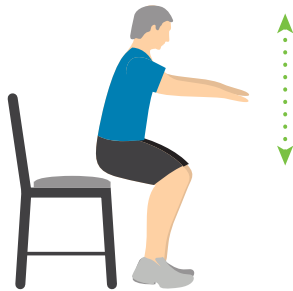
# Be Active At Home Brimbank



## Activities suitable for people aged 65+ years

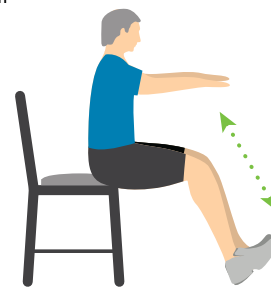
### Chair Squats

1. Stand in front of a chair with your feet hip-width apart. Keep your knees over your feet.
2. Slowly lower your bottom toward the chair without actually sitting down.
3. Keep your knees over your ankles and place your weight in your heels.
4. Straighten your body upright and repeat 15 times.



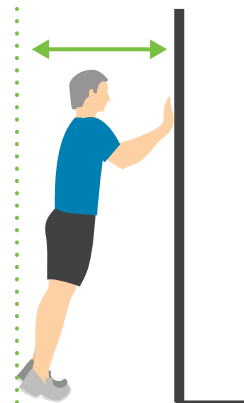
### Sit and Reach Stretch

1. Sit at the edge of a chair and extend your legs forward with your knees slightly bent.
2. Keep your heels on the floor and toes pointed toward the ceiling.
3. Extend both arms in front and reach to touch your toes, while slowly bending at the waist without bouncing.
4. Hold for 10 seconds then return to resting position.



### 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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### Marching in Place

1. Standing straight, lift your right knee as high as you can and then lower it back to the floor.
2. Lift your left knee as high as you can and lower it back to the floor.
3. Lift and lower your alternate knees for 10 times each knee.

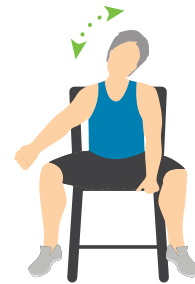
*If you require some support, you can hold onto a chair or surface while performing this exercise.*



### Neck Stretch

1. Begin seated and slowly tilt your head to your right shoulder.
2. Hold this position and extend your left arm to the side and downward at waist level.
3. Release, then repeat on the left side. Repeat twice on each side.

*Be careful not to push your neck too far to each side, just stretch until you feel a slight pull.*







### Side Leg Raises

1. Stand behind a chair or counter with one or both hands resting on it for support.
2. Lift your right leg out to the side and repeat 15 times for each leg.



#### 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](http://www.brimbank.vic.gov.au/BeActive)
-  Follow @BeActive Brimbank on Facebook