

# 5 in 5

## Living well with long-term health conditions



5 in 5 is a customisable exercise guide to help you move in whatever way works best for you.

Simply choose 5 exercises from the activities and do each one for 1 minute, adding up to a 5 minute mini-workout.

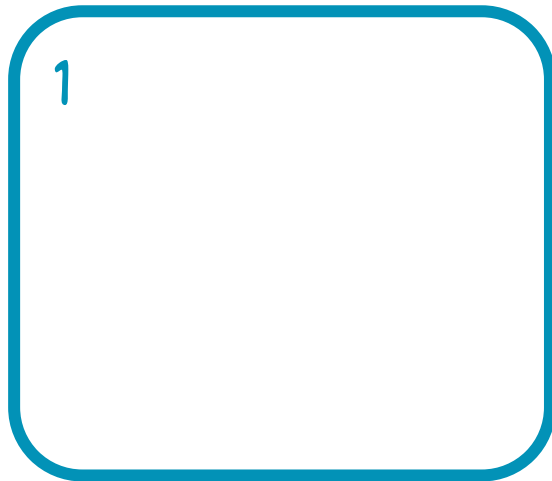
**Disclaimer:** This is not a prescribed exercise plan. If you have any concerns or worries about exercising you should contact your GP.

**For more advice and support around getting active visit**  
**[www.healthyshetland.com](http://www.healthyshetland.com)**

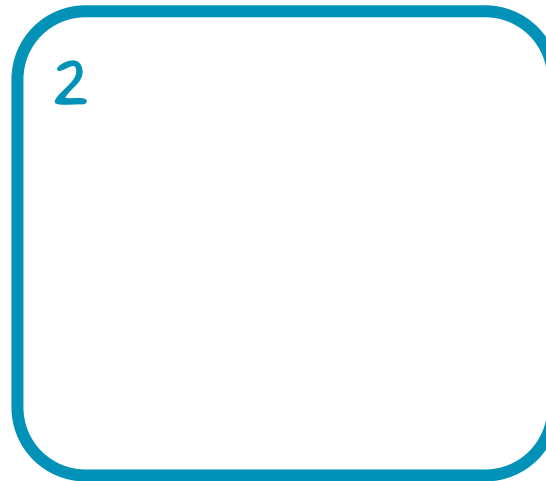
# My 5 in 5

Simply choose 5 exercises from the activities and do each one for 1 minute, adding up to a 5 minute mini-workout.

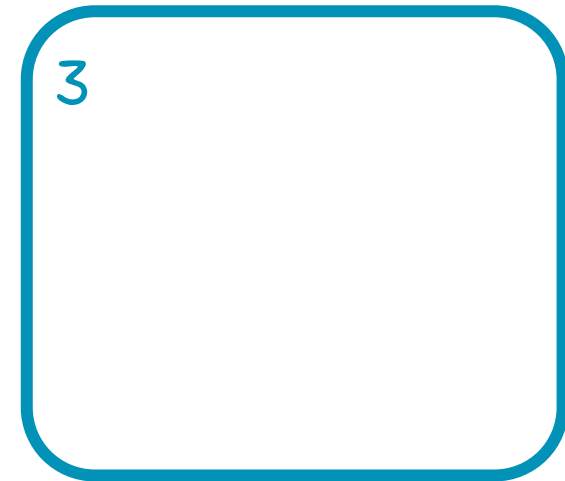
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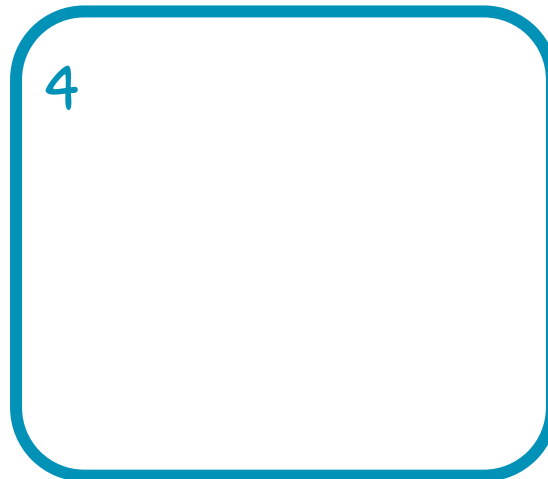
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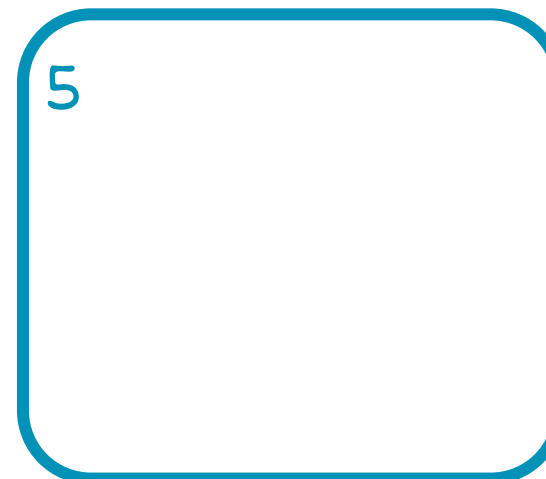
3



4



5



“Regular movement improves quality of life.”

# Strengthening

## Lateral arm raises



1. Stand hip width apart
2. Grab anything you can use as weights
3. Lift both arms up out to the side and lower

## Calf raises



1. Rest your hands on the back of a chair for stability if you require
2. Lift both heels off the floor as far as is comfortable. The movement should be slow and controlled. Return to the flat.

## Bicep curls



1. Hold a pair of light weights (filled water bottles will do) and stand with your feet hip-width apart.
2. Keeping your arms by your side, slowly bend them until the weight in your hand reaches your shoulder. Slowly lower again.

## Chair squats



1. Hold onto a chair with a straight back and feet hip width apart.
2. Bend the knees like you're going to sit, then straighten your legs to stand right back up.
3. Breathe in as you squat and breathe out as you come back up.

## Wall push ups



1. Stand face onto a wall with arms extended out. Stand with one leg in front for balance.
2. As you breathe in, slowly bend your arms and lean towards the wall
3. As you breathe out, push against the wall and extend your arms straight. Repeat.

We should aim to do strengthening activities at least twice per week.

# Balancing & flexibility

## Sit to stand



1. Sit forward from the back of the chair to work the back muscles. Make sure you've got good posture and that your toes are back under your knees.
2. Slowly stand up, moving your feet a little bit to get the blood flowing again.
3. Slowly sit back again with control. Repeat.

## Side leg raises



1. Place your feet hip-width apart and hold onto chair or wall for support.
2. With or without an ankle weight, slowly take the leg out to the side. Keep looking forward and keep a good posture.
3. Hold it for a count of 4 or 5 seconds.

## Toe walking



1. Stand next to a wall for support. Pull your tummy muscles in and move slowly up on to your toes.
2. When you're steady, take small, controlled steps on your toes. Try to keep the weight on your big toe and second toe. Look forward as you step.
3. Bring your heels down, then turn around and go in the opposite direction.
4. Aim to do 10 steps in both directions.

## Standing lunge



1. Stand straight with your feet hip-width apart.
2. As you breathe in, step out in front of you and bend your knee at a 90 degree angle
3. Breathing out, use your lead foot to push you back to the starting position.
4. Repeat and then switch sides.

## 1 leg stand



1. Start by standing facing the wall or a chair with your arms outstretched and your fingertips touching the wall/chair
2. Lift your left leg, keep your hips level and keep a soft knee in your other leg
3. Gently place your foot back on the floor.
4. Hold the lift for 5 to 10 seconds and perform 3 on each side.

Balance exercise  
helps reduce risk of  
falls and maintain  
independence

# Energising

## March on the spot



1. Stand tall hip width apart
2. Begin marching on the spot slow and controlled using your arms for balance and momentum.

## Jumping jacks



1. Stand with your legs together and arms by your side
2. Jump (or step) both feet out and lift both arms above your head, return to starting position and repeat

## Standing high knees



1. Stand hip width apart
2. Raise one leg up to a 90 degree angle
3. Lower your leg and repeat with opposite leg

## Forward punch



1. Grab weights or an item such as a can of beans
2. Punch your fist out straight and then the other hand

## Body twists



1. Stand hip width apart
2. As you breathe out, lengthen your arms and slowly twist from side to side.

Choose activities that are fun and you will be more likely to stick to it.

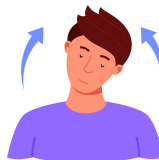
# Relaxing & de-stressing

## Belly breathing



1. Sit in a comfortable chair, sit up straight and put your hands on your belly or if it's more comfortable you can lay down.
2. Close your mouth and take a slow, deep breath in through your nose. When you breathe in, you want your belly to fill with air and get bigger like a balloon.
3. As you breathe out, tighten your abdominal muscles and your belly should draw in. Repeat.

## Neck rolls



1. Begin with your head straight and looking forward.
2. Gently tilt your head to the right and start rolling it in a circular motion slowly.
3. Bring your head up to the starting position and repeat in the opposite direction.

## Side stretch



1. Stand tall with your feet shoulder-width apart. Place your right hand on your hip and raise the left arm.
2. Lean to the right until you feel a stretch in the obliques.
3. Hold the stretch for 10 seconds and then repeat on the other side, and repeat.

## Knee extension



1. Sit firmly in the back of a chair, keep your shoulders down and maintain good posture.
2. With or without an ankle weight, slowly extend your leg in front of you and hold for 3 seconds
3. Return to the flat and repeat with other leg.

## Forward fold



1. Stand with your feet hip-width apart, knees slightly bent, and arms by your sides.
2. Exhale as you fold forward from the hips and bring your head towards the floor.
3. Keep your knees straight but with a gentle bend so that they are not locked out.
4. Reach for the floor with your fingertips.
5. Hold for 30 seconds and then repeat.

Exercise releases endorphins which make us feel calmer and happier.