

Safety Tips

IMPORTANT:

As you have not been individually assessed as being safe to perform these exercises, it is extremely important that you contact a Physiotherapist, your GP, or another appropriately trained person for advice, if you have any concerns, or if you feel that any of the suggestions are not suitable for you. This may be necessary if you have an underlying medical condition or an injury, which may be made worse by any of the suggested exercises *. Please also see safety tips below.

- If you are unsure whether you should be exercising, consult with your GP or other health professionals
- Please do not participate in exercise if you feel unwell, or if you are experiencing chest pain, dizziness or severe shortness of breath, (call 111 if you are experiencing these symptoms, or 999 in an emergency)
- Ensure you are wearing suitable footwear and clothing
- Ensure you have sufficient space around you, so that you do not injure yourself or trip on obstacles
- If you are at risk of falls, ensure: you have your phone or call-bell nearby, you have removed any obstacles, you have your glasses to hand, you have taken medication at the right time, e.g. allowing pain medication to take effect before exercising, or, allowing enough time for the effects to wear off after taking any medication that causes you to feel dizzy or off-balance
- If you are using an exercise band, please only use it if it is free of damage or tears
- For the exercises with a chair, choose one that is stable and without wheels
- Please have water nearby to keep yourself hydrated during and after exercise
- Ensure as much as possible, that your joints are in good alignment when participating in an exercise
- Try to attempt these exercises twice a week, start slowly and increase the repetitions over time
- Remember, it is normal to feel some muscle soreness after exercise, BUT, if you experience persistent pain then seek advice from your GP or a Physiotherapist

Please note: Participating in these exercises is at your own risk, please only do so if you are safe to do so. All content is provided as general information by HCPA. It should not be treated as a substitute for any other medical advice.

What and how much?

Older adults in particular should include activities that improve strength, flexibility and balance, in order to maintain function and confidence, as well as to reduce the risk of falls.

The CMO found that small increases in the amount of daily activity in this group of people can result in significant health and functional benefits. The guidelines state that **“some is good, more is better”** and even light activity (such as standing for short periods), has distinct benefits over being sedentary.

Interestingly, the improvements of increasing the time spent being physically active are especially significant for those starting from the lowest level of activity and, as the health benefits for each minute added are likely to be proportionately greater. In other words:

Every minute counts!

It's never too late to start!

Even a little movement is better than nothing!

