

Walk your way to better Strength and Balance

ActiveFife
communities



**Walking
Scotland**
Your national walking and wheeling charity

Fife
COUNCIL

Walking everyday will help you to keep active and healthy and is a great way to get out and about and to meet people.

In order to keep walking, to walk further and to reduce the risk of falling, you should also do some simple exercises to improve your strength and balance.

These exercises can be done as part of your everyday routine – for example try some knee bends while waiting for the kettle to boil or do the sit to stand exercise during the advert breaks on television!



Active Fife would like to challenge you to do the enclosed strength and balance exercises at least twice a week for six weeks to see if it makes a difference to you.

Start with a few repetitions of the exercises then build up slowly to more. Make sure you have something to hold onto whilst doing the exercises such as a chair (no wheels) or a kitchen bench and there is nothing around you that might get in your way. Maybe try four of the exercises one day then the other four another day or two different exercises every other day. Its entirely up to you – Every minute counts and some is good more is better (UK Chief Medical officers guidelines, 2019)

There is a chart on the back page for you mark when you have done the exercises and a box for comments after six weeks.

- **Did it make a difference?**
- **Do you feel more confident when you walk?**

Disclaimer

Fife Council do not accept responsibility for any harm or injury caused by individual participation in strength and balance.

It is important to listen to how your body feels while exercising and to stop if anything does not feel right to you. It is also useful to know that strength and balance exercises can make your muscles feel more tense than usual – they might shake a little and feel warmer – this is normal. Seek medical advice

however if you experience dizziness, chest pain, shortness of breath or muscle pain that does not go away. If in doubt it is sensible to check with your doctor or nurse before you start something new.



Have you thought about joining a group walk? We have 24 different led health walks which last around one hour and start at various points across Fife. A health walk is free, local and suitable for most even if you have a long term health condition. All our walk leaders are trained and are keen to encourage everyone to come along no matter your level of fitness.

To find out more check out our timetable on active.fife.scot or email bumsoffseats.project@fife.gov.uk or phone **07872 423829** and we will send you a timetable booklet. No booking required just turn up and fill in a new walker form the first time you do a walk.



Back Knee Strength

Knee Bends

1

Stand up tall and look ahead, hold on to the support handle.



2

Bending one knee, lift your foot slowly towards your bottom.



3

Gently lower your foot back to the ground.



4

Carefully build up the number of repetitions on each leg. This movement can be done from a seated position.

1

Hold on to the support handle and look straight ahead. Place your feet hip width apart.



2

Bend your knees slightly.



3

Slowly return to a standing position, keeping your back straight.



4

Carefully build up the number of repetitions.

Toe Raises

Heel Raises

1

Hold on to the support handle and look straight ahead. Place your feet hip width apart.



2

Slowly raise your toes off the ground, leaning slightly back on your heels.



3

Lower your toes back down.



4

Carefully build up the number of repetitions. This movement can be done from a seated position.

1

Hold on to the support handle and look straight ahead. Place your feet hip width apart.



2

Slowly raise your heels off the ground.



3

Lower your heels back down.



4

Carefully build up the number of repetitions. This movement can be done from a seated position.

Side Hip Strength

1

Stand up tall and look ahead, hold on to the support handle.



2

Slowly lift one leg out to the side. Keep toes and hips facing forward.



3

Gently lower your foot back to the ground.



4

Carefully build up the number of repetitions on each leg.

Sideways Walking

1

Stand up tall and look ahead. Use a support if you need it.



2

Take a few side steps and pause.



3

Take a few side steps back to the start. Now try the other side.



4

Carefully build up the number of repetitions on each side.

Sit to Stand

1

Slowly shuffle forward towards the edge of your seat.



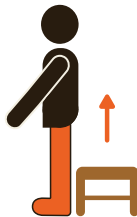
2

Put your feet flat on the ground, then slide them back slightly.



3

Looking straight ahead, push up to a standing position. Try not to use your arms.



4

Ensure your legs are touching the seat. With control, sit back down. Carefully build up the number of repetitions.



Front Knee Strength

1

Sit upright with your heels tucked in.



2

Point your toes upward and lift your leg slightly off the ground.



3

Slowly lower your leg back down.



4

Carefully build up the number of repetitions on each leg

Fill in this table with a tick or cross to keep track of when you did the strength and balance exercises

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
5							
6							

At end of challenge please fill in box below with your feelings regarding the exercises. Could you do this regularly, did you feel more confident about walking, do you feel stronger?

If you are able please email us these comments on this email address: bumsoffseats.project@fife.gov.uk