

100 CALORIE WORKOUT

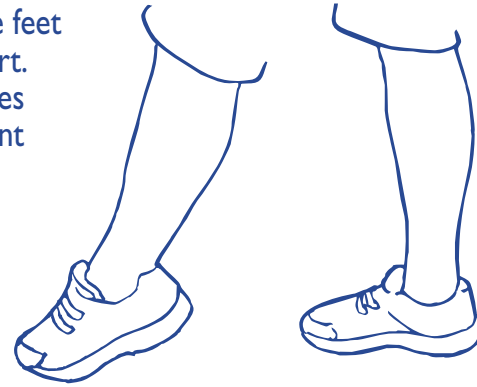
Exercise should never be uncomfortable. If you feel discomfort at any stage, stop the exercise straight away and seek medical assistance if necessary.

- Always consult your doctor before starting an exercises programme.
- This is especially important if you are new to exercise, suffer from heart disease, high blood pressure, chest, back or joint problems or are at all worried about your health.
- Before you start these exercises, it is a good idea to go for a gentle walk or march on the spot to warm your muscles up a little.
- Follow the exercises in order, only choosing the ones you feel comfortable with.
- Throughout all the exercises, ensure that your back remains straight with your head up and that your shoulders are back and relaxed.
- Breathe smoothly and regularly, NEVER HOLD YOUR BREATH!
- By repeating each exercise 20 times, this workout should take you 20-30 minutes. Exercising for 20-30 minutes at a low to moderate intensity will use approximately 100 calories.

WARM UP The warm-up is designed to safely and gradually get the body ready for exercising. You should always warm-up before starting any exercise programme to help prevent injury.

FRONT TOE TAPS

Start with the feet hip width apart. Point your toes and tap in front of you, one at a time.



BACK TOE TAPS

Start with the feet hip width apart. Face forwards and tap your toes to the back of you, one at a time.



SIDE TOE TAPS

Start with the feet side by side. Point your toes and tap to the side of you, one at a time.



HEEL DIGS

Start with the feet hip width apart. Tap your heels in front of you, one at a time.



SHOULDER SHRUGS

Arms by the side of the body, shrug the shoulders upwards towards the ears and then back down again. Try to keep your head still while you do this, so all the movement comes from your shoulders.



NECK TURNS

Keeping the shoulders facing straight ahead. Slowly turn the head towards the right. Hold for several seconds and return to the middle position before slowly turning the head to the left. Only move your head as far as is comfortable and never jerk your head.



MAIN WORKOUT

All these exercises should be done gently and slowly following a warm-up. Never be tempted to bounce or jerk your body into position. Start with as few, or as many exercises as are comfortable.

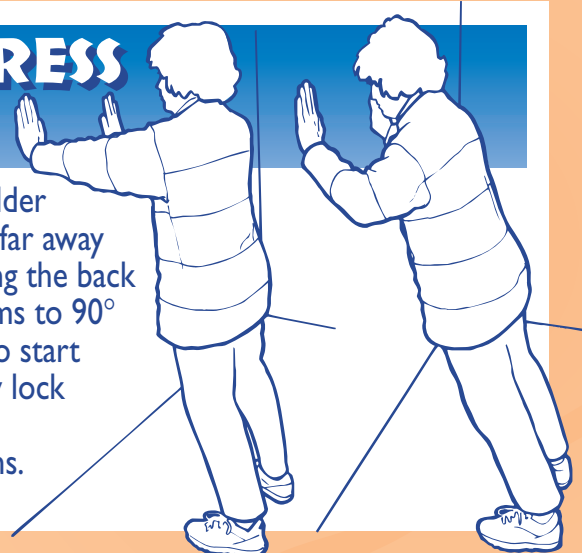
MARCHING ON THE SPOT

Start with a gentle, even pace and gradually quicken your steps as you warm up. Aim to lift the leg well off the floor and swing your arms as you march. Keep going until you feel your heart rate start to increase, and your body warming up.



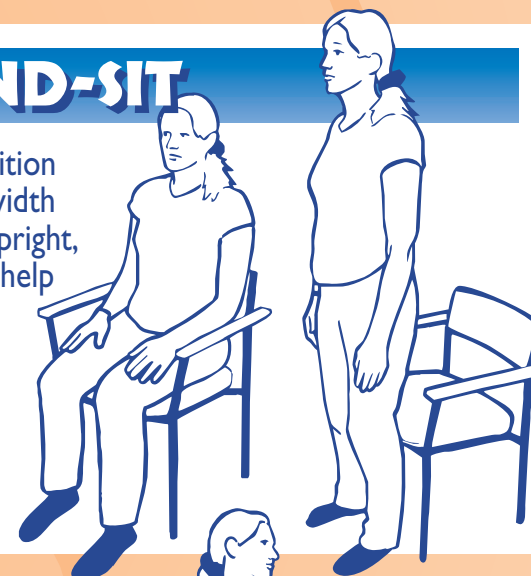
WALL PRESS UPS

Stand with feet shoulder width apart, not too far away from the wall. Keeping the back straight, bend the arms to 90° and push to return to start position. Do not fully lock your elbows when straightening the arms.



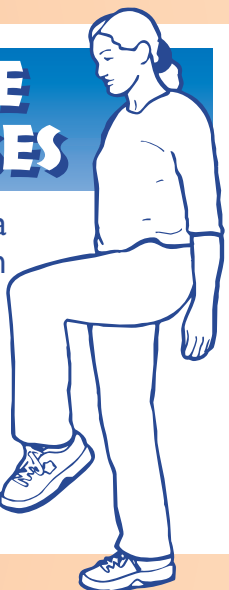
SIT-STAND-SIT

From the sitting position with feet shoulder width apart slowly stand upright, using your hands to help you if necessary. Return to sitting position. This is an excellent exercise for strengthening the legs.



KNEE RAISES

Start with a steady even pace, lift knees one at a time towards waist height.



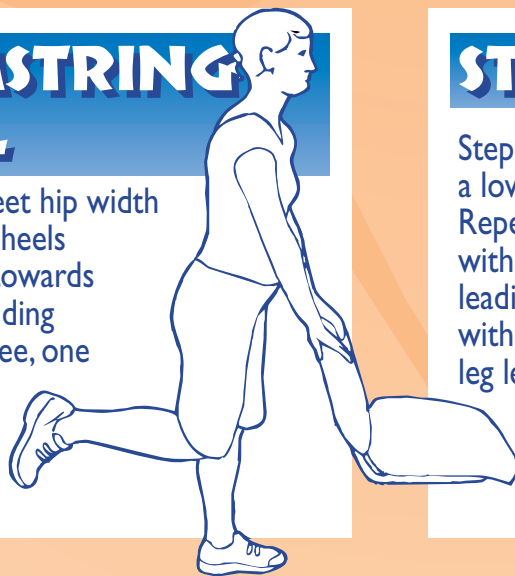
ARM CURLS

Start with the arms close to the side of the body, palms facing upwards, with elbows bent at 90°. Slowly curl the forearms up towards the shoulders, keeping the elbows tightly against the side of the body. Return to 90°. NB. You can hold a small weight (eg a tin of beans) in each hand to increase the effect of this exercise.



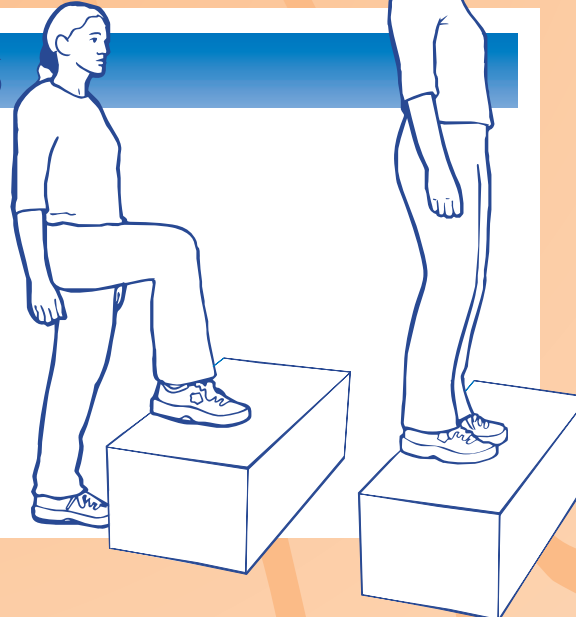
HAMSTRING CURL

Start with feet hip width apart. Raise heels backwards towards bottom, bending from the knee, one at a time.



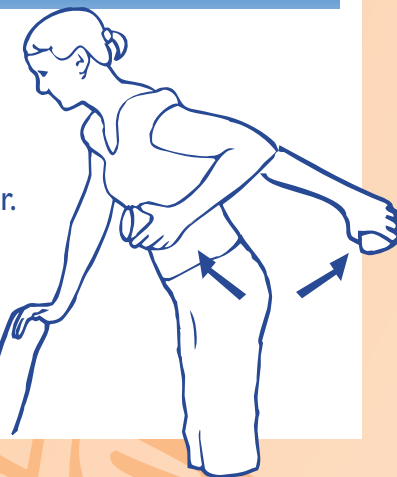
STEP-UPS

Step onto and off a low step or stair. Repeat 10 times with the left leg leading, and then with the right leg leading.



TRICEP KICKBACK

Slightly lean forward then raise your elbow to a 90° angle from the shoulder. Keep your upper arm stable then move your hand backwards, then return to 90°.



COOL DOWN

Slowly wind the body down after exercise to relax the muscles. You can also add any of the stretching exercises shown on this sheet.

HEEL RAISES

Standing with feet slightly apart, raise the heels off the floor, then lower back to standing position.



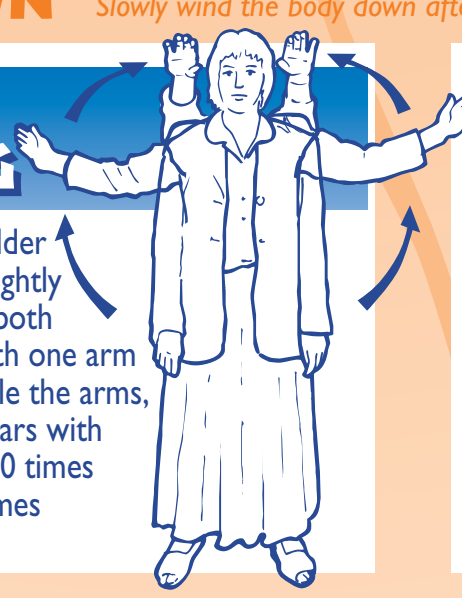
WALK

Go for a walk. As you get fitter increase the distance /speed that you walk so that your heart is beating faster and you're breathing more heavily than usual.



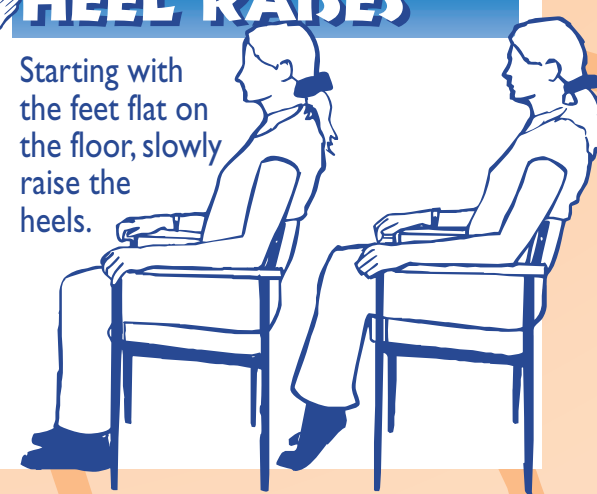
ARM CIRCLING

Stand with feet shoulder width apart, knees slightly bent. Working with both arms together, or with one arm at a time, gently circle the arms, trying to brush the ears with the elbows. Repeat 10 times backwards and 10 times forward.



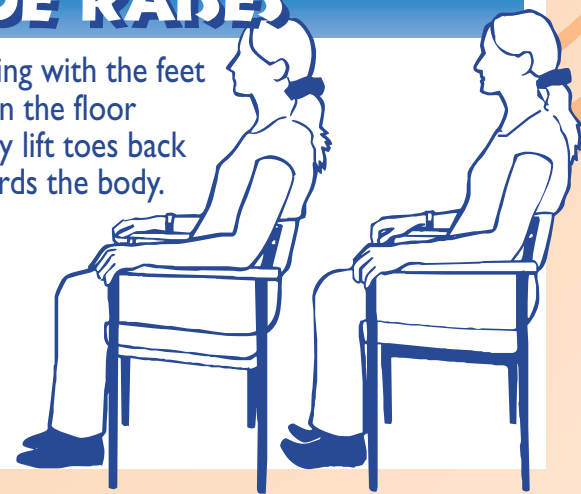
HEEL RAISES

Starting with the feet flat on the floor, slowly raise the heels.



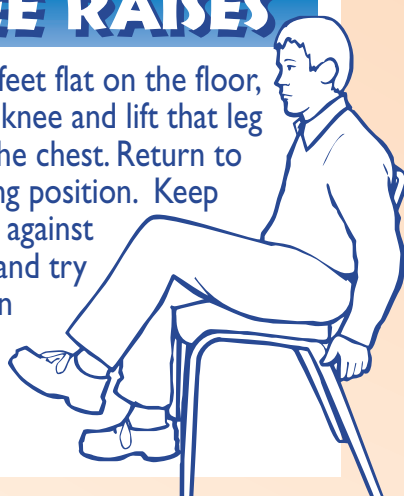
TOE RAISES

Starting with the feet flat on the floor slowly lift toes back towards the body.



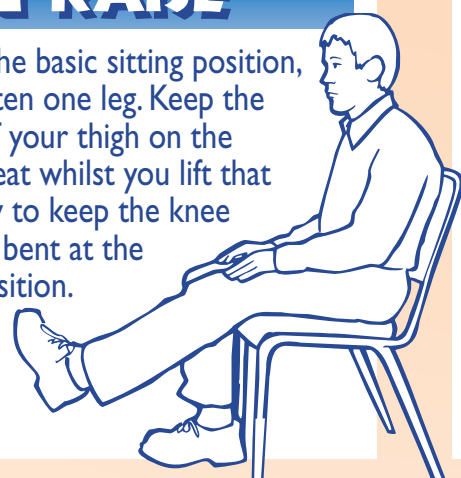
KNEE RAISES

With the feet flat on the floor, bend one knee and lift that leg towards the chest. Return to basic sitting position. Keep your back against the chair, and try not to lean forward as you lift your leg.



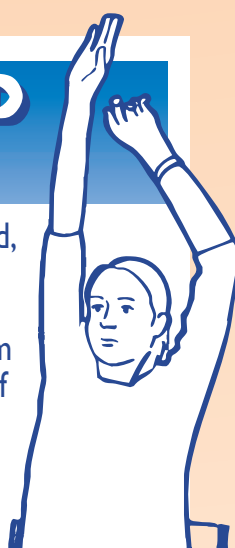
LEG RAISE

From the basic sitting position, straighten one leg. Keep the back of your thigh on the chair seat whilst you lift that leg. Try to keep the knee slightly bent at the end position.



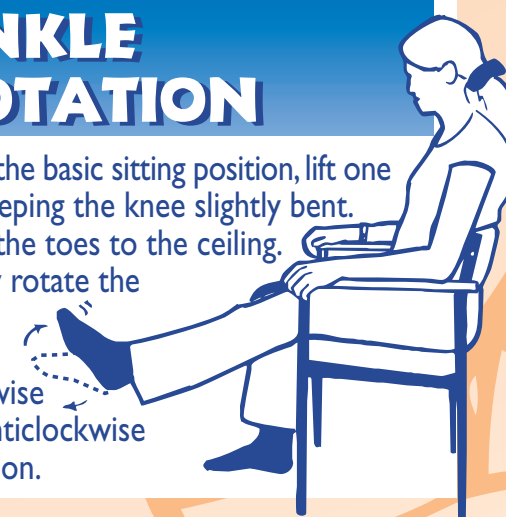
OVERHEAD REACH

With arms above the head, slowly reach towards the ceiling with the right arm, feeling a stretch in the arm and down the right side of the body. Then repeat with the left arm.



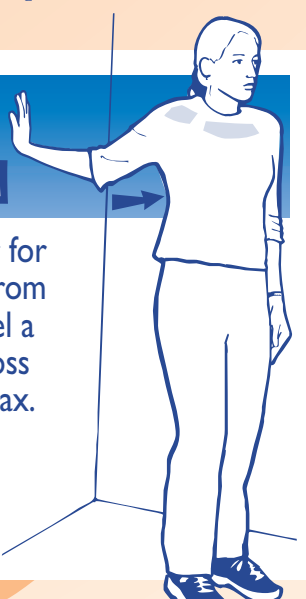
ANKLE ROTATION

From the basic sitting position, lift one leg, keeping the knee slightly bent. Point the toes to the ceiling. Slowly rotate the ankle in a clockwise and anticlockwise direction.



CHEST STRETCH

Using a wall or chair for support, turn away from the wall until you feel a pleasant stretch across your chest. Then relax, and repeat with the other arm.



100 CALORIE WORKOUT

BENEFITS OF BEING MORE PHYSICALLY ACTIVE

Many people try to be active to stay in good shape. Looking and feeling better are very positive effects of physical activity, but there are many other benefits too.

Regular physical activity can:

- help reduce the risk of coronary heart disease
- help to control high blood pressure
- reduce stress and anxiety
- help to maintain strong muscles and flexible joints
- help weight control
- help you make new friends
- improve your social life!

This poster contains exercises and advice on becoming more physically active.

Participants are advised that they undertake these exercises at their own risk.

The Hull Teaching Primary Care Trust, cannot accept responsibility for people who choose to undertake these exercises.

Always consult your doctor before starting an exercise programme.

(Originally produced by Selby and York Primary Care Trust)

Produced by Hull Teaching Primary Care Trust
Public Health Directorate. June 2006.

Revised edition 2008.

100 CALORIE WORKOUT



An ideal exercise programme for those who spend a lot of their day sitting either at home or at work.

It may also be used to build some physical activity into your lifestyle or form part of a relaxation programme.



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For this exercise programme all you need is a good strong chair, a little bit of space and a few minutes each day to take the first step towards a healthier lifestyle.

To get the most benefit from this exercise programme try combining these exercises with more aerobic activities such as walking, cycling, and gardening.

This exercise programme has been designed for those who haven't done a lot of physical activity for some time and wish to start exercising gently. It contains toning, conditioning, and heart raising exercises which will help to maintain or improve circulation whilst keeping the muscles moving. These exercises are also ideal for those who spend a lot of their day sitting either at home or at work and may be used to build some physical activity into lifestyle.

For the exercises which involve sitting in a chair, make sure that your bottom is well back with your back and thighs supported and feet flat on the floor. Try to keep your shoulders relaxed.

If you wish, you can use a cushion to support your back. Rest your feet on a book if you have difficulty placing your feet flat on the floor.



CHAIR EXERCISES TIPS

WHAT SORT OF ACTIVITY SHOULD I DO?

- This 100 calorie workout programme
- Go for a brisk walk
- Cycle to work instead of taking the car
- Have a go at dancing
- Do some heavy house work, gardening or D.I.Y.
- Take the stairs instead of the lift
- Have a game of tennis

Try climbing, mountain biking, ballroom dancing, judo, fencing, orienteering, hiking, walk to work, walk the dog, dig the garden.....

Whatever activity you choose: try to exercise at a level which makes you feel warm, and breathe more heavily than usual. If you are too breathless to talk while you are active, then slow down a little!

And above all - **HAVE FUN!**

HOW MUCH EXERCISE SHOULD I DO?

Very few people do enough physical activity to benefit their health, and many people think they are fitter than they are. Current recommendations say that to stay healthy we should try to engage in 30 minutes of moderate intensity physical activity on at least 5 days of the week. This means any activity which gets your heart beating quicker, and which you can keep going for a few minutes. You can break the 30 minutes into small sections of 5 minutes or 10 minutes or do it all at once - it's up to you!