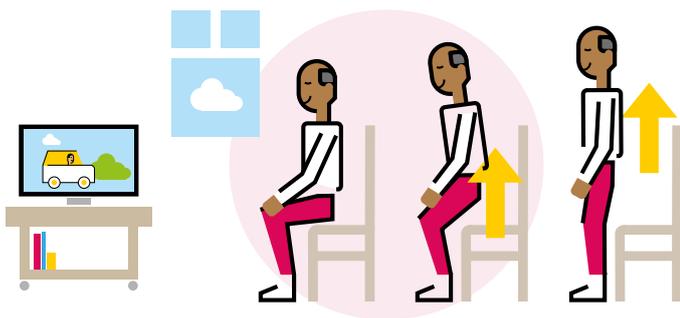


# THE SUPER SIX

Key exercises to help improve your strength and balance.



## SIT TO STAND

*If repeated regularly and slowly will improve lower limb strength and stability.*

### What to do:

- Sit tall near the front of the chair.
- Place feet slightly behind knees.
- Lean slightly forwards.
- Stand up (using hands on the chair for support if needed. Progress to no hands over time).
- Step back until legs touch the chair, then stand tall, bend knees and slowly lower bottom back into the chair.
- Repeat 10 times.



## TOE RAISES

*Helps strengthen the muscles that lift the toe up, important for when stepping and for balance.*

### What to do:

- Stand tall holding a sturdy table, chair or even the sink!
- Raise toes taking weight back onto heels and without sticking bottom out.
- Hold for a second.
- Lower toes to the floor with control.
- Repeat 10 times.

### More challenging option:

Repeat the exercise, doing it slowly and hold for a second or so just before put the toe down again.

The Super Six exercises have been taken from the 'Keeping Well at Home' booklet. To access a copy, see here: <https://www.greatermanchester-ca.gov.uk/coronavirus/support-and-advice-for-older-residents/>



## SHOULDER CIRCLES

*Warms muscles and prepares for movement.*

### What to do:

- Sit tall with arms at your sides.
- Lift both shoulders up to ears, draw them back then press them down.
- Repeat slowly five times and feel the shoulder joints loosen.



## SEATED MARCH

*Warms muscles and prepares for movement.*

### What to do:

- Sit tall at the front of the chair.
- Hold the sides of the chair.
- March with control.
- Build to a rhythm that feels comfortable.
- Continue for 1-2 minutes.



## ONE LEG STAND

*Helps improve walking stability.*

### What to do:

- Stand close to support surface and hold on.
- Balance on one leg, keeping the supporting leg straight but knee soft.
- Stand tall and look ahead
- Hold for 10 seconds.
- Repeat with the other leg.

### More challenging option:

Try to use the support surface less and hold the position for longer, up to 30 seconds.



## HEEL RAISES

*Help strengthen muscles at the front of the foot, improves balance.*

### What to do:

- Stand tall holding a sturdy table, chair or even the sink!
- Raise heels taking your weight over the big toe and second toe, hold for a second.
- Lower heels to the floor with control.
- Repeat 10 times.

### More challenging option:

Repeat the exercise, doing it slowly and hold for a second or so just before putting the heel down again.