

Move More Wolverhampton

Moving more keeps your mind, body
and soul healthy and happy!



Name:

Date:

Professional's
Name:

Professional's
Signature:

Moving more keeps your mind, body and soul healthy and happy!

- Feel stronger and stay independent for longer
- Meet and exercise with friends, or even make new friends
- Enjoy a better night's sleep and feel a boost of energy
- Lower your chance of having a heart attack, stroke and many other illnesses

Equipment:

Wear comfortable clothing and flat shoes. An item to lift such as a full bottle of water, tin of food or a bag of sugar. A clock to time yourself.

Give it a go - try the following six exercises:

If you feel pain, find it hard to breathe or get dizzy while you are exercising, stop straight away and get medical advice.

Exercise Routine:

Have a clock nearby. Repeat one exercise for 30-seconds, have a 1-or-2 minute rest, then repeat the next exercise for 30-seconds and so on, until you have completed all six of the exercises. Remember to keep your back straight and raise your chest throughout each exercise. Afterwards, if you feel up to it, try the six exercises again, this time beating the number of repetitions you did in the first round.

- 1. Sit to Stand (30-Seconds):** Sit on the edge of your chair. Straighten your arms out in front of you and stand up. If you need support to stand up, put your hands on your knees and then straighten your arms when you are standing. Lower yourself back into a seated position and repeat.
- 2. Step Ups:** Stand in front of a step. Step up with one leg, and then the next leg. Step back down with the first leg, and then the second leg. Repeat. To help your balance you can hold onto something such as a railing or a friend.
- 3. Arm Curls to Overhead Press:** You can sit or stand to do this exercise. Hold, for example, a tin of food in each hand. Bend your right elbow upwards, bringing your hand up to your shoulder. Slowly lower your arm back down. Now, do this again using your left side. If this feels comfortable, try it again, this time raising your hand above your head and straightening your arm.
- 4. Alternate Leg Extensions:** Sit on a chair. Straighten one leg out in front of you, squeeze the muscle in the top of your leg, and then put your leg back down. Now, repeat using your other leg.
- 5. Seated Twists:** Sit on a chair. Put your hands together under your chin and lift your elbows. Slowly twist your body to one side. At the same time, lift the other leg.
- 6. Press Up:** Stand and place your hands on the edge of a tall surface (a chair, kitchen counter, bathroom sink), shoulder width apart. Take a small step back. Bend your elbows. Bring your chest close to your hands. Try to keep your elbows close to your side. Return to the start position by straightening your arms.

Exercise Routine:

Sit to Stand



Step Ups



Arm Curl to Arm Curl and Overhead Press



Leg Extensions



Seated Twist



Press Ups





My Targets:

Well done! Now set yourself some targets to help you to practise these exercises more often:

I will complete of the exercises per day

I will exercise on

Monday Tuesday Wednesday

Thursday Friday

If I feel like I do not want to exercise, I will...

.....
(For example, think about my health)

.....
(For example, think about my grandchildren)

.....
(For example, think about my future)

to remind myself why I need to do this and why this is important

For support, I will tell about my new exercise plan.

What other targets can you think of? List them below...

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Wolverhampton Ramblers *(short, local walks)*

Please visit the website to find dates and times of walking groups in your area.

Tel: **07706 929137**

Web: **www.ramblers.org.uk/wolverhampton**

Cost: **Free to attend**

Wolves 50+ Walking Football

Foundation Indoor Arena at Aldersley Leisure Village.

Monday 4pm - 5pm | Tuesday 5:30pm - 6:45pm

Tel: **07908 101608**

Email: **mattcampbell@wolves.co.uk**

Cost: **£2 per session**

Gyms *with Easyline equipment ideal for older adults.*

Bob Jones Community Hub

Tel: **01902 555460**

Cost: **£2 per session for over 50's**

Easy Circuit Gym *with equipment ideal for older adults*

The Hub at Ashmore Park

Tel: **07745 654 419**

Email: **info@ashmoreparkca.org**

Cost: **All gym sessions cost £4 per hour
no membership required.**

Walking Hockey *with equipment ideal for older adults*

WV Active Aldersley - *Please email for dates and times.*

Wednesday 11am - 11.45am

Email: **tim.a.lorimer@gmail.com**

Cost: **First two sessions are free, then £1 per session**

WV Active *Gym access at three centres*

WV Active Bilston Bert Williams - *Exercise and Pool based classes.*

WV Active Central - *Exercise and Pool based classes*

WV Active Aldersley - *Exercise classes and outdoor athletics track*

Tel: **01902 551010** Email: **wvactive@wolverhampton.gov.uk**

Web: **wvactive.com**

Cost: Membership is £10 per month for people aged 60+ that live in and pay their council tax to Wolverhampton.

The Daytime Dance Club *(music from the 50s, 60s and 70s)*

The West End Club, Wolverhampton.

Please contact for dates and times.

Tel: **01902 572060** Email: **mail@ageukwolverhampton.co.uk**

Cost: £8 per person



*For further information on activities in your local area, or exercises suited to a range of abilities, please visit: **www.win.wolverhampton.gov.uk***

For any enquiries on this leaflet please contact:

PublicHealth@wolverhampton.gov.uk

You can get this information in large print, braille,
audio or in another language by calling 01902 551155

wolverhampton.gov.uk 01902 551155

  WolverhamptonToday  Wolverhampton_Today  @WolvesCouncil

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