

Exercise suggestions for lockdown from Sheila Dickie who runs Gentle Exercise at WAC

As we can't do our weekly one-hour class I suggest we try to do 30 minutes a day, broken down to three 10-minute sessions.

Before you get out of bed move your pillow from behind you and lie flat on the mattress. Pull in your abdominal muscles and breathe out. Take a deep breath in relaxing your muscles, as you breathe out raise your head to look at your toes, turning your feet up from the ankles. As you breathe out relax your abdominals, lower your head and point your feet down from the ankles. Try this slowly 5 times.

Slowly get out of bed! Find a space to stretch your arms alternately up to the ceiling 10 x in all. Stand tall with your shoulders pulled down and lower your chin to your chest, raise it back to upright position then look up to the ceiling. Repeat 10x. Follow this with head turns, gently look to the right and then to the left. Try to keep your chin at the same level throughout. Five times each side.

Raise your shoulders towards your ears and slowly lower them 5x. Follow this with a circular movement of the shoulders forward 5x and then backwards 5x. Now you can get dressed.

Before lunch do some marching on the spot, try 4 followed by a step and lift your knee to hip height and touch it with the opposite hand repeat with the other leg. Do this sequence 8 times so you feel a bit breathless, move your elbows for more energy.

Find a bit of wall space and place your hands on the wall slightly lower than your shoulders with straight arms. Keeping your body as rigid as you can, bend your elbows so your face moves towards the wall, like a press up. Straighten your arms and repeat. Try to work up to 10 times.

Sit on a dining chair and slowly stand up. Sit down again without using your arms. Try this 10 times. You can also do it as a squat exercise keeping about 4 inches off the chair.

Get out your resistance band and do the leg strengthening exercise. Sitting on the chair place the band under your foot and extend your leg so it is straight, hold the band in both hands and bend your knee, pulling your leg towards your body. Your hands will be close to your body now. Do not move them until the end of the exercise. Stretch out your leg, resisting the power of the band. Release it again by bending your knee again. Do this 10x on each leg.

Other exercises to do throughout the day are pelvic floor lifts. 100x times a day! Deep breathing is also calming.

Keep all your joints moving from fingers to toes.

Do try and go out at least once a day for a walk unless you are not allowed.