All Abilities Move Your Body to Stay on your Feet



Supported by South Metropolitan Health Service

CITY OF MANDURAH

Ability Gym
INCLUSIVE PHYSICAL ACTIVITY

injury matters
PREVENTION TO RECOVERY

STAY ON YOUR FEET®
Move Improve Remove

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A communication board helps people who can't speak well. It has symbols or pictures they can point to instead of talking. You can download an Outdoor Exercise communication board to print or for digital use to support communication whilst exercising.

Scan the QR code to access the communication board

For details on public toilets in Mandurah, their accessibility, and opening hours, visit **toiletmap.gov.au** or scan the QR code. This website provides comprehensive information on toilet facilities, including those at local parks, to support outdoor exercising.

Scan the QR code for details on public toilets in Mandurah



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The purpose of this booklet is to encourage older people of all abilities to maintain an active lifestyle, reducing the risk of falls and promoting better health. This initiative is supported by the South Metropolitan Health Service, City of Mandurah, Stay on Your Feet, Injury Matters, and Act Belong Commit.

Strength training, particularly focusing on the lower limbs, contributes significantly to improving balance and reducing the risk of falls in several ways:

1. Making your muscles stronger and able to keep working for longer:

Making the muscles in your legs stronger helps them work better and longer. This helps your body stay steady during different movements and activities.

2. Keeping your joints strong and steady:

Strength training makes your joints stronger by strengthening the muscles around your knees, hips, and ankles. This helps you stay balanced, especially as you get older and might have joint issues.

3. Understanding where your body is:

Strength exercises help you stay balanced and prevent falls by improving your body's sense of movement and position.

4. Better body control:

Strength training improves muscle control.

5. Stronger bones:

Lifting weights makes bones stronger. This helps older people who might get weak bones. Stronger bones mean fewer breaks after a fall.

6. Body and muscle changes:

Strength exercises help your muscles and brain work together better. This makes it easier to move and stay balanced.

7. Everyday activities:

Strength exercises copy movements you do daily, like squats or lunges. This helps you balance better when doing everyday tasks.

8. Avoiding falls:

Strength exercises help you practice moving safely. They challenge your balance but keep you safe. This helps you learn how to recover if you start to fall, making falls less likely.

9. People who use a wheelchair:

Exercising your arms and shoulders helps keep your muscles strong and healthy, especially if you use a wheelchair. It's good for your heart and can make everyday tasks easier.

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Strength Training Guidelines

For older people, the recommended number of repetitions and sets for strength training can vary based on individual fitness levels, goals, and any existing health conditions. However, here are some general guidelines:

1. **Repetitions (Reps):**

   A repetition is the number of times you repeat the same exercise movement in one group, or set. Older adults typically benefit from a moderate rep range, which is around 8 to 12 repetitions per set. This range helps you get stronger without hurting yourself.

2. **Sets:**

   A set is the number of times you repeat a group of exercises. It's recommended for older adults to perform two to three sets of each exercise. This lets you build muscle and get stronger without being too hard.

3. **Level of effort:**

   Pick weights that challenge you but aren't too heavy. They should push your muscles, but you should still be able to lift them correctly.

4. **How often:**

   Work out major muscles 2-3 times weekly, with rest in between.

5. **Progression:**

   As you get stronger, add more weight or make exercises harder over time for better results.

6. **Variety:**

   Mix up your exercises to keep things interesting, protect against injuries, and make your muscles and body stronger overall.

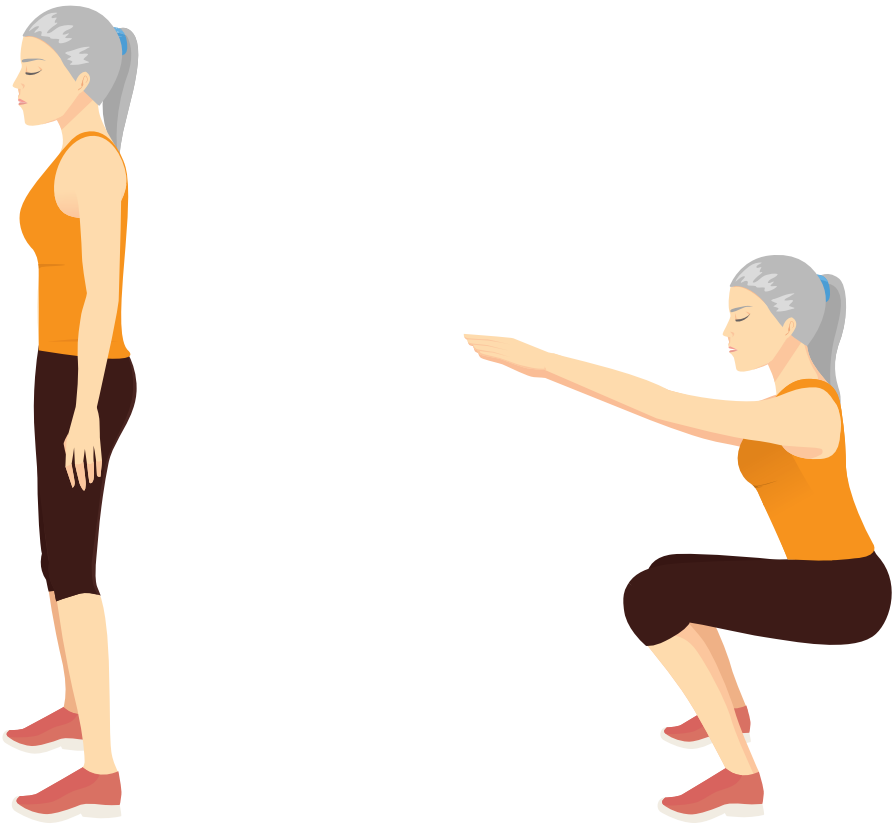
**Before starting any exercise program, especially if you're older or have pre-existing health conditions, consult with a healthcare professional or a certified personal trainer experienced in working with older adults to ensure the program is safe and suitable for your needs.*

**Always listen to your body and adjust your workout routine accordingly. If you experience pain or discomfort during exercise, stop and seek guidance from a qualified professional.*

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Body-weight Strength Training Exercises

1. Squat



Preparation:

- Feet shoulder-width apart.
- Back slightly arched.
- Chest out.
- Arms out in front.
- Shoulder blades held back.

Movement:

1. Inhale and start squat movement, keeping your back from rounding forward, your hips from shifting to one side, and your knees in proper alignment.
2. Squat down only as far as possible in order to keep good form.
3. Exhale while slowly extending the hips and knees while maintaining proper body position.

Extra measures to check how well the exercise is done:

- Knees and feet point in the same direction.
- Heels remain on the ground.
- Keep your back straight during the exercise.

Progression:

Hold hand weights in each hand to add extra resistance (start light).

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2. Standing Hip Exercise & Leg Lifts



Preparation:

- Feet close together.
- Chest out.
- Hands on hips.

Movement:

1. Exhale as you slowly lift your straightened leg out to the side. Pause at the top of the movement for two seconds and inhale as you slowly return your leg to the starting position.
2. Exhale as you slowly lift your straightened leg out in front. Pause at the top of the movement for two seconds and inhale as you slowly return your leg to the starting position.
3. Exhale as you slowly lift your straightened leg behind you. Pause at the top of the movement for two seconds and inhale as you slowly return your leg to the starting position.

Progression:

Strap ankle weights around feet for increased resistance.

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3. Lunge



Preparation:

- Take a wide split stance - one flat foot forward, one foot back on toes – with feet facing forward, next to each other.
- Chest out.
- Hands on hips.

Movement:

1. Inhale while lowering your hips towards the ground by bending both knees until the back knee almost touches the ground and the front knee joint is at a 90-degree angle.
2. Pause at the bottom of the movement for two seconds.
3. Exhale and return to the starting position by pushing through the ground with the front foot (extend front knee/hip).
4. Switch leg positioning and repeat the exercise.

Extra measures to check how well the exercise is done:

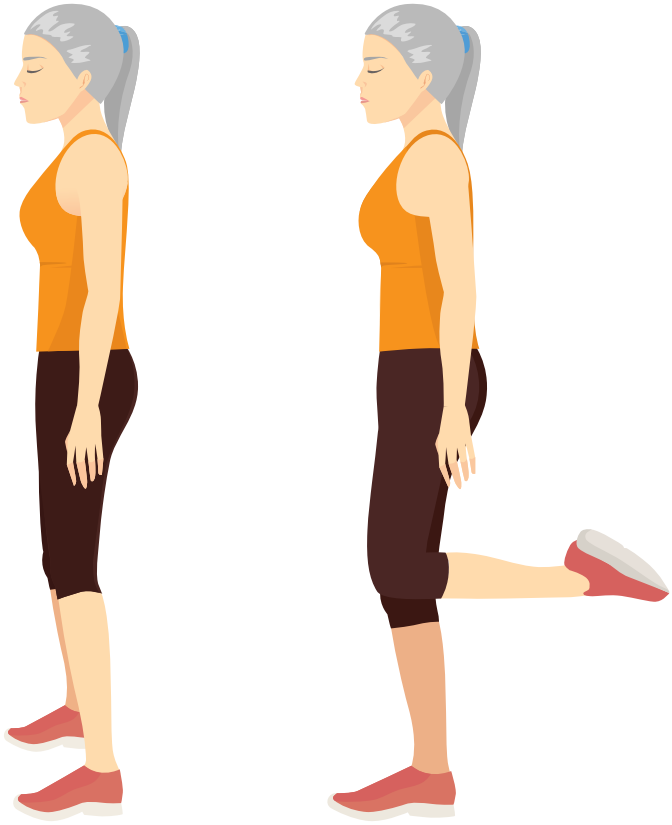
- Maintain alignment between the foot, knee and hip of each leg.
- Torso is kept upright and stable throughout the movement.

Progression:

Drive back knee upwards at the top of the movement while standing only on the front leg.

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4. Standing Hamstring Curl



Preparation:

- Feet close together.
- Chest out.
- Hands on hips.

Movement:

1. Exhale and lift your foot behind you by bending at the knee – ensuring that there is no additional movement above the knee.
2. Bring your heel up towards your glute.
3. Pause at the top of the movement for two seconds.
4. Inhale while slowly lowering your foot down towards the ground.

Extra measures to check how well the exercise is done:

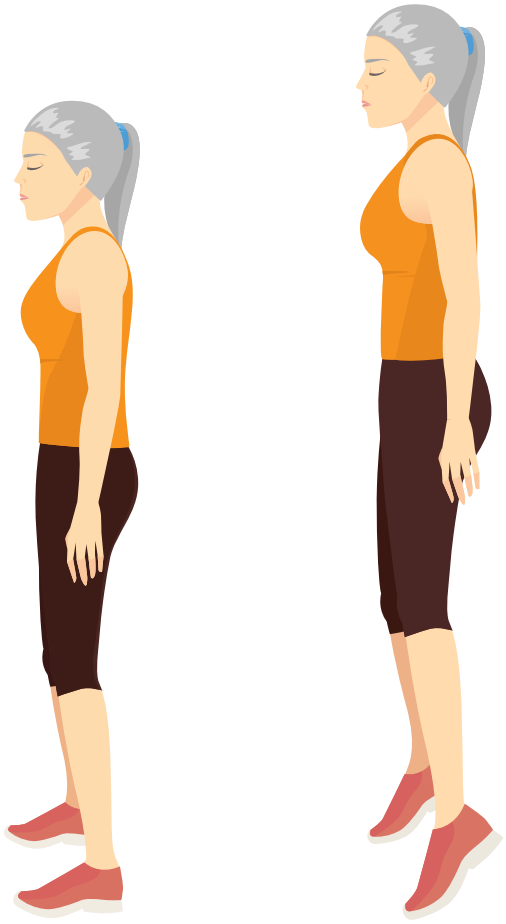
- Upper leg remains vertical throughout movement (don't lift knee upwards).

Progression:

Strap ankle weights around feet for increased resistance.

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5. Calf Raise



Preparation:

- Feet hip-distance apart.
- Stand straight with a tight core.
- Chest out.
- Arms on hips or up and out to the sides (for balance).

Movement:

1. Exhale while rising up onto the balls of your feet/toes (as high as possible) in one smooth controlled motion.
2. Hold the lifted position for two seconds.
3. Inhale while slowly lowering your heel back down towards the ground.

Extra measures to check how well the exercise is done:

- Focus on the contraction/tension in your calf muscle during the movement.
- Perform with knees bent to target deeper calf muscles.

Progression:

Perform single-leg calf raises (non-exercising leg is off the ground) – ensure you are holding on to an object (e.g., chair or wall) for balance.

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Outdoor Fitness Equipment Exercises



Body Twist

1. Hold onto the handles with both hands.
2. Carefully step onto platform with feet hip-width apart.
3. Stand with your chest out in an upright position.
4. Engage your abdominal muscles.
5. Slowly rotate your hips from side to side.



Butterfly Press

1. Sit on seat with knees bent and feet flat on the floor.
2. Shoulder blades are flat against back support.
3. Place forearms/hands along arm supports.
4. Lift your chest out.
5. Slowly push arms together towards the centre of chest.
6. Pause for 2 seconds.
7. Release slowly to starting position.



Shoulder Press

1. Sit in seat with upper body flat against back support.
2. Place feet hip-width apart on the floor with knees bent.
3. Hold onto the handles with an over-grip.
4. Lift your chest out.
5. Slowly push handles upwards by extending your arms.
6. Pause at the top of the movement for two seconds.
7. Return to starting position in a controlled manner.

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Aerobic Walker

1. Hold onto the handles with both hands.
2. Carefully step onto the footrests one at a time.
3. Stand upright with your chest out.
4. Engage your abdominal muscles.
5. Swing legs backward and forward in a walking motion.



Leg Press

1. Sit in seat with upper body flat against back support.
2. Place feet hip-width apart on foot bar.
3. Hold onto the handles by your side.
4. Push foot bar away by extending your knees and hips.
5. Pause at the top of the movement for 2-seconds.
6. Slowly return to starting position.



Leg Lift and Chair Lift

This equipment can be used by both a person standing and a person using a wheelchair.

Chair Lift

1. Position wheelchair with back against the back of the Leg Lift equipment.
2. Put the wheelchair brakes on.
3. Place hands on the lower horizontal part of the bars on each side.
4. Grip the bar comfortably with hands.
5. Push up whilst keeping shoulders back and back straight.
6. Hold for five seconds and lower back into seat slowly.
7. Repeat for reps of eight.

Leg Lift

1. Stand upright with back against board.
2. Hold onto the handles with forearms along supports.
3. Lift your chest out.
4. Engage your abdominal muscles.
5. Raise a straight leg as high as possible.
6. Pause at the top of the movement for two seconds.
7. Slowly lower leg back to ground.
8. Alternate legs and repeat.

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Balance Training Exercises

Exercises to help you keep your balance come in two types: static and dynamic. Static balance means staying steady when you're not moving, like standing on one leg. Dynamic balance is about staying steady while you're on the move, like walking on uneven ground or playing sports. Both are important for everyday life.

Static Balance Training Exercises

1. Single-leg Stand

Stand on one leg while maintaining a tall, upright position with your knee up and out in front of you. Begin with 10-second holds on each leg and gradually build your way up to one minute per leg. Repeat with the opposite leg.



2. Tandem Stand

Stand with one foot directly in front of the other - the toes of one foot should be touching the heel of the other. Stand as tall and still as possible for 10-60 seconds. Switch leg positioning and repeat.



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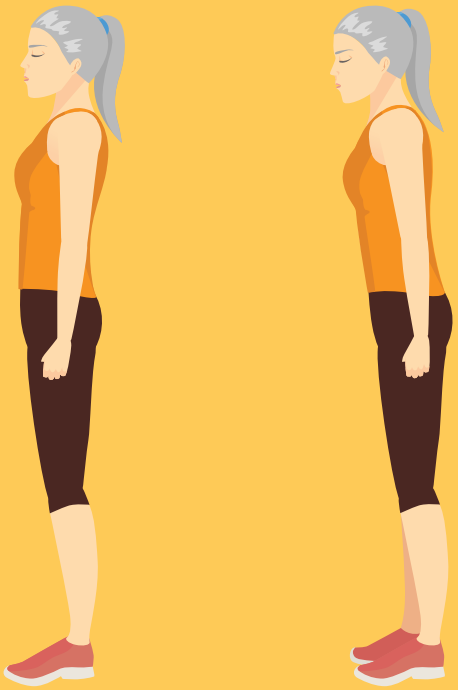
Dynamic Balance Training Exercises

Staying steady while you are on the move

Front/back Weight Shifts

1. Begin with your feet hip-width apart.
2. Weight is evenly distributed between both legs and along both feet.
3. Using your ankles, slowly shift your weight forward towards the toes and then back towards the heels.

   Tip: *When shifting your weight backwards, stick your hips back slightly to maintain balance.*



Heel-to-toe Walk

1. Take a step forward with your right foot, placing your heel just in front of the toes of your left foot.
2. Take another step with your left foot, placing your heel just in front of the toes of your right foot.
3. Continue walking in this heel-to-toe fashion for 20 steps.
4. Turn around and walk back in the same manner for another 20 steps.

   Tip: *Place hands on hips or up and out to the sides to assist with balance.*



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Tips for Balance Training Exercises

Doing balance exercises 2-3 times a week for 15 minutes can help you balance better and avoid falls. Strengthening your legs and core is important for better balance. Remember these tips to stay safe while exercising:

- Exercise in an environment that is clutter-free and well-lit.
- Have access to a supportive surface such as a wall, table, sturdy chair or railing
- Maintain a tall upright posture by engaging your core muscles, lifting your chest and gently squeezing your shoulder blades together during all exercises.
- Perform each movement in a slow, controlled manner.
- Focus on doing exercises correctly rather than doing many of them.

Scan the QR code to find inclusive sports and recreation activities in Mandurah, suitable for people of all ages and abilities, to help everyone stay active.

Scan the QR code to see seated exercises suitable for people who use mobility devices.

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If you need help to speak or listen on the phone you can use the National Relay Service on 1300 555 727

For more information visit: relayservice.gov.au

Scan code for more information about access and inclusion at the City of Mandurah.

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