

The stomp



Start position: Sit upright in a chair with your back supported, knees shoulder-width apart and at a right angle (90 degrees).

Action: Alternate lifting legs up and down, as if you are marching up and down stairs.

The kicker



Start position: Sit upright in a chair with your back supported, knees shoulder-width apart and at a right angle (90 degrees).

Action: Straighten your knee while focusing on squeezing your thigh muscles. Pull your toes towards you. Hold for three seconds. Lower your foot back down to the starting position. Complete on both legs.

This exercise will strengthen the knees and improve flexibility.

If you take regular pain relief, taking this before exercise may help.

If you have not exercised in a while, muscle ache is normal. This is just your muscles working. However, if pain lasts over 24 hours or previous pain is made worse, please stop exercises.

Contact the specialist falls team:

T: 0300 124 5859

E: specialistfallsservice@nhs.net

Let us know what you think and get involved

T: 0300 124 5300*

E: sirona.hello@nhs.net

W: www.sirona-cic.org.uk

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

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Start Today Exercise Programme

Start the
change with
single STEP



Service provided by

What is the Start Today Exercise Programme (STEP)?

Together with Wesport, we have developed a homebased exercise programme to increase strength and balance for people who find it difficult to get out and about. It is designed for people who are at risk of falls and becoming less active.

One in three people over 65 and half of people over 80 fall every year, and the risk increases as we become older. Research shows simple lifestyle changes prevent falls, make us more independent and improve our quality of life.

What are the benefits of physical activity for adults?

- Improved health.
- Improved sleep.
- Healthy weight maintenance,
- Stress management,
- Improved quality of life.

Building easy exercises into your day will make completing everyday jobs easier and maintain strength and balance.

What does the STEP involve?

Six exercises which improve strength and flexibility. Complete each exercise five to ten times, once or twice a day. You should soon see a difference in strength and mobility. Try exercising to your favourite upbeat song.

The twister



Start position: Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.

Action: Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for five seconds. Repeat on the right side.

This stretch will develop and maintain flexibility of your upper back.

The elevator



Started position: Sit upright with your arms out wide.

Action: Raise both arms upwards, as far as comfortable. Keep your arms straight throughout.

Blades of glory



Start position: Sit upright with your back away from the chair, with arms at shoulder level. Pull your shoulders back and lift your arms slightly outwards.

Action: Gently push your chest forward and up until you feel the stretch. Hold for five seconds.

The rocker



Start position: Sit upright in a chair with your back supported, knees shoulder-width apart and at a right angle.

Action: Alternate lifting each heels off of the ground, as if you are pushing down on a gas pedal. Hold for three seconds. Move your ankles in the opposite direction, alternate lifting your toes off of the floor. Hold for three seconds

This exercise will improve ankle flexibility and lower the risk of getting blood clots.