

THE RESISTANCE BAND EXERCISE GUIDE

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find out more!



HOW TO USE THIS LEAFLET

The exercises in this leaflet will help you to stay active and build or maintain muscle strength, which is important to keep you living well as you get older.

Whilst these exercises are a great way to keep active, do try to take part in additional physical activities that you enjoy. Whether that's walking, dancing or a round of golf, the important thing is to keep moving!

HOW MUCH SHOULD I DO?

The NHS recommend you do two strength and balance activities a week. Carrying out these exercises can count towards that target.

Also aim to do 'moderate intensity physical activity' every week. This means activity that makes you a little hotter and slightly out of breath. 150 minutes is the goal but remember, anything you can do will make a difference!



Use the resistance bands only for the intended purpose.

Do not use the resistance bands if they are damaged.

Speak to a GP first if you have not exercised for some time, or if you have medical conditions or concerns.

Make sure your activity and its intensity are appropriate for your fitness. For more information, visit:

[nhs.uk/live-well/exercise/exercise-guidelines](https://www.nhs.uk/live-well/exercise/exercise-guidelines)

BUILD MUSCLE



IMPROVE PHYSICAL FUNCTION
STRENGTHEN MUSCLES

IMPROVE BALANCE



REDUCE FALLS RISK
IMPROVE MOBILITY

STRENGTHEN BONES



INCREASE BONE MINERAL DENSITY
REDUCE THE RISK OF FRACTURES

HEALTHY MIND



REDUCED RISK OF COGNITIVE IMPAIRMENT
REDUCED RISK OF DEVELOPING DEMENTIA

INCREASE INDEPENDENCE



CAN BE MODIFIED FOR ALL ABILITIES
EMBED WITHIN EVERYDAY ACTIVITIES

IMPROVE MENTAL HEALTH



IMPROVE SELF-ESTEEM AND CONFIDENCE

TOP TIPS

- 1. Reduce the amount of time you are sitting down.** Stand up, take a few steps or a short walk to the kitchen...it all counts!
- 2. Start small and build up.** Try a few minutes of resistance band exercises during TV adverts or during a radio programme to get you started then gradually increase the duration.
- 3. Set yourself achievable targets** for example walking further than you normally would.
- 4. Just keep moving!** No matter how small... tap your toes, make a cup of tea or walk on the spot.

WITHOUT REGULAR EXERCISE PEOPLE OVER 50 LOSE AROUND 1% MUSCLE MASS PER YEAR.

By regularly using resistance bands it is possible to build or maintain muscle strength in order to stay active and well.

Resistance bands can be used to exercise all parts of the body. All the exercises in this leaflet can be adapted to suit anyone. If you need any advice, please email livingwell@worcestershire.gov.uk

Tell a friend!

Anyone over 50, can pick up a free resistance band and exercise guide from any Worcestershire library. Just pop in and ask.

For more information: worcestershire.gov.uk/resistancebands

This programme is delivered by the Public Health team at Worcestershire County Council.

“ The bands have helped me gain strength and flexibility, my mental wellbeing has also improved as I am more independent. ”

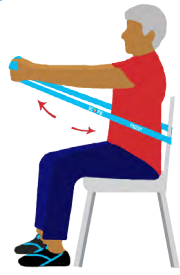
“ The strength I had built with the resistance band helped me to get up off the floor when I had a fall. ”



Healthy Worcestershire is a new, free health improvement programme. Join a weekly session to get more active and healthy whilst having fun meeting new people in your neighbourhood.

More info: worcestershire.gov.uk/HealthyWorcestershire

1



Chest Press

Sitting in the back of your chair, pass the band around the back rest of the chair and hold one end of the band in each hand. Start with your hands chest height at your side, then push your hands forwards until your arms are almost straight (don't fully extend). Slowly bring your hands back to the starting position. Repeat 8-12 times.

2



Leg Press

Sitting in the front half of your chair, place the centre of the band underneath one foot and hold an end of the band in each hand. Tuck your fists into the side of your hips, lift your knee towards the ceiling then push your foot forwards and down (as shown above). Return your knee back to lifted position. Repeat 8-12 times on each leg.

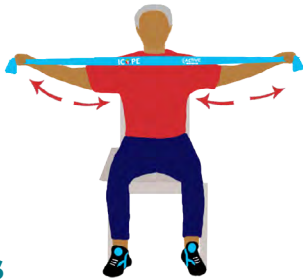
3



Knee Splits

Sit in the front half of your chair, knees and feet together. Wrap the band around your lap, then walk your feet apart so in line with hips (band should be pulling knees together). Keep your feet flat on the floor, push your knees further apart, hold for 3-5 seconds and slowly return your knees back to starting position. Repeat 8-12 times.

4



Back Flies

Sit in the front part of your chair and hold the band with both hands (shoulder width apart) with your arms straight. Keeping your arms straight, stretch the band apart until your arms are in line with your shoulders. Slowly return your arms back together. Repeat 8-12 times.

5



Sit to Stand

Sit in the front part of your chair, middle of the band beneath your feet and one end in each hand. Move your feet backwards so your toes are level with your knees, lean forwards and begin to stand up (the band should be adding resistance). Once you are standing. Slowly lower yourself back into the chair, keeping your back straight. Repeat both exercises 8-12 times.

6



Side Raises

Sit in the front half of your chair, middle of the band beneath your feet, one end of the band in each hand (hands at your side). With a slight bend at the elbow raise your arms to the side until hands and elbows are almost level with your shoulders. Slowly return arms to your side. Repeat 8-12 times.

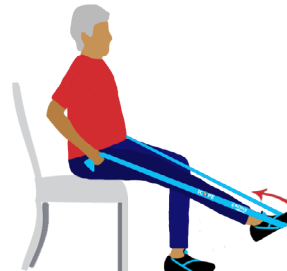
7



Bicep Curls

Sit in the front part of your chair, middle of the band beneath your feet and one end in each hand (held like an ice cream cone). Tuck your elbows into the side of your body, move hand up towards shoulders (imagine taking a drink) and slowly lower hands back down to your side. Repeat 8-12 times.

8



Calf Press

Sit in the front part of your chair, middle of the band around one foot and one end in each hand. Tuck your fists into the side of your hips, extend your leg (as above) then press your foot forward, pointing your toes the way you are facing. Slowly bring your foot back towards your shin. Repeat 8-12 times.

Information

The exercises listed on this document have been designed to help you maintain and improve your strength as you age. You should complete these exercises at least twice a week and use them to complement your current physical activity (not replace it).

All of the exercises listed on this document can be made easier or harder by altering your hand position on the band. To make the exercises easier place your hands nearer the ends of the band and to make them harder position your hands closer to the middle of the band.

A slight soreness the day after having completed the exercises is normal, however if you experience any chest pain, severe shortness of breath or dizziness whilst completing the exercises call your GP, NHS 111 or in an emergency 999.

In partnership with

