

Staying home?

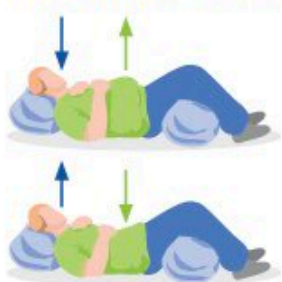
Here are some indoor exercise options

Build up the time you spend doing each of these gradually. Start on day 1 with 10 mins, then do 10 minute blocks three time per day.

As you find it easier, increase to 15/20 minutes, three times per day. Play music with this exercise programme to engage your interest and ask family members to do them too.

Deep diaphragmatic breathing

Pre- and post-exercise



Wall press up



Step up and down



Standing leg curl



Knee extension



Side hip raise



Biceps curl



Toe stand



Overhead press



Bent forward fly



Hamstring and calf stretch



Chest and arm stretch



Upper back stretch

