

Low impact exercises to try at home

Walking around the house or on the spot

You could try walking whilst on the phone, watching TV or listening to music. Why not get a pedometer to see how many steps you do each week!



Yoga

Helps to improve flexibility and strengthen your core as well as helping to improve your mood and mental well-being.



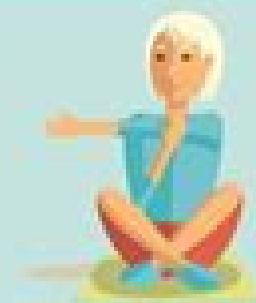
Dancing

Is a great way of staying fit but it also has the additional benefits of improving social and emotional well-being as well.



Pilates

Can help with balance, flexibility, focus and breathing, and is a gentle type of exercise that is perfect for older people.



Leg raises

Can help strengthen and tone muscles – some of them can even be done whilst lying down, which is perfect for when you're just starting to exercise again.



Tai chi

This is a martial art which combines breathing and relaxation with flowing movements and is a great exercise for older people.



Cycling

If you have an indoor exercise bike, you can cycle from the comfort of your home or if not its great for getting outdoors in the fresh air.



Chair based exercise

Can help improve mobility and help to prevent falls by increasing strength, flexibility and balance.



Low Impact Aerobics

Yicheng Fang



Low Impact Aerobics:

Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Low Impact Aerobics**

In a world inundated with screens and the cacophony of immediate interaction, the profound power and emotional resonance of verbal art frequently fade in to obscurity, eclipsed by the constant barrage of noise and distractions. Yet, located within the lyrical pages of **Low Impact Aerobics**, a charming perform of literary beauty that pulses with natural feelings, lies an unique trip waiting to be embarked upon. Composed by a virtuoso wordsmith, this enchanting opus instructions visitors on a psychological odyssey, gently exposing the latent possible and profound impact embedded within the delicate internet of language. Within the heart-wrenching expanse with this evocative analysis, we can embark upon an introspective exploration of the book is main themes, dissect its charming publishing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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