

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.



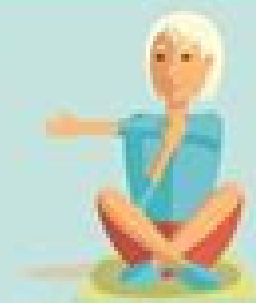
Dancing

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.



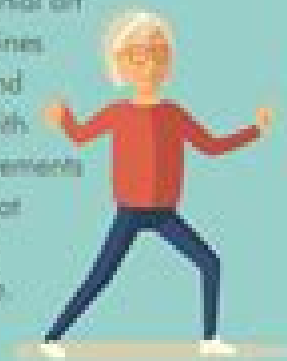
Leg raises

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 Exercise

LM Reder



Low Impact Exercise:

Whispering the Secrets of Language: An Emotional Quest through **Low Impact Exercise**

In a digitally-driven earth wherever displays reign great and quick communication drowns out the subtleties of language, the profound techniques and psychological nuances hidden within words frequently move unheard. Yet, set within the pages of **Low Impact Exercise** a fascinating fictional value pulsating with natural emotions, lies an extraordinary journey waiting to be undertaken. Published by a talented wordsmith, this wonderful opus invites readers on an introspective journey, lightly unraveling the veiled truths and profound impact resonating within the material of each and every word. Within the psychological depths with this poignant evaluation, we can embark upon a sincere exploration of the book's key themes, dissect its fascinating writing fashion, and fail to the effective resonance it evokes serious within the recesses of readers' hearts.

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