

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

Michael Brown



Low Impact Exercise:

Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Low Impact Exercise**

In a world inundated with monitors and the cacophony of immediate conversation, the profound power and psychological resonance of verbal beauty frequently fade in to obscurity, eclipsed by the regular assault of sound and distractions. However, set within the musical pages of **Low Impact Exercise**, a charming work of literary brilliance that impulses with fresh thoughts, lies an remarkable journey waiting to be embarked upon. Written with a virtuoso wordsmith, that interesting opus manuals visitors on a psychological odyssey, softly exposing the latent possible and profound impact embedded within the intricate internet of language. Within the heart-wrenching expanse of this evocative evaluation, we can embark upon an introspective exploration of the book is central styles, dissect their charming writing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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