



The #GoldenMemories LP Physical Activity card – No. 1

You know your body– if something is painful, then stop. A challenge is good – but stay within your comfort levels...remember it is supposed to be fun.

1. Neck turn (left).

Sit with your back straight and feet planted on the floor. Turn your head slowly to look over your left shoulder. Keep your shoulders and chest facing forward. Hold for 1-2 seconds and slowly return to middle.

Repeat up to 10 times.

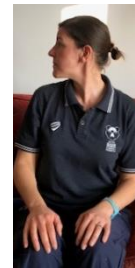


2. Neck turn (right).

Repeat the above movement looking over the right shoulder.

Repeat up to 10 times.

**For this activity – aim to alternate between looking left and looking right, up to 20 times in total (10 each side).*



3. Chin raise.

Sit with your back straight and feet planted on the floor. Tilt your head back slowly, raising your chin towards the ceiling. Keep your shoulders and chest facing forward. Hold for 1-2 seconds and slowly return to middle.

Repeat up to 10 times.



4. Chin dip.

Repeat the above movement, but dip your chin towards your chest.

Repeat up to 10 times.

**For this activity – aim to alternate between raising and dipping your chin, up to 20 times in total (10 each side).*

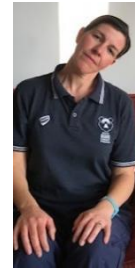


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5. Ear dip (left).

Sit with your back straight and feet planted on the floor. Tilt your head slowly, dipping your left ear towards your left shoulder. Keep your shoulders and chest facing forward. Hold for 1-2 seconds and slowly return to middle.

Repeat up to 10 times.



6. Ear dip (right).

Repeat the above movement dipping your right ear to your right shoulder.

Repeat up to 10 times.

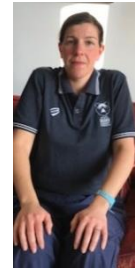
**For this activity – aim to alternate between dipping left and right, up to 20 times in total (10 each side).*



7. Shoulder raise.

Sit with your back straight and feet planted on the floor. Raise both shoulders slowly upward. Keep your neck and head still and your chest facing forward. Hold for 1-2 seconds and slowly return to normal.

Repeat up to 10 times.



8. Relax and breathe.

Sit with your back straight and feet planted on the floor, arms and hands relaxed on your lap or at your side. Breathe in slowly through your nose and slowly out of your mouth. Focus thought on your breath in and out.

Repeat up to 20 times.



Take time at the end to relax, focus on the rise and fall of your chest, making sure your **breathing is calm (like normal) before moving.**

Arise from the chair slowly – and enjoy your day.



#GoldenMemories LP Physical Activity card – No. 2

You know your body– if something is painful, then stop. A challenge is good – but stay within your comfort levels...remember it is supposed to be fun.

1. Ankle circles.

Sitting relaxed, raise one foot from the ground slowly in front of you, and circle the raised ankle clockwise for a whole slow rotation.
Repeat this action anti-clockwise.
Repeat this up to 5 times and then move on to the next ankle.



2. Ankle circles (reverse).

Repeat the movement above, but this time for the other ankle.
Repeat for this ankle up to 5 times.

**For this activity – aim for 5 repetitions on each ankle, repeating 3 times – so up to 15 times per ankle overall.*



These help ankle flexibility, helping with walking, standing, and using steps and stairs.



3. Knee extension.

Sitting straight, with feet flat on the floor, knees at a 90° angle.
Lift one foot from the floor, raising the leg by bending at the knee until your leg is as straight as you can.
Return slowly to the floor with control.
Repeat this up to 10 times.



4. Knee extension (reverse).

Repeat the movement above, but this time for the other leg.
Repeat this up to 10 times.



Knee strengthening exercises will improve your ability to stand and balance.



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5. Toe taps.

Sit straight with feet flat to the floor. Keeping your heels on the floor, bend your toes toward the ceiling and back to the floor.

Keep this as a slow controlled exercise to feel the stretch.

Repeat up to 10 times.



This will help strengthen the muscles used for climbing stairs and using steps.



6. Knee lifts.

Sit straight with feet flat to the floor. Slowly lift your right knee toward your chest, and then slowly lower your foot back to the floor.

For a challenge – pause for 5 seconds at the top of the movement.

Repeat this up to 10 times.



7. Knee lifts (reverse).

Repeat the movement above, but this time for the other knee.

Repeat this up to 10 times.

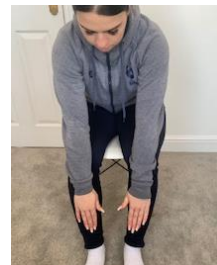


8. Hamstring stretches.

Sitting straight, reach forward with both hands, reaching towards your ankles. Do not worry if you cannot reach all the way.

Hold for 5 seconds then slowly return to sitting.

Repeat this activity up to 10 times.



Keeping your hamstrings flexible allows you to bend down and pick things up.



Take time at the end to relax, focus on the rise and fall of your chest, making sure your **breathing is calm (like normal) before moving.**

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#GoldenMemories LP

Physical Activity card – No. 3

You know your body– if something is painful, then stop. A challenge is good – but stay within your comfort levels...remember it is supposed to be fun.

1. Cushion squeeze (hands).

Hold a cushion between your hands and raise your elbows up in line with your hands. Push your hands together and squeeze the cushion.

Repeat up to 10 times.



2. Cushion squeeze (knees).

Hold a cushion between your knees. Bring your knees together and squeeze the cushion.

Repeat up to 10 times.



3. Cushion arms.

With your back straight, hold a cushion with two hands out in front of you at chest height.

Start by holding it for five seconds then gradually increase the time.



4. Cushion push.

With your back straight, hold a cushion in two hands and slowly straighten your elbows and then bring it back to your chest.

Repeat up to 10 times.



The #GoldenMemories LP - Physical Activity card – No. 3

5. Cushion raise.

Hold a cushion in two hands and raise your arms above your head. Keep your arms as straight as possible and lower the cushion to your knees.

Repeat up to 10 times.



6. Cushion twist (right).

Hold a cushion in two hands and twist to the right. Try to keep your knees and hips pointing forwards and only twist your head and shoulders. Return to the middle.

Repeat up to 10 times.



7. Cushion twist (left).

Repeat the movement above, but this time to the left.

Repeat up to 10 times.

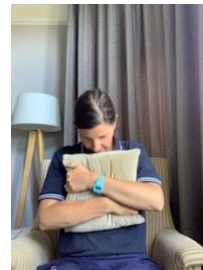
**For this activity alternate right and left 20 times in total (10 per side).*



8. Cushion squeeze (arms).

Hold your cushion tight against your chest and wrap your arms around it. Squeeze the cushion as hard as you can for a count of five and rest.

Repeat up to 5 times.



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Physical Activity card – No. 4

You know your body– if something is painful, then stop. A challenge is good – but stay within your comfort levels...remember it is supposed to be fun.

1. Neck stretch.

Sit up straight, slowly tilt your head toward your right shoulder. Hold this and slowly slide your left arm down to the side (feeling a stretch on the left of your neck). Release, and repeat on the other side. **Repeat up to 5 times each side.**



This warms up your neck and muscles at the top of your back, ready for arm exercises.



2. Shoulder circles.

Sat down, place your fingertips on your shoulders. Circle your shoulders forward **for up to 15 repetitions.**



3. Shoulder circles (reverse).

Repeat the movement, but this time circle backward **for up to 15 repetitions.**



This exercise will warm up your shoulder muscles and reduce the risk of strain.



4. Arm (bicep) curls.

While seated, keep your back straight and feet flat on the floor. Tuck your elbows to your sides, raise your arms from your hips to your shoulders, then back to your hips. This is a slow controlled movement. **Repeat this up to 15 times** - hold an object/weight to challenge yourself.



The #GoldenMemories LP - Physical Activity card – No. 4

5. Shoulder press.

Sit straight with your feet flat on the floor. Tuck your elbows in to your side, bring your hands to your shoulder. Raise your hands upwards until almost straight, then back to your shoulders. This is a slow controlled movement.
Repeat this up to 10 times - hold an object/weight to challenge yourself.



6. Shoulder shrugs.

Sit tall with your feet flat on the ground. Shrug your shoulders up toward your ears, and slowly rotate up and down.
Repeat this up to 15 times.



This engages your shoulders and trapezius muscles essential for lifting and carrying.



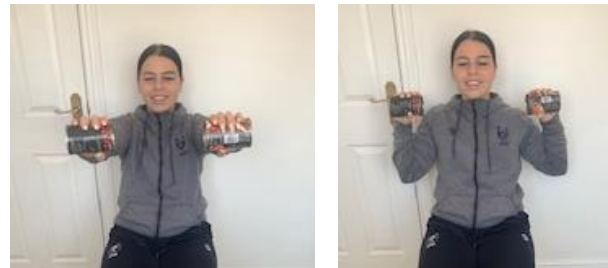
7. Arms wide (lateral).

Sit tall with your back straight and open your arms wide to the side. Bend at elbow so that your hands meet on your chest, then back out.
Repeat this up to 15 times.



8. Chest push.

Sit with your back against the chair, with your arms extended in front of you parallel with your shoulders. Bending at the elbow, bring your hands into your chest.
Repeat this up to 10 times – hold an object/weight to challenge yourself.



9. Arm crosses.

Seated, raise your arms in line with your shoulders with your elbows slightly bent. Slowly close your arms, crossing in the middle – before opening them back up.
Repeat this up to 15 times.



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#GoldenMemories LP

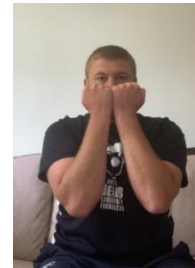
Physical Activity card – No. 5

You know your body– if something is painful, then stop. A challenge is good – but stay within your comfort levels...remember it is supposed to be fun.

1. Guard (front).

Sit with your back straight and feet planted on the floor, hands flat on lap. With closed palms, raise hands from lap in front of face. Hold for 3 seconds and return to lap.

Repeat up to 10 times.



2. Guard (side).

Sat in guard position as above with hands in front of face. Twist body to the left, bringing right hand in front (Southpaw) then back to centre. Repeat - twisting to the right, bringing left hand in front (orthodox).

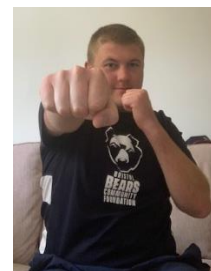
Repeat up to 10 times on each side.



3. Jab (right).

Sat in same guard position as above, push right hand out in a slow and controlled punch until arm fully extended. Return arm to centre guard position.

Repeat up to 10 times.



4. Jab (left).

Repeat the above movement with the left hand.

Repeat up to 10 times.

**For this activity – aim to alternate between right and left, up to 20 times in total (10 each side).*

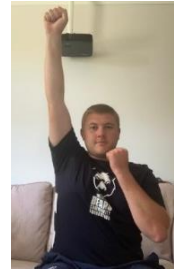


The #GoldenMemories LP - Physical Activity card – No. 5

5. Punch to the sky (right).

Sat in same guard position as above, push the right hand upward in one straight, slow, and controlled action. Aim to raise arm directly above the head. Return arm to centre guard position.

Repeat up to 10 times.



6. Punch to the sky (left).

Repeat the above movement with the left hand.

Repeat up to 10 times.

**For this activity – aim to alternate between right and left, up to 20 times in total (10 each side).*



7. Hook (right).

Sat in same guard position as above, swing the right hand out wide into the centre in front of your other hand. Return arm to centre guard position.

Repeat up to 10 times.



8. Hook (left).

Repeat the above movement with the left hand.

Repeat up to 10 times.

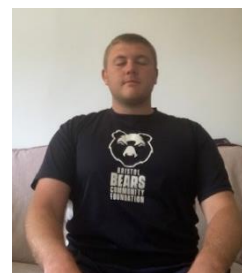
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9. Relax and breathe.

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Repeat up to 20 times.



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Arise from the chair slowly – and enjoy your day.