

The Baked Bean Challenge!

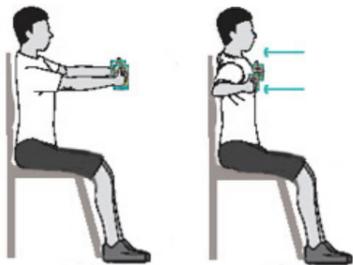
HOLD A BAKED-BEAN CAN OR SIMILAR IN EACH HAND AND TRY THESE EXERCISES



You might like to start off with smaller tins, like Campbells condensed soup, which are lighter and easier to grip.

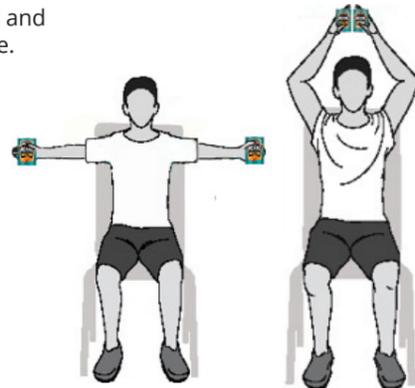
9 Seated Row

- Sit just a little in front of the chair back with your feet flat on the floor. Hold your 'baked bean can' or other in each hand.
- Hold your arms in front of you, with your hands holding each can and your thumbs on top.
- Draw your elbows back, squeezing your shoulder blades together, until your upper arms are in line with your body.
- Extend your arms again, and repeat five times.



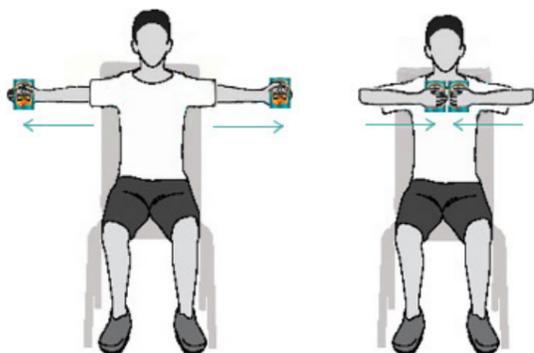
10 Seated Jumping Jacks

- Sitting well back in your chair, holding a baked beans as before in each hand.
- Extend both arms so that they are outstretched in a straight line (hands, elbows and shoulders).
- Keeping your elbows out and locked, move your baked bean cans into your chest and hold for count of five.
- Repeat ten times. You can start by using smaller tins and when stronger start using heavier tins.



11 Windsor Special

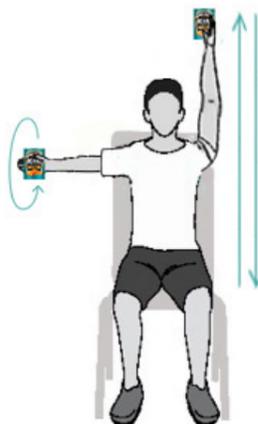
- Sit well back into your dining chair, sit up straight. Hold your baked bean cans or other, in each hand.
- Extend your arms to the sides to form a straight line between your hands, elbows and shoulders.
- Return arms to your sides and then raise them as high as you can above your head.
- Repeat five times gradually increasing the pace you do these movements.



12 Co-ordination Challenge

- Sitting well back on your chair, feet flat on the floor. Hold baked bean can in each hand.
- Extend right arm to the side so shoulder is in line with elbow and hand. Moving your arm forwards and anticlockwise, make a wide circular movement with your hand.
- Extend your left arm above your head, and slowly bring it down bending your elbow until it is at straight again at your side, and then raise it again over your head.
- Can you do both these different movements at the same time?

This exercise takes more co-ordination but is very helpful in improving balance and concentration.



GET FIT FOR THE SPRING AND TRY

The Baked Bean Challenge!



If you are like me, you will have spent far more time sitting down during the last nine months. It's spring and time to give our muscles some attention. So, the team have produced a simple set of twelve exercises everyone can do.



For safety, these exercises are all done sitting on a dining chair; but you can still exercise your leg muscles! There are three neck and shoulder exercises, five ankle and leg movements, and the **Baked Bean Challenge** which includes four arm and shoulder exercises.



Top tips

Take your time, increase number of repeat actions gradually, take a slow and steady pace (no prizes for quick finish) and have your phone nearby switched on.

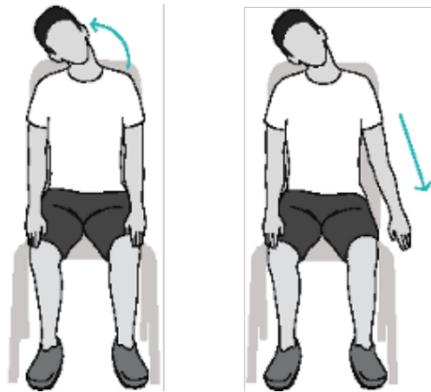
You know your body so if you have had a joint replacement only complete movements carefully, or cut those out that you are worried about.

Between each group of exercises, breath deeply in with nose, and breathe out with mouth until breathing back to normal rate. Also shake your arms and legs gently to loosen muscles between each group of exercises.



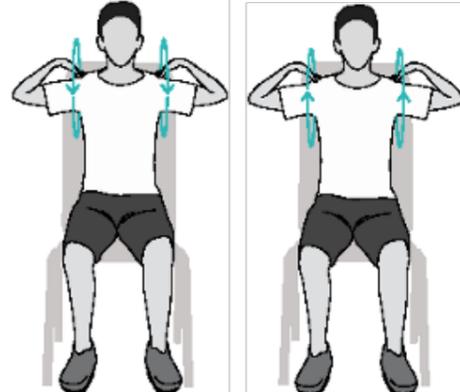
1 Neck Stretch

- Sit up straight, and slowly tilt your head toward your right shoulder until you feel a stretch.
- Hold this position while gradually extending your left arm down and to the side.
- You should feel a stretch on the left side of your neck.
- Release, and repeat on the other side.
- Perform two to five repetitions per side. This stretch will warm up your neck and the group of muscles at the top of your back, and get you ready for arm exercises.



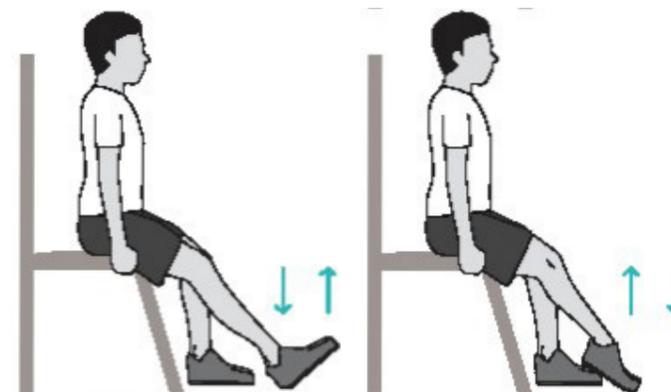
2 Shoulder Circles

- In a seated position, place your fingertips on your shoulders.
- Circle your shoulders forward for fifteen repetitions.
- Reverse the movement, and circle backward for fifteen repetitions.
- This exercise will warm up your shoulder muscles and reduce the risk of strain.



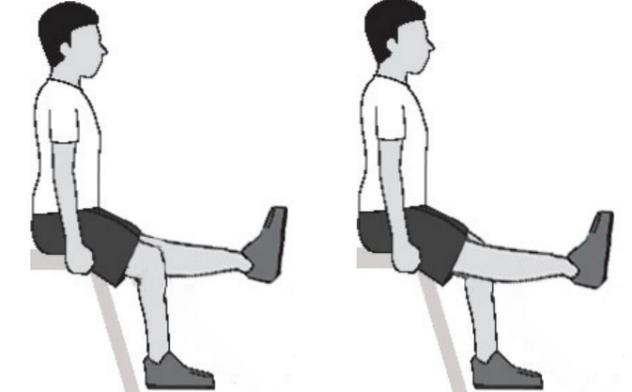
5 Seated Tap Dance

- Sit with your knees bent and your toes resting lightly on the floor.
- Extend one leg, and gently tap your heel on the ground.
- With your leg still extended, point your toes and tap them to the floor.
- Relax your foot and tap your heel again.
- Return to the starting position and repeat with the opposite leg. Perform the "tap dancing" for three to five minutes. Set a timer, and try to go a little longer each time you exercise.



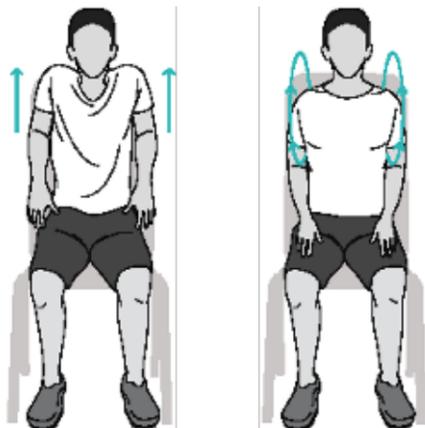
6 Straight leg raise

- Sit well back on your dining chair, and rest your arms by your sides.
- Slowly raise your right foot so your leg becomes straight.
- Hold in position and count to five, then slowly release your muscles so your foot gradually reaches the floor.
- Repeat leg raise with the other leg, and return foot to the floor.
- Alternate leg raises five times with each leg.



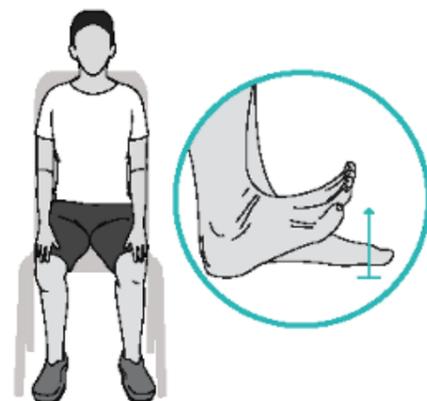
3 Shoulder Rolls

- Sit tall with your feet flat on the ground.
- Shrug your shoulders up toward your ears, and slowly rotate your shoulders in a circle - back, down, forward, and back to the top.
- When you reach the top, reverse the movement. Roll your shoulders forward, down, back, and to the top again.
- Perform ten repetitions in each direction, for a total of twenty reps. This movement engages your shoulders and trapezius muscles, which are essential for lifting and carrying objects.



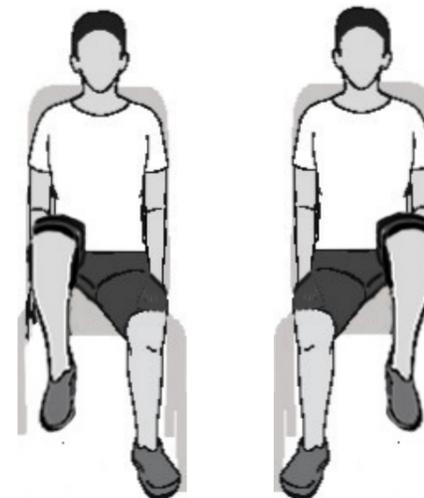
4 Toe Taps

- Sit up straight with your feet flat on the ground.
- Bend your toes toward the ceiling and back to the floor.
- To increase the difficulty of this exercise, sit on the edge of your seat with your legs straight.
- Keep your heels on the ground as you bend your toes upward and then back down.
- This variation increases the range of motion. Perform eight to ten repetitions to strengthen your calves and the muscles running alongside your shins. You use these muscles to climb stairs and perform daily activities.



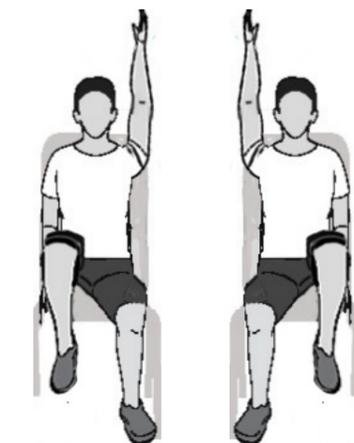
7 Raising knees

- Sitting well back on your dining chair, rest your arms by your sides.
- Slowly raise your right knee above the chair seat and hold for count of five. Gradually lower knee to normal sitting position.
- Repeat with left knee.
- Alternate movement with each knee five times.



8 Seated March

- Sit well back next to back rest. Both arms at rest.
- Raise your right knee and lift your left arm to a straight as high above your head as possible. Count to five and then lower knee and arm to return to rest position.
- Lift left knee AND right arm, hold for count of five, and return to rest position.
- Alternate movements raise right knee and left arm and return. Raise left arm and right knee, and return to rest position. Repeat slowly five times each.



The exercises included are generic and well-known exercises. Specific acknowledgements to www.eldergym.com Doug Schrift: Physiotherapist (free downloadable programme), as well as the 'Love to Move Programme' for the elderly by the British Gymnastics Foundation, at britishgymnasticsfoundation.org