



Getting Started Exercises

Warm Up

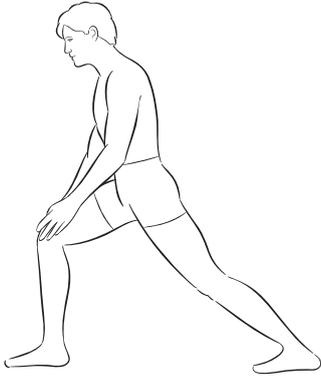
Preparing your joints for exercise helps to reduce the wear and tear on them. You can do these mobilising exercises while you march on the spot – to get your heart rate up and prepare your body for activity. Be aware of your posture as you begin to exercise and try to maintain good posture while exercising. Stand tall and slightly draw the stomach muscles towards the spine to engage the abdominal muscles. Looking forward, relax the shoulders down and try to make them straight by drawing the shoulder blades together. Place feet hip-width apart. Knees should not be locked straight but relaxed and have a slight bend. It's important to complete movements in a gentle, smooth manner, not forcing the joints and pushing them beyond the point where it feels uncomfortable. Repeat each mobility exercise six to ten times.

JOINT	MOBILITY EXERCISE DESCRIPTION	
HEAD / NECK	NECK TILT	Tilt your head, sending the ear towards your left shoulder, back to the central position and then to your right shoulder
	NECK TURN	Turn your head, looking as far left as you can turn it, back to the middle and then look as far right as you can.
	CHIN RETRACTION	Draw your head backwards without tilting your chin down, as if you're trying to make a double chin.
SHOULDERS	SHOULDER SHRUG	Raise your shoulders up towards the ears and then relax back down.
	SHOULDER ROLL	With arms by the sides, roll your shoulders in circles, starting by raising your shoulders towards your ears, then taking them back, down and round in a circle.
	ARM CIRCLES	Progress from the shoulder roll by placing your hands on your shoulders and then making circles as if drawing circles with your elbows. Then extend the arm so that it's straight and continue the circling. If it feels uncomfortable, try one arm at a time.



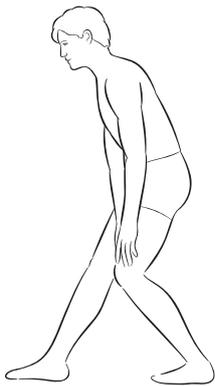
Pre-exercise stretches

Stretching helps prepare your warmed muscles for further exercise and reduce the risk of injury. Hold each stretch for 10 to 15 seconds on each side.



Calf (Gastrocnemius)

In a standing position, take a step forward and place your right foot out in front, in line with your hips. Your left leg remains outstretched behind you. Lean gently forwards, placing your hands on your right knee for support. You should feel the stretch at the top of your left calf. Try to keep your feet facing forwards and parallel. Don't let the heel on the left leg that's behind you turn inwards.

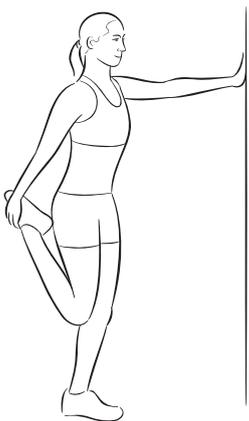


Back of thigh (Hamstring)

In a standing position take a small step forwards with your right leg. Keep this leg straight and outstretched in front of you, while gently bending your left leg (as though you're squatting) and pushing your bottom backwards. You should feel this stretch in the top of the back of your leg. You can place your hands on your bent knee for support.

Front of thigh (Quadriceps)

Stand near a wall for support. Bring the heel of your right foot back up towards your buttocks. Hold it with one arm (you can use the other to balance yourself). You should feel this stretch down the front of your thigh. If not, gently tilt your pelvis forwards until you feel the stretch.



Side (Lats and obliques)

In a standing position, with your feet facing forwards in line with your hips, place your right hand on your right hip and lift your left arm up along your side and over your head. At the same time, lean to your right. You should feel the stretch from under your arm all the way down the left side of your torso.



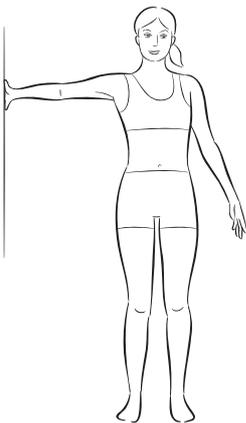
Shoulder

In a standing position, place your right arm across your body, making sure not to lock your elbow. Then use your left arm and place your hand on your upper arm and gently pull your right arm in towards your body.



Back of arm (Triceps)

In a standing position, raise one arm straight above your head. Bend the elbow so that your hand is reaching down to touch the back of your shoulder. Use the other hand to support the raised arm.



Shoulder (Pectorals and deltoid)

Standing side on to the wall place your right palm against it. Take one or two steps forwards, keeping your palm flat against the wall. Allow your palm to turn, so your fingers are pointing in the opposite direction. Allow your body to twist slightly to the left. You should feel the stretch in your shoulder and across your chest.

Cool-down

Slow down gradually, over four to six minutes, to help your heart rate and breathing return to normal. If you stop suddenly, without cooling down, it can leave you feeling dizzy, sick or faint. As you get fitter your body will respond more readily to changes in physical exertion and your heart rate will return to normal more quickly. Repeat your warm-up stretches, but this time hold them for up to 60 seconds to help improve your flexibility and prevent stiffness.

