



Get active >>>

Tone your thighs and legs with these exercises.

These leg exercises are good for your health as they strengthen your legs, help your mobility and reduce your risk of falls as you get older.

Squats >>>



- >>> Stand with your feet hip-width apart, knees slightly bent and back straight. Place your hands on your hips. As you breathe in, bend your knees to 90 degrees. Keep your body upright and your heels flat on the floor.
- >>> Lower to the count of four until your bottom is nearly level with your knee – or as far as you can go (see diagram). Hold for a second, then slowly push back up to a standing position, breathing out as you go.

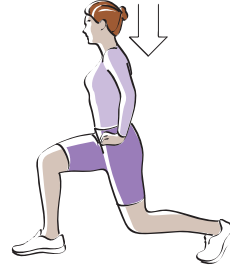
How many times?

Repeat 8 times, rest for 20-30 seconds, then repeat 8 times.

Too hard?

Sit on a sturdy chair with your back straight, arms crossed and feet flat on the floor. Keeping your weight on your heels, try to stand up. Avoid using your hands to aid you if possible. Repeat 5 times.

Lunges >>>



- >>> Place one foot forward, one stride length in front of the back leg. Keep your hips facing forward and your hands on your hips.
- >>> Breathing in, bend your knees, bringing your front knee directly over your front foot. The heel of your back foot will raise off the floor (see diagram). Hold for a second, then slowly push back up, breathing out.

How many times?

Repeat 8 times, rest for 20-30 seconds, then repeat 8 times with the opposite leg.

Too hard?

Hold on to a sturdy chair for balance when following the exercise.

It is more important to do the exercises properly than to do lots of repetitions. If you find yourself unable to do the number of repetitions suggested, do fewer until you get fitter. It's better to start slowly and build up.

Stretch it out >>>

Make sure you stretch after exercise.
Try this leg stretch today.

The Back of the Leg Stretch >>>

- >>> Stand up straight, feet together. Place your right foot in front of you, then bend your left knee and sit into your left leg. Keep your right leg straight, your knees parallel, your back straight and your chest lifted.
- >>> Stick your bottom out as you bend into the stretch (see diagram). Hold the stretch for 20-30 seconds. Repeat with the other leg.



Get-fit workout to help reduce your cancer risk

WCRF UK recommends we do at least 30 minutes of activity each day, but you don't have to do it all in one go. A 10-minute weeding session, a lunchtime walk or 15 minutes spent dancing around your kitchen can all count towards your 30 minutes.

It's best to start slowly and gradually work up to a brisker pace. You should aim to feel warm and slightly out of breath. As you become more active, you'll be able to exercise for longer periods of time. So when you feel fitter, pick up the pace or do more minutes of activity each day.

Here's a short 15-minute workout to get you started

Complete this workout as part of your 30 minutes of activity each day.

3 minutes slow marching on the spot – gradually building up to a pace that leaves you feeling warm but still enables you to hold a conversation

8 squats

2 minutes brisk marching on the spot

12 lunges (8 with right leg, 8 with left leg)

2 minutes brisk marching on the spot

8 squats

2 minutes brisk marching on the spot

12 lunges (8 with right leg, 8 with left leg)

2-3 minutes moderate pace marching on the spot, gradually slowing the pace

Finish with stretching – include the back of the leg stretch above



If you feel pain in your legs or chest, nauseated or breathless while exercising, stop immediately and consult a doctor. If you are concerned, you should contact your doctor before starting a new activity regime.



World Cancer
Research Fund

World Cancer Research Fund (WCRF UK)

22 Bedford Square, London WC1B 3HH • Tel: 020 7343 4200 • Website: www.wcrf-uk.org

Registered with the Charity Commission in England and Wales (Registered Charity No: 1000739)

© 2010 World Cancer Research Fund / WEU5GF2

"Stopping cancer before it starts"