

Stand and sit UP for health



It's important to take regular breaks from being inactive, here are our top tips to make standing up a habit.

When watching television:

- ✓ Keep the remote by the television, so you have to stand up to change the channel or adjust the volume.
- ✓ Every ad break, stand up. You can use this time to get a drink of water, get something from upstairs, or just pace the room.

When on the phone:

- ✓ If the phone rings, stand up to answer it and stay standing while you take the call, or walk while talking.

When reading:

- ✓ When you finish a chapter or article, take a standing break. Or better still, if the chapters or articles are short, try reading one sitting down and reading one standing up.

When doing housework:

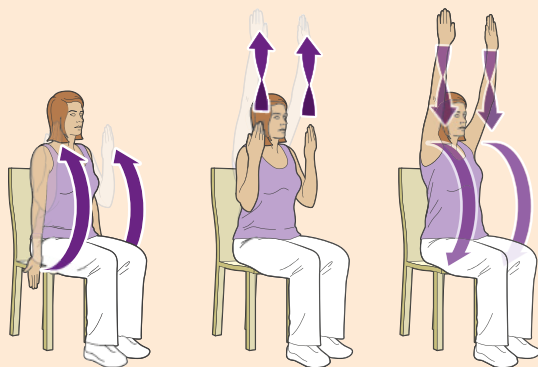
- ✓ Don't let housework feel like a chore – turn it into a calorie burning workout. Polishing and mopping are great for the arms. Put some music on and you have a free exercise class!

If you find it difficult to stand for long periods of time, why not try these simple exercises to help make your sitting time a bit more active?

Start each of these exercises by sitting up straight on a sturdy chair without resting your back on the chair. Hold in your tummy and place your feet flat on the floor – you may need to shuffle forward slightly on your chair.

SHOULDER PRESS

1. Pull your shoulder blades back and down, keep your elbows tight to your sides, and rest your hands next to your thighs, palms facing up.
2. Bend your elbows to bring your hands up to your shoulders.
3. Straighten your arms upwards as much as possible and rotate your hands so your palms are facing away from you. Keep your shoulders down.
4. Reverse these steps until your arms are back in the starting position.

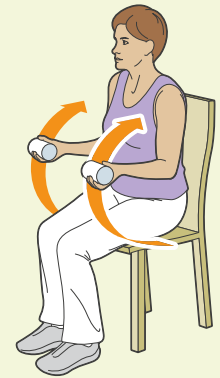


How many? Repeat 10 times, rest, and then repeat another 10 times. If this is too tough, start with five times and gradually build up. If this is too easy, try holding light weights in each hand, such as a bottle of water or can of food.

Good for: shoulders and triceps (backs of your upper arms). This exercise will help with strength, flexibility and toning.

ARM CURL

1. Hold a light weight in each hand, such as a bottle of water or can of food.
2. Pull your shoulder blades back and down, keep your elbows tight to your sides, and rest your hands either side of your thighs, with your palms facing up.
3. Slowly lift the weights in a smooth arc towards your shoulders. Keep your wrists straight. Concentrate on squeezing your biceps (the muscle at the front of your upper arm).
4. Pause before slowly lowering your arms back to the starting position.



How many? Repeat 10 times, rest, and then repeat another 10 times. If this is too tough, start without the weights and gradually add weights in. If this is too easy, try using slightly heavier weights, or repeating 15 times.

Good for: biceps. This exercise will help with strength – particularly for lifting things – and toning.

LEG EXTENSION

1. Slowly straighten each leg in turn until it is parallel with the floor.
2. Hold for a few seconds, concentrating on squeezing your quadriceps (muscles at the front of your upper leg).
3. Slowly lower your leg back to the starting position.

How many? Repeat 10 times with each leg. If this is too tough, start with five times and gradually build up. Focus on going slow and aim for more repetitions.

Good for: quadriceps (also known as quads). You use these muscles for walking, so strengthening them is important for everyday activities such as climbing the stairs.



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