

# GET UP AND GO!

Prevent Falls • Maintain Health • Remain Independent

The new **Get Up & Go** activity sessions provide strength and balance classes for Older People.

**Get Up & Go** sessions will consist of a minimum of a 24 week programme prescribed and delivered by qualified OTAGO Exercise trained instructors.

The **Get Up & Go** sessions are evidence based activity for the elderly that will support the development of core strength and balance. The research behind the OTAGO exercises throughout the classes is proven to:

- Reduce falls
- Reduce injury due to falls
- Improve balance & strength
- Improve ability to complete everyday tasks
- Increase stamina
- Improve mood, improve confidence and independence.

Sessions will restart once the COVID-19 lockdown is ended by Government and safety measures will be in place, including social distancing.

For more information visit: [www.northamptonshiresport.org/getupandgo](http://www.northamptonshiresport.org/getupandgo)



## What can you do in the meantime to keep active?

**The 'seated march'**  
*Warms muscles and prepares for movement.*

**What to do**

- Sit tall at the front of the chair.
- Hold the sides of the chair.
- March with control.
- Build to a rhythm that feels comfortable.
- Continue for 1-2 minutes.

**Front knee strengthener**  
*Strengthens the knee for walking and bending.*

**What to do**

- Sit back in the chair, back supported and feet under knees.
- Brush one foot across the floor then lift the ankle slowly and straighten (do not lock) the knee.
- Lower the foot with control.
- Aim to lift for a slow count of three and lower for a slow count of five each time.
- Repeat 10 times on one leg then swap legs.

**More challenging option**  
Sit away from the back of the chair so more of your leg is off the chair when you lift. Keep the back strong while you lift the leg.

**Sit to stand**  
*If repeated regularly and slowly will improve lower limb strength and stability.*

**What to do**

- Sit tall near the front of the chair.
- Place feet slightly behind knees.
- Lean slightly forwards.
- Stand up (using hands on the chair for support if needed. Progress to no hands over time).
- Step back until legs touch the chair, then stand tall, bend knees and slowly lower bottom back into the chair.
- Repeat 10 times.

**More challenging option**  
Try doing the exercise extra slow and hover for a few seconds just before finally sitting.

**Heel raises**  
*Help strengthen muscles at the front of the foot, improves balance.*

**What to do**

- Stand tall holding a sturdy table, chair or even the sink!
- Raise heels taking your weight over the big toe and second toe, hold for a second.
- Lower heels to the floor with control.
- Repeat 10 times.

**More challenging option**  
Repeat the exercise, doing it slowly and hold for a second or so just before putting the heel down again.

