

The Level 10

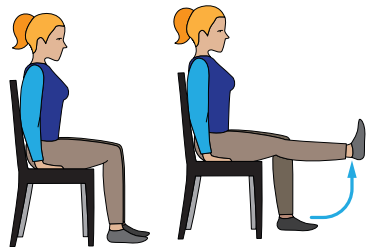
These 10 exercises have been developed to help break up lengthy periods of sitting. They promote movement, strength and balance and will not make any noise or take you away from where you need to be.



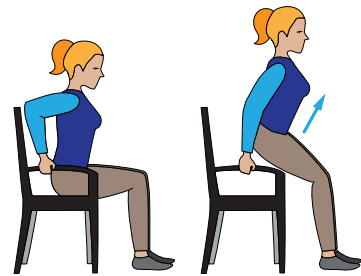
Five minutes is all it takes so what are you waiting for – just move and try 10 of each exercise, 10 seconds hold for the standing on one leg.

Warning

- Use a sturdy chair.
- A slight soreness the day after exercise is normal.
- If any exercise causes severe pain stop and consult your GP.



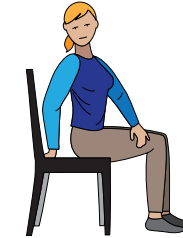
Straighten your Knee



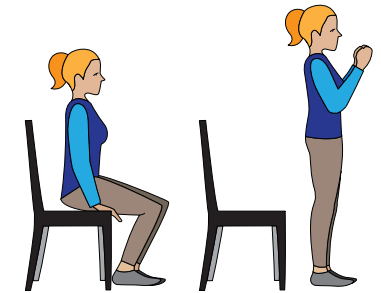
Chair push ups



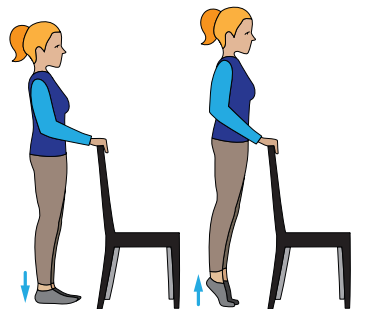
Seated cycling



Back twist
and stretch



Sit to Stand



Heal raises



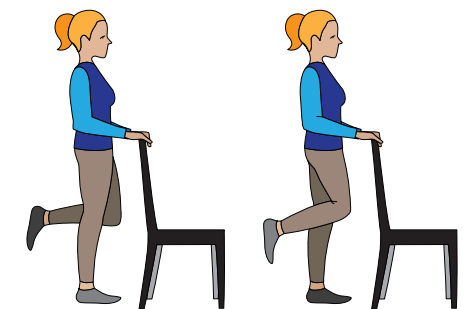
Side leg lifts



Back leg lifts



Side bends



Standing on one leg