



St. Michael's House Physiotherapy

PHYSICAL ACTIVITY IDEAS FOR EVERYONE

Please maintain social distancing

Not all of the activities will suit or are appropriate for everyone, exercise with care

If pain or dizziness is experienced then discontinue

OUTDOORS:

- If able then go for a walk, cycle, gardening, skipping, hopscotch

INDOORS:

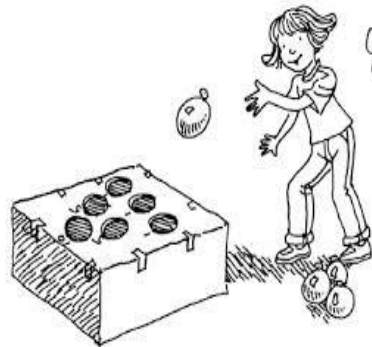
Bowling competition

- Half fill small water bottles with rice or water and place on floor.
- Roll a small ball or orange to knock them over



Beanbag toss competition

- Make your own beanbag - put a sealed bag of rice or couscous in a long stocking
- Get a basin, bucket, flower pot or cardboard with a hole in it.
- Place it at a slant.
- See who can throw the beanbag into
- hole



Mr Freeze Game

- Someone in the group is nominated as Mr. Freeze.
- Play and dance to some music.
- When MR Freeze stops moving EVERYONE else has to stop or freeze too.
- Last person to freeze has to do an exercise (10 wall push-ups or 10 bicep curls) and then they become the next Mr Freeze.

Dancing

- For 2 -3 songs, each lasting approx 3 minutes
- Everyone gets a song to choose



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Stair step-ups (must be able to stand)

- Hold onto bannister/handrails if needed
- Set your stopwatch
- Step up onto bottom step, then step back down again
- See how many you can do in 30 seconds
- Try to increase from 30 seconds gradually



Soft ball / cushion movements

- Throw & catch
- Pass ball behind back from hand to hand
- Bounce it on your knee
- Pass it under your leg
- Pass it over your head & down your back

Scarves/Balloons/Bedsheets

- Flick scarves upwards
- Make circles with them to each side
- Pretend to be a bird flying and use the scarves as wings
- Use bedsheet as a parachute, everyone holds a corner and flaps it upwards and downwards. Put a pair of socks on top of the sheet and see who can flap the socks off!

Walk the plank

- Stick a strip of masking tape or duck tape to the floor.
- Pretend the tap is a plank on a pirate ship.
- See who can walk the plank without falling off!
- Plank can be made wider by sticking 2 lines of tape parallel to each other. Person walks plank between the tape.

Trigger Game:

- Pick a trigger & each time it happens everyone has to do a movement.
- i.e. Mondays - each time the kettle boils do 10 bicep curls!
Tuesdays – each time you see a red car do a 10 second job on the spot

House hold job workout!

- Hoovering, even with small handheld hoovers
- Sweeping
- Window cleaning
- Polishing furniture





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SAFETY & MOTIVATION TIPS

































- Incorporate some of these ideas into each person's daily schedule
- Use music to motivate
- Create competition or a league
- Use reward chart / exercise log – see next page
- If watching DVDs with songs in them, engage person in movement/dance
- Drink fluid after exercise
- Do exercises that are within your capabilities
- For those with osteoporosis avoid twisting movements of back or bending forwards.
- Aim to limit inactivity as the risks of losing muscle strength and function are high.
- Check out some of the exercise video resources issued by St Michael's House Physiotherapy on www.smh.ie
- GET CREATIVE!! - Home made exercise equipment ideas - tin of beans/water bottle can be used as arm weights and for leg weights: small bags of rice can be placed in long socks and wrapped around the ankle



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MY MOVEMENT & ACTIVITY LOG



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walking 	Time: _____ 	Time: _____ 	Time: _____ 	Time: _____ 	Time: _____ 	Time: _____ 	Time: _____ 
Video/Dance 	Time: _____ 	Time: _____ 	Time: _____ 	Time: _____ 	Time: _____ 	Time: _____ 	Time: _____ 
Games 	Game: _____ 	Game: _____ 	Game: _____ 	Game: _____ 	Game: _____ 	Game: _____ 	Game: _____ 
Housework 	Job : _____ 	Job : _____ 	Job : _____ 	Job : _____ 	Job : _____ 	Job : _____ 	Job : _____ 

Goal:

1. 10 minutes movement 3 times a day
2. Get a little out of breath when exercising

When activity is done place a sticker on the star or colour it in