

31 Days To Strong & Steady

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Sit to stand x 6 <input type="checkbox"/>	2 Heel raises x 6 <input type="checkbox"/>	3 Wall press x 6 <input type="checkbox"/>	4 One-legged stand 5 seconds each leg <input type="checkbox"/>	5 Tandem stance 5 seconds each side <input type="checkbox"/>	6 Sit to stand x 6 <input type="checkbox"/>	7 Heel raises x 6 <input type="checkbox"/>
8 Wall press x 6 <input type="checkbox"/>	9 One-legged stand 5 seconds each leg <input type="checkbox"/>	10 Tandem stance 5 seconds each side <input type="checkbox"/>	11 Sit to stand x 8 <input type="checkbox"/>	12 Heel raises x 8 <input type="checkbox"/>	13 Wall press x 8 <input type="checkbox"/>	14 One-legged stand 8 seconds each leg <input type="checkbox"/>
15 Tandem stance 8 seconds each side <input type="checkbox"/>	16 Sit to stand x 8 <input type="checkbox"/>	17 Heel raises x 8 <input type="checkbox"/>	18 Wall press x 8 <input type="checkbox"/>	19 One-legged stand 10 seconds each leg <input type="checkbox"/>	20 Tandem stance 10 seconds each side <input type="checkbox"/>	21 Sit to stand x 10 <input type="checkbox"/>
22 Heel raises x 10 <input type="checkbox"/>	23 Wall press x 10 <input type="checkbox"/>	24 One-legged stand 12 seconds each leg <input type="checkbox"/>	25 Tandem stance 12 seconds each side <input type="checkbox"/>	26 Sit to stand x 10 <input type="checkbox"/>	27 Heel raises x 12 <input type="checkbox"/>	28 Wall press x 12 <input type="checkbox"/>
29 One-legged stand 12 seconds each leg <input type="checkbox"/>	30 Tandem stance 12 seconds each side <input type="checkbox"/>	31 Sit to stand x 12 <input type="checkbox"/>				

Please turn over for exercise description

Let's get *moving!*

2024 JAN Challenge

YOU CAN DO IT

Use the number of repetitions on the calendar as a guide. You can do more or less, but always listen to your body.

Dudley
Metropolitan Borough Council

Do these exercises with a good upright posture with control and at your own pace

Sit to stand

- Sit tall in your chair
- Stand up and slowly lower yourself back down, with control

Helps strengthen important muscles in your legs



Wall press

- Stand at arm's length from the wall
- Hands flat against the wall at chest level
- Bend and straighten your arms

Helps strengthen your chest, arms and shoulders

One-legged stand

- Stand sideways to a chair
- Lift one leg and hold
- Repeat on the other side

Helps with balance and coordination



Heel raises

- Stand tall with feet hip width apart
- Slowly lift your heels up and back to the floor

Helps strengthen your calf muscles



Tandem stance

- Stand sideways to a chair
- Place one foot directly in front of the other foot, and hold
- Switch foot and repeat

Helps improve stability, and also strengthens leg and trunk muscles



For more information visit:
www.lets-get.com/31-days-to-strong-and-steady

Scan this code to complete a short survey before you start the challenge and again 6 weeks after

