

# ACTIVITY PLAN: TV PLAN

**Aim:** simple exercises to do while watching tv.

**Length:** 10–15 minutes.

**Equipment:** a chair/couch.

**Repeat:** once you have finished all exercises in the program, start again from the beginning. Complete all exercises as many times as you can while watching TV.

*If you have any concerns or questions about your health before undergoing this activity, please consult with a physician or health-care professional first.*

## Seated leg raises



### Description

1. Sit on the couch with your feet on the floor.
2. Extend your right leg in front of you until it is straight and your ankle is in line with your hip.
3. Hold for a moment.
4. Bend your knee to lower your foot back to the floor.
5. Repeat on the other side.

**Tip:** moving slowly will help strengthen your muscles as you increase the 'time under tension'.

**Repeat:** 3 sets of 10.

## Seated arm circles



### Description

1. Sit on the couch with your feet on the floor.
2. Extend your arms in front of you.
3. Begin drawing small circles with both arms, keeping the arms straight and moving the whole arm.
4. Complete 10 circles in one direction, and 10 circles in the other direction.
5. Then, extend your arms out sideways in a 'T' shape. Complete 10 circles in each direction.

**Challenge:** do 3 rounds of the above without resting your arms.

**Tip:** try to keep your arms at shoulder height.

## Sit-to-stand



### Description

1. Sit on the edge of your couch.
2. Place your feet on the floor hip-width apart and with toes slightly turned out.
3. Without using your hands for support, stand up.
4. Then, bend the knees and sit back down gently.

**Repeat:** as many as possible.

## March on the spot



### Description

1. Stand upright with your feet hip-width apart.
2. Keep your left foot on the floor and lift your right knee to hip height.
3. Place your right foot down.
4. Swap sides and complete with your left leg.

**Tip:** try to minimise the movement in your torso and arms to challenge your core strength and balance.

**Repeat:** 10 each side.

## Side steps



### Description

1. Stand upright with your feet hip distance apart with a small bend in your knees.
2. Step sideways to your right, leading with your right foot and following with your left.
3. Take as many steps to the right as you can within your living space.
4. Once you can no longer move to the right, go back the other way leading with your left foot.

**Repeat: 3 times in each direction.**

## Calf raises



### Description

1. Stand upright with feet hip distance apart.
2. Slowly lift your heels off the floor so that you are standing and balancing on your “tip toes”.
3. Lower your heels down to your regular standing position.

**Tip:** hold a wall or chair if you need support with balance.

**Repeat: 10 times.**

## Standing oblique crunch



### Description

1. Stand upright with your feet hip width apart and arms by your sides.
2. Start bending at the waist towards your right. Your right hand will slide down your right thigh and left hand will slide up your left thigh.
3. Return to upright and repeat bending towards the left.

**Tip:** keep your lower body still, and only move the upper body.

**Repeat: 10 each side.**

## Wall sit



### Description

1. Stand with your back against a wall.
2. Step your feet forward so they are away from the wall.
3. Slide your back down the wall until your knees are bent at a right angle, and you are sitting on an imaginary chair.

**Tip:** remember to breathe! Sometimes holding a position can also make you hold your breath.

**Hold: 3x30 seconds.**