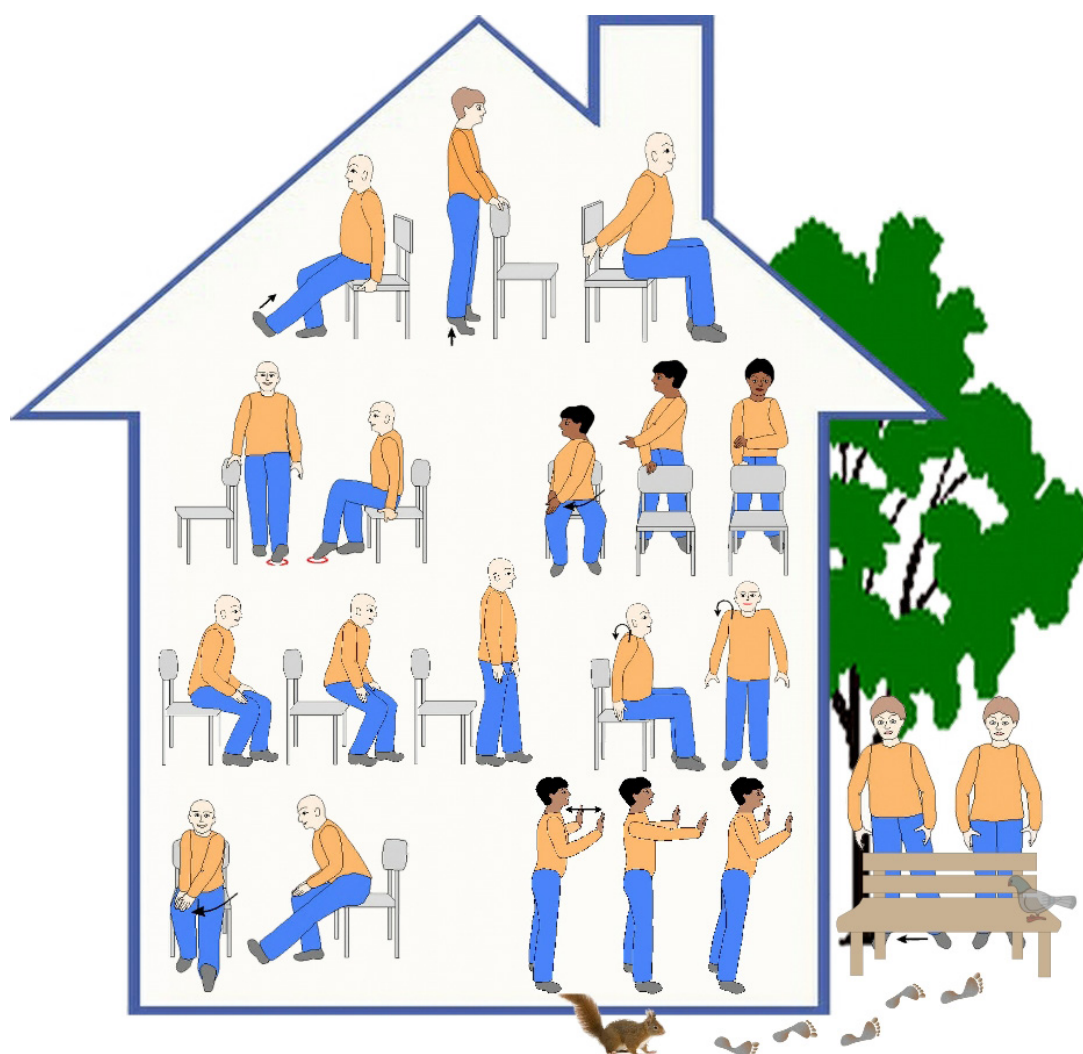


# laterLife training™

## ‘I CAN’ Active CALENDAR 2020

- ✓ I CAN make different choices
- ✓ I CAN make new habits
- ✓ I CAN improve my strength and balance over the year!



The LLT ‘I Can’ Calendar is designed to help you keep your appointments whilst actively improving your strength, balance, mobility and movement habits along the way.



Roar – Connections for Life is a charity committed to putting this ‘I CAN’ advice into the everyday lives of older people. Through our work in communities we know that falls cause loneliness and loneliness causes falls and both can be prevented with the right support. These activities can help you, or someone you know, keep or gain a level of strength and balance. This will help tackle a whole range of things you still want to pursue from moving around with confidence, using transport, doing activities with others, suffering fewer aches and pains and knowing you can safely get yourself up if you need to.

These activities are making such a difference to the people we support that our local hospital emergency department has noticed a drop in the number of older people being admitted due to falls in the past 3 years. Invest the time and you will feel the difference. It’s never too late – but it’s also never too early as our staff team have been finding out!

*Nicola Hanssen*  
CEO ROAR Connections For Life

All proceeds from this calendar will go to ROAR to support their vital work  
Charity Number SC042041

#### Disclaimer

This is a calendar with some suggested movements and activities, it is not designed as a structured Home Exercise Programme. You take responsibility for your own use of this calendar. The authors and advisors of the activities in this calendar accept no liability. All content is provided for general information only, and should not be treated as a substitute for the medical advice of your own GP or any other health care professional.

#### How to use the calendar:

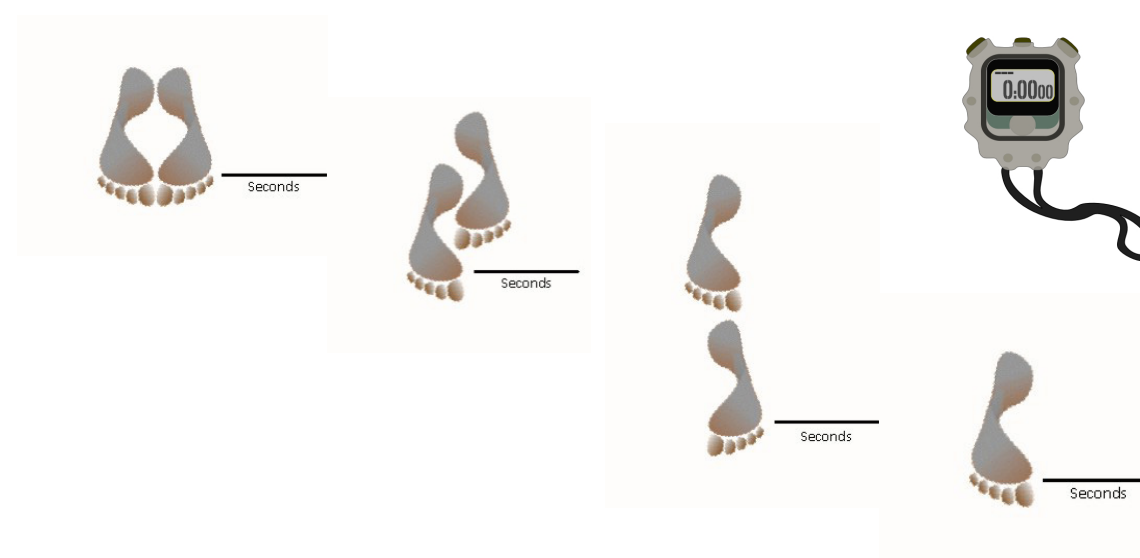
Each month we’ve given you one or two movements that will help improve your strength and balance over the next year.

To help track your improvements kick off with these two simple challenges. It’s important for your motivation that you can feel and measure improvement.

#### 4 POINT BALANCE TEST

Stand next to a stable fixed surface or object (just in case)

In bare feet, try to hold each position below (without holding on to anything) for 10 seconds. Write how many seconds you can manage on each position



If you can manage 10 seconds for all foot positions, what is the longest time you can stand on one leg?

\_\_\_\_\_

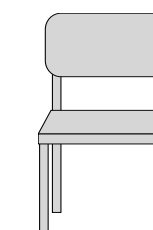
#### CHAIR RISE TEST

Sit in a hard chair (such as a dining room chair)

Hip walk forward to just past the centre

Count how many times you can stand and sit in 30 seconds  
(count each time you sit again)

Make a note if you need to use your arms to help you push up out of the chair



WRITE YOUR SCORE HERE \_\_\_\_\_ times Using arms? Yes/No

See how you improve over the year by re-testing.

## January

Start the year with a positive and beneficial new habit

### Hourly Sit to Stands

**Why is this beneficial?** Breaking up long periods of sitting is hugely beneficial for anyone regardless of age. The movement of standing up and sitting down helps to keep the legs strong. Decline in leg strength is mainly due to disuse and not disease!

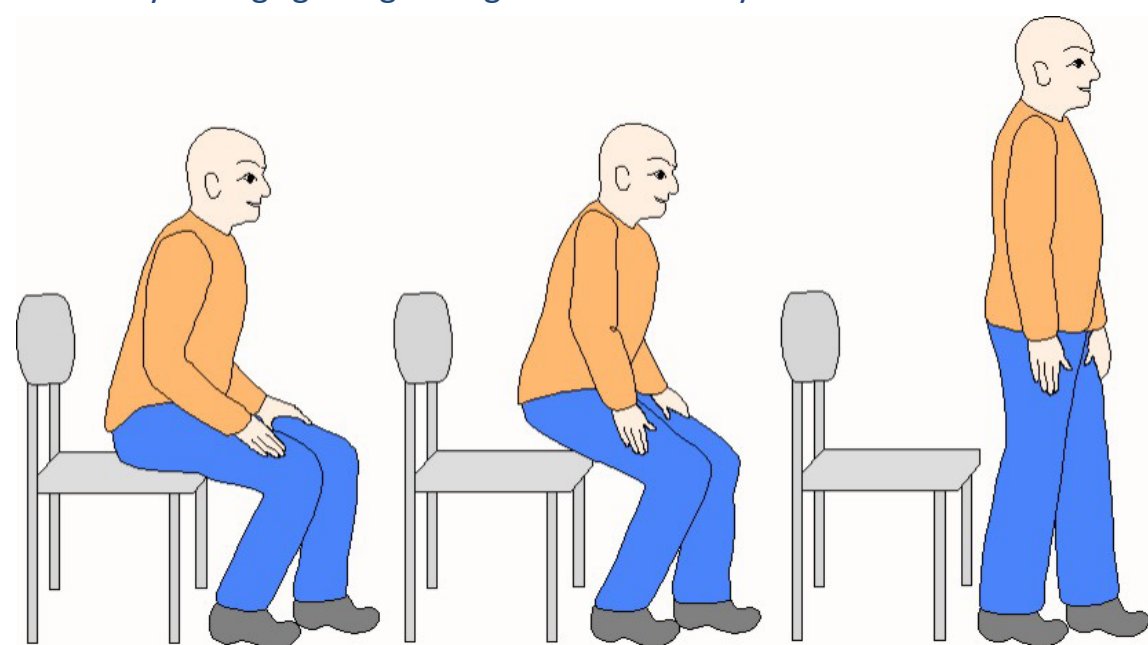
**Make decisions to stay strong, stand up for your legs!**

**Choose your amount;** Repeat 1, 3 or 5 times

**Frequency;** every hour you are sitting

**Getting technique right;**

- Walk your hips forwards to just past centre of the chair (easier to stand)
- March the feet a bit to boost circulation
- Bring your heels back a little, but keep your heels flat on the floor
- Sit tall, hinge your trunk forwards
- Power up to stand
- Stand tall and move your feet a bit to pump the blood
- Step back a bit and feel for chair on back of legs
- Bend the knees, lead with your buttocks, sit down with control
- Feel your legs getting stronger over time as you sit



☒ **Tick the days you performed this movement**

## January 2020

Wednesday New Year's Day	1	'Daily not maybe!' (Don't forget your movements). Happy New Year.	<input type="checkbox"/>
Thursday	2		<input type="checkbox"/>
Friday	3		<input type="checkbox"/>
Saturday	4		<input type="checkbox"/>
Sunday	5		<input type="checkbox"/>
Monday	6	Practice sitting slower and with control to get stronger.	<input type="checkbox"/>
Tuesday	7		<input type="checkbox"/>
Wednesday	8		<input type="checkbox"/>
Thursday	9		<input type="checkbox"/>
Friday	10		<input type="checkbox"/>
Saturday	11		<input type="checkbox"/>
Sunday	12		<input type="checkbox"/>
Monday	13	How are the movements going? Frequency is the key to helping movement become easier.	<input type="checkbox"/>
Tuesday	14		<input type="checkbox"/>
Wednesday	15		<input type="checkbox"/>
Thursday	16		<input type="checkbox"/>
Friday	17		<input type="checkbox"/>
Saturday	18	Regular breaks from sitting help weight management.	<input type="checkbox"/>
Sunday	19		<input type="checkbox"/>
Monday	20		<input type="checkbox"/>
Tuesday	21		<input type="checkbox"/>
Wednesday	22		<input type="checkbox"/>
Thursday	23		<input type="checkbox"/>
Friday	24	Keep it up. Are your legs feeling stronger?	<input type="checkbox"/>
Saturday Burns Night	25		<input type="checkbox"/>
Sunday	26		<input type="checkbox"/>
Monday	27		<input type="checkbox"/>
Tuesday	28		<input type="checkbox"/>
Wednesday	29	Regular Sit to Stand practice will help reduce knee pain.	<input type="checkbox"/>
Thursday	30		<input type="checkbox"/>
Friday	31		<input type="checkbox"/>

**Tick the days you did your sit to stands**

## February

Build on January's new habit with this movement strengthening the muscles around the hips.

### Sideways Stepping

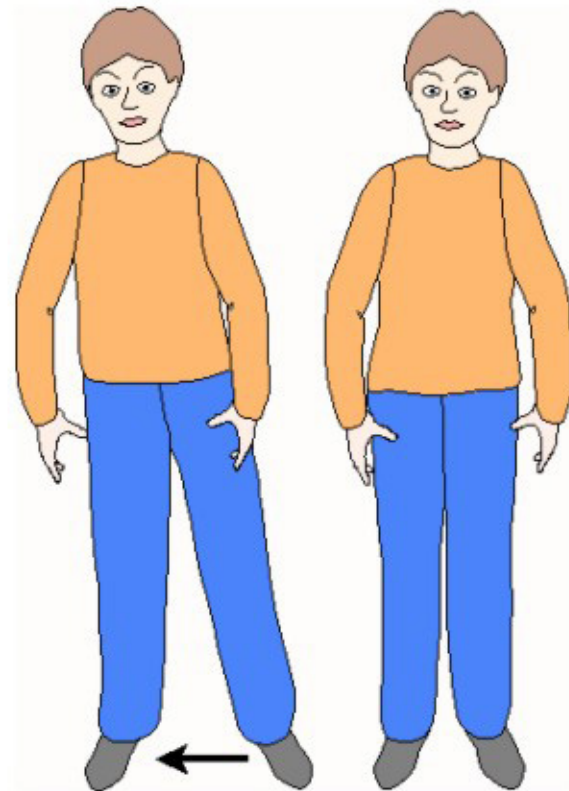
**Why is this beneficial?** Because these muscles and the hip joint are used for stepping sideways, regaining balance and turning. We all need this movement to easily get out of the car or bath. If this is easy for you, you can progress it by stepping sideways over an invisible (or small) object.

**Choose your amount;** 1, 3 or 5 in each direction each day

**Frequency;** build into daily routines when standing at kitchen surfaces, garden walls or waiting in queues!

**Getting technique right;**

- Stand upright
- Keep the hips and toes facing forward and the knees soft
- Step sideways and put the toe down first, then the heel
- Bring the other foot to join it
- Choose a fixed/taller surface if you need more support



☒ **Tick the days you performed this movement**

## February 2020

Saturday	1	Daily not maybe! Daily changes build monthly changes that build life changes = add life to years!	<input type="checkbox"/>
Sunday	2		<input type="checkbox"/>
Monday	3		<input type="checkbox"/>
Tuesday	4		<input type="checkbox"/>
Wednesday	5		<input type="checkbox"/>
Thursday	6	Side step along your corridor to bring the changes.	<input type="checkbox"/>
Friday	7		<input type="checkbox"/>
Saturday	8		<input type="checkbox"/>
Sunday	9		<input type="checkbox"/>
Monday	10		<input type="checkbox"/>
Tuesday	11	Strong side leg muscles help your stability.	<input type="checkbox"/>
Wednesday	12		<input type="checkbox"/>
Thursday	13		<input type="checkbox"/>
Friday	14		<input type="checkbox"/>
Valentines Day			
Saturday	15		<input type="checkbox"/>
Sunday	16		<input type="checkbox"/>
Monday	17	Sit tall, stand strong - invest in your strength and your latter years will thank you.	<input type="checkbox"/>
Tuesday	18		<input type="checkbox"/>
Wednesday	19		<input type="checkbox"/>
Thursday	20		<input type="checkbox"/>
Friday	21		<input type="checkbox"/>
Saturday	22	You could side step up and down the stairs today.	<input type="checkbox"/>
Sunday	23		<input type="checkbox"/>
Monday	24		<input type="checkbox"/>
Tuesday	25		<input type="checkbox"/>
Wednesday	26	Side steps will help you get out the car more easily.	<input type="checkbox"/>
Thursday	27		<input type="checkbox"/>
Friday	28		<input type="checkbox"/>
Saturday	29		<input type="checkbox"/>

**Tick the days that you did sideways stepping**



## March

Add a mobility regime to your morning routine.  
These can be done seated, on the side of the bed or in standing

### Shoulder rolls, Trunk twists, Ankle activators

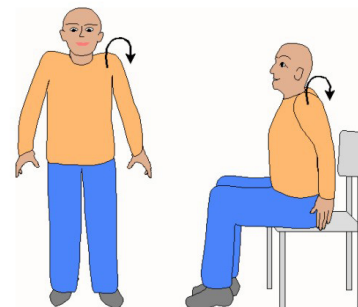
**Why is this beneficial?** We rarely take the time to move our joints through their full possible range!

**Choose your amount;** 1, 3 or 5 repetitions of each before breakfast

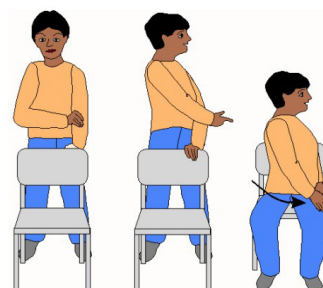
**Frequency;** add to your morning routine, every morning

#### Getting technique right;

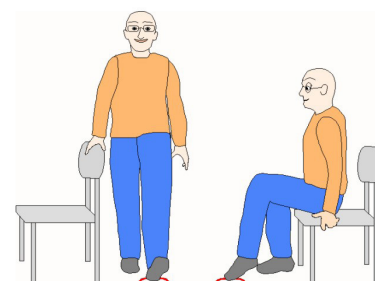
- Stand or sit tall with your feet hip width apart
- Lift your shoulders up towards your ears
- Pull them backwards and squeeze your shoulder blades together
- Drop them down low and bring forward again
- Try to do in one smooth rolling movement slowly



- Stand or sit tall with your feet hip width apart
- Turn your upper body (trunk, neck and head) to the left as far as you can slowly but keep hips facing forward
- Repeat on the opposite side



- Stand side on to (or sit tall at the front of) the chair
- Pull up tall
- Hold the back (or sides) of the chair
- Place the heel of one foot on the floor then lift it and put the toes down on the same spot
- You could put something on the floor to ensure you hit the same spot?



☒ **Tick the days you performed this movement**

## March 2020

Sunday St David's Day	1	Believe in the benefits of starting small. Doing 'something' is the best possible start.	<input type="checkbox"/>
Monday	2		<input type="checkbox"/>
Tuesday	3		<input type="checkbox"/>
Wednesday	4		<input type="checkbox"/>
Thursday	5		<input type="checkbox"/>
Friday	6		<input type="checkbox"/>
Saturday	7	Regular mobility can keep joints supple/making movement feel easier.	<input type="checkbox"/>
Sunday	8		<input type="checkbox"/>
Monday	9		<input type="checkbox"/>
Tuesday	10		<input type="checkbox"/>
Wednesday	11	Increasing movement in the ankles helps walking.	<input type="checkbox"/>
Thursday	12		<input type="checkbox"/>
Friday	13		<input type="checkbox"/>
Saturday	14		<input type="checkbox"/>
Sunday	15		<input type="checkbox"/>
Monday	16	Coming to a body near you; age related decline YOU CAN undo.	<input type="checkbox"/>
Tuesday St Patrick's Day	17		<input type="checkbox"/>
Wednesday	18		<input type="checkbox"/>
Thursday	19		<input type="checkbox"/>
Friday	20		<input type="checkbox"/>
Saturday	21		<input type="checkbox"/>
Sunday Mother's Day	22		<input type="checkbox"/>
Monday	23	Just moving more can contribute to significant health gains.	<input type="checkbox"/>
Tuesday	24		<input type="checkbox"/>
Wednesday	25		<input type="checkbox"/>
Thursday	26		<input type="checkbox"/>
Friday	27	Flexibility of the spine reduces back stiffness and pain.	<input type="checkbox"/>
Saturday	28		<input type="checkbox"/>
Sunday	29		<input type="checkbox"/>
Monday	30		<input type="checkbox"/>
Tuesday	31		<input type="checkbox"/>

**Tick the days you did these movements**

## April

Building on shoulder mobility from March, add some push-ups to your day

### Wall press-ups

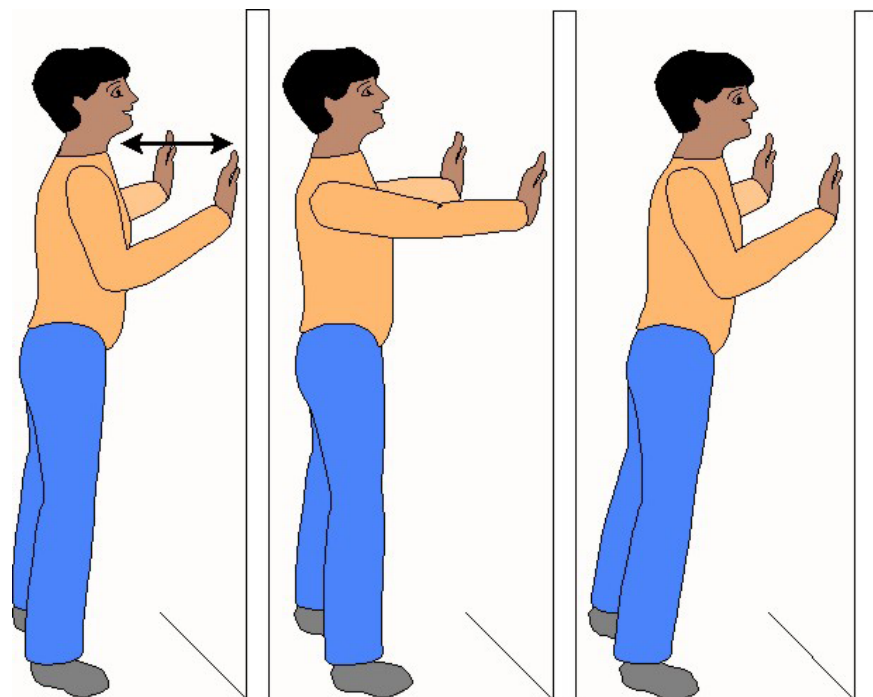
**Why is this beneficial?** Remaining strong in the upper body makes easier work of your daily activities, carrying things and managing balance reactions!

**Choose your amount;** Repeat 1, 3 or 5 repetitions

**Frequency;** build into weekly routines, 3 days of the week, when you take out the rubbish, or prepare the recycling

**Getting technique right;**

- Place palms on the wall in line with the shoulders
- Walk feet backwards a few inches, keeping heels on the floor
- Keep your back straight and tummy muscles firm
- Bring your nose towards the wall slowly
- Push back again slowly



☒ Tick the days you performed this movement

## April 2020

Wednesday	1	Muscle needs movement. Movement builds muscle.	<input type="checkbox"/>
Thursday	2		<input type="checkbox"/>
Friday	3		<input type="checkbox"/>
Saturday	4		<input type="checkbox"/>
Sunday	5		<input type="checkbox"/>
Monday	6		<input type="checkbox"/>
Tuesday	7	Strong arms give better hugs.	<input type="checkbox"/>
Wednesday	8		<input type="checkbox"/>
Thursday	9		<input type="checkbox"/>
Friday Good Friday	10	Strengthening movements are best done slowly.	<input type="checkbox"/>
Saturday	11		<input type="checkbox"/>
Sunday Easter Sunday	12		<input type="checkbox"/>
Monday Easter Monday	13		<input type="checkbox"/>
Tuesday	14		<input type="checkbox"/>
Wednesday	15	Press-ups help strengthen the spine.	<input type="checkbox"/>
Thursday	16		<input type="checkbox"/>
Friday	17		<input type="checkbox"/>
Saturday	18		<input type="checkbox"/>
Sunday	19		<input type="checkbox"/>
Monday	20	Use it or lose it (you know it makes sense).	<input type="checkbox"/>
Tuesday	21		<input type="checkbox"/>
Wednesday	22		<input type="checkbox"/>
Thursday St George's Day	23		<input type="checkbox"/>
Friday	24		<input type="checkbox"/>
Saturday	25		<input type="checkbox"/>
Sunday	26	Stay strong, stay mobile.	<input type="checkbox"/>
Monday	27		<input type="checkbox"/>
Tuesday	28		<input type="checkbox"/>
Wednesday	29		<input type="checkbox"/>
Thursday	30		<input type="checkbox"/>

Tick the days you did Wall Press Ups

## May

Better balance is greatly helped by stronger ankles, so heel raises are a must.

### Heel Raises

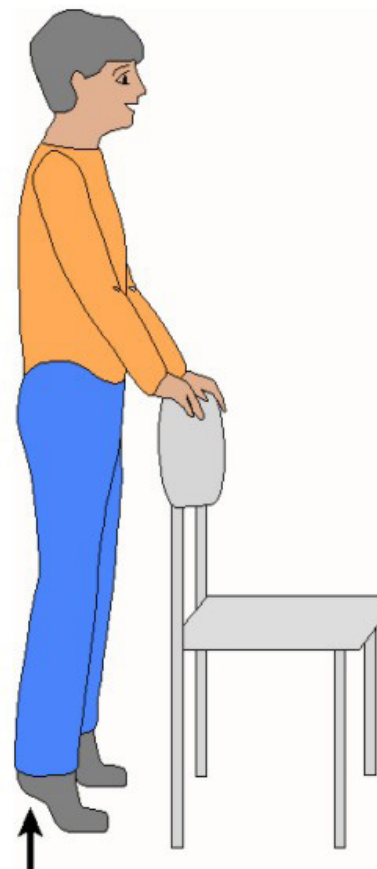
**Why is this beneficial?** Balance reactions rely on strong ankles to take extra steps and to walk over uneven surfaces, walk in the sand in summer!

**Choose your amount;** 1, 3 or 5 per day

**Frequency;** daily routines - when you are waiting for kettle to boil, standing in queues, at the cash point or cleaning your teeth

**Getting technique right;**

- Stand tall holding a sturdy chair, table or the sink
- Raise your heels taking your weight over your big toes
- Hold for a second
- Lower your heels with control



☒ Tick the days you performed this movement

## May 2020

Friday	1	Walk prouder, taller, longer - look after your walking and it will look after you.	<input type="checkbox"/>
Saturday	2		<input type="checkbox"/>
Sunday	3		<input type="checkbox"/>
Monday	4		<input type="checkbox"/>
Tuesday	5		<input type="checkbox"/>
Wednesday	6		<input type="checkbox"/>
Thursday	7	Strong muscles help you feel steadier.	<input type="checkbox"/>
Friday	8		<input type="checkbox"/>
VE Day & Bank Holiday			
Saturday	9		<input type="checkbox"/>
Sunday	10		<input type="checkbox"/>
Monday	11		<input type="checkbox"/>
Tuesday	12		<input type="checkbox"/>
Wednesday	13		<input type="checkbox"/>
Thursday	14	Lift your heels to reach that tall cupboard.	<input type="checkbox"/>
Friday	15		<input type="checkbox"/>
Saturday	16		<input type="checkbox"/>
Sunday	17		<input type="checkbox"/>
Monday	18		<input type="checkbox"/>
Tuesday	19		<input type="checkbox"/>
Wednesday	20		<input type="checkbox"/>
Thursday	21	Rise onto your toes to keep away woes.	<input type="checkbox"/>
Friday	22		<input type="checkbox"/>
Saturday	23		<input type="checkbox"/>
Sunday	24		<input type="checkbox"/>
Monday	25		<input type="checkbox"/>
Spring Bank Holiday			
Tuesday	26	Strong ankles improve stability.	<input type="checkbox"/>
Wednesday	27		<input type="checkbox"/>
Thursday	28		<input type="checkbox"/>
Friday	29		<input type="checkbox"/>
Saturday	30		<input type="checkbox"/>
Sunday	31		<input type="checkbox"/>

Tick the days you did Heel Raises

## June

Now you are moving more and balance and strength activities are now part of your daily routines, time to add some stretches.

### Chest Stretch, Upward Side Stretch, Back Thigh Stretch, Calf Stretch

**Why is this beneficial?** Taking a few minutes to slowly stretch and lengthen muscles after activity not only feels great, but improves the range of movement at joints, which in turn affects mobility and activities like; walking, putting on socks, gardening, reaching etc.

**Choose your amount;** 1 or 2 on each side

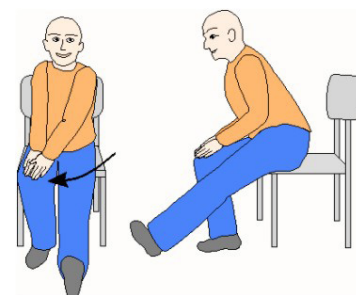
**Frequency;** daily, best done after you have been active and are a bit warm

**Getting technique right;**

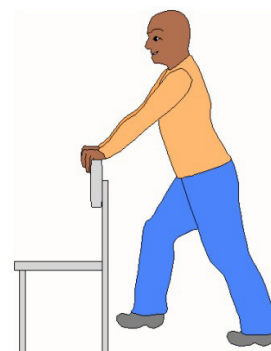
- Sit tall away from the back of the chair
- Reach behind with both arms and grasp the chair back
- Press your chest upwards and forwards until you feel the stretch across your chest
- Hold for 10-20 seconds



- Make sure you are right at the front of the chair
- Straighten one leg placing the heel on the floor
- Place both hands on the other leg then sit really tall
- Lean forwards with a straight back until you feel the stretch in the back of your thigh
- Hold for 10-20 seconds
- Repeat on the other leg



- Stand behind the chair holding on with both hands
- Step back with one leg and press the heel down
- Lean forward a bit on the bent leg
- Check that both feet face directly forwards
- Feel the stretch in your calf
- Hold for 10-20 seconds
- Repeat on the other leg



☒ **Tick the days you performed this movement**

## June 2020

Monday	1	Stretching out muscles lengthens them and you.	<input type="checkbox"/>
Tuesday	2		<input type="checkbox"/>
Wednesday	3		<input type="checkbox"/>
Thursday	4		<input type="checkbox"/>
Friday	5		<input type="checkbox"/>
Saturday	6		<input type="checkbox"/>
Sunday	7	Stretching the chest out helps back stiffness.	<input type="checkbox"/>
Monday	8		<input type="checkbox"/>
Tuesday	9		<input type="checkbox"/>
Wednesday	10		<input type="checkbox"/>
Thursday	11		<input type="checkbox"/>
Friday	12		<input type="checkbox"/>
Saturday	13		<input type="checkbox"/>
Sunday	14	Longer stretched leg muscles give a longer stride.	<input type="checkbox"/>
Monday	15		<input type="checkbox"/>
Tuesday	16		<input type="checkbox"/>
Wednesday	17		<input type="checkbox"/>
Thursday	18		<input type="checkbox"/>
Friday	19		<input type="checkbox"/>
Saturday	20	You could stretch while watching TV.	<input type="checkbox"/>
Sunday	21		<input type="checkbox"/>
Father's Day			
Monday	22		<input type="checkbox"/>
Tuesday	23		<input type="checkbox"/>
Wednesday	24		<input type="checkbox"/>
Thursday	25		<input type="checkbox"/>
Friday	26		<input type="checkbox"/>
Saturday	27		<input type="checkbox"/>
Sunday	28	Can you reach past your toes?	<input type="checkbox"/>
Monday	29		<input type="checkbox"/>
Tuesday	30		<input type="checkbox"/>

**Tick the days you stretched**



## July

It is 6 months since you started creating new strength and balance habits. This month is time to 're-test' your strength and balance and reflect on your progress, what movements you are still enjoying, and which ones have 'been forgotten!'

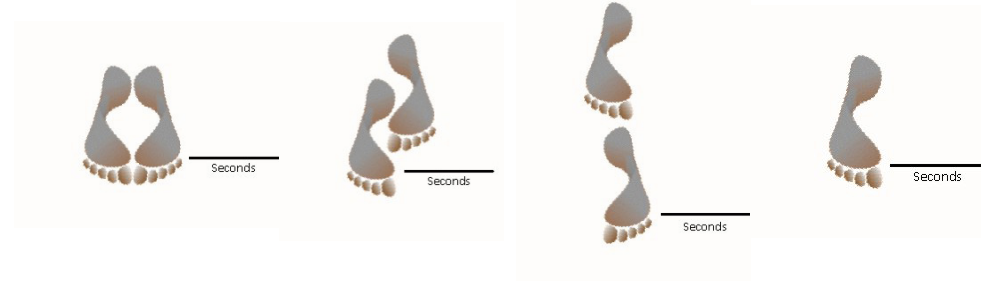
Look through the calendar at your progress in the past 6 months; the days you have ticked that movements were completed, what habits have changed/been created as a result? Change happens over time, the cumulative effect of small changes results in significant health benefits. Building strength and balance now is an investment for the future of YOU and your movement potential.

Complete the two tests you did 6 months ago. Here they are as a reminder:

### 4 POINT BALANCE TEST

Stand next to a stable fixed surface or object (just in case)

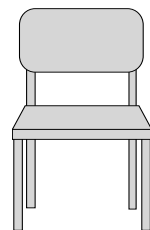
In bare feet, try to hold each position below (without holding on to anything) for 10 seconds. Write how many seconds you can manage on each position



If you can manage 10 seconds for all foot positions, what is the longest time you can stand on one leg? \_\_\_\_\_

### CHAIR RISE TEST

- Sit in a hard chair (such as a dining room chair)
- Hip walk forward to just past the centre
- Count how many times you can stand and sit in 30 seconds (count each time you sit again)
- Make a note if you need to use your arms to help you push up out of the chair



Number of chair rises: \_\_\_\_\_

For July do as many of January – Junes activities each day as you can fit in

☒ Tick the days you performed this movement

## July 2020

Wednesday	1	6 months done - well done! Time to test your progress.	<input type="checkbox"/>
Thursday	2		<input type="checkbox"/>
Friday	3		<input type="checkbox"/>
Saturday	4		<input type="checkbox"/>
Sunday	5		<input type="checkbox"/>
Monday	6		<input type="checkbox"/>
Tuesday	7	Practising movements that are difficult make them easier.	<input type="checkbox"/>
Wednesday	8		<input type="checkbox"/>
Thursday	9		<input type="checkbox"/>
Friday	10		<input type="checkbox"/>
Saturday	11		<input type="checkbox"/>
Sunday	12		<input type="checkbox"/>
Monday	13		<input type="checkbox"/>
Tuesday	14	Walk taller and longer.	<input type="checkbox"/>
Wednesday	15		<input type="checkbox"/>
Thursday	16		<input type="checkbox"/>
Friday	17		<input type="checkbox"/>
Saturday	18		<input type="checkbox"/>
Sunday	19		<input type="checkbox"/>
Monday	20		<input type="checkbox"/>
Tuesday	21		<input type="checkbox"/>
Wednesday	22	Be fit to sit.	<input type="checkbox"/>
Thursday	23		<input type="checkbox"/>
Friday	24		<input type="checkbox"/>
Saturday	25		<input type="checkbox"/>
Sunday	26		<input type="checkbox"/>
Monday	27		<input type="checkbox"/>
Tuesday	28		<input type="checkbox"/>
Wednesday	29		<input type="checkbox"/>
Thursday	30		<input type="checkbox"/>
Friday	31	You have the power to stay stronger for longer.	<input type="checkbox"/>

Tick the days you performed your movements

August

Are you able to get down and up from the floor without concern?

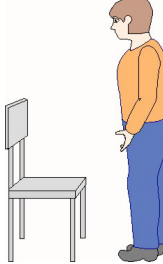
If the answer is yes, in August your challenge is to practice this on a weekly basis, in addition to continuing all of the other strength and balance habits you have adopted so far.

If the answer is no, (and this is a skill you would like to work towards) the mobility movements from January and April are an essential first step, commit to doing these every day for the month of August and have a look at the technique tips to efficiently get up from the floor here...


Why is this beneficial? Getting up from the floor is a critical skill for us all and is a good measure of our mobility and strength.

Make decisions to stay strong and rise up in August!


Backward Chaining: The Whole Chain




1 Face your chair a few steps away



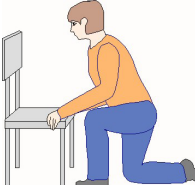
6 Bring your other arm down to the floor so that you are in four point kneeling




2 Lunge forward with your strongest leg and hold the sides of the chair seat or arms




7 Lower your hips onto the floor gently




3 Bend your back knee down to the floor




8 Lower yourself down till you are lying on the floor




4 Bring your other knee down to the floor



9 Get back into side sitting



5 Bring one hand off the chair and onto the floor



10 Get back onto your knees and with a chair get back up

 Tick the days you performed this movement

August 2020

Saturday	1		<input type="checkbox"/>
Sunday	2		<input type="checkbox"/>
Monday	3		<input type="checkbox"/>
Summer Bank Holiday (SCO)			
Tuesday	4		<input type="checkbox"/>
Wednesday	5	Muscle needs movement. Movement builds muscle.	<input type="checkbox"/>
Thursday	6		<input type="checkbox"/>
Friday	7		<input type="checkbox"/>
Saturday	8		<input type="checkbox"/>
Sunday	9	Remaining able to get to the floor also helps with getting out of the bath.	<input type="checkbox"/>
Monday	10		<input type="checkbox"/>
Tuesday	11		<input type="checkbox"/>
Wednesday	12		<input type="checkbox"/>
Thursday	13		<input type="checkbox"/>
Friday	14		<input type="checkbox"/>
Saturday	15		<input type="checkbox"/>
Sunday	16	Rising up from the floor is a critical skill for all of us – ‘you gotta get up to get down’.	<input type="checkbox"/>
Monday	17		<input type="checkbox"/>
Tuesday	18		<input type="checkbox"/>
Wednesday	19		<input type="checkbox"/>
Thursday	20		<input type="checkbox"/>
Friday	21		<input type="checkbox"/>
Saturday	22		<input type="checkbox"/>
Sunday	23		<input type="checkbox"/>
Monday	24	Don't forget to reduce your sitting time; your brain, blood vessels and muscles really need the gravity. The less you move, the less you will be able to move.	<input type="checkbox"/>
Tuesday	25		<input type="checkbox"/>
Wednesday	26		<input type="checkbox"/>
Thursday	27		<input type="checkbox"/>
Friday	28		<input type="checkbox"/>
Saturday	29		<input type="checkbox"/>
Sunday	30		<input type="checkbox"/>
Monday			
Summer Bank Holiday (Excluding Scotland)	31		<input type="checkbox"/>

Tick the days you got to the floor and up again or performed other movements

## September

Swinging September aims to challenge your balance. If, on trying this one you are finding it difficult, it's supposed to be!

**Flamingo Swings** are your September challenge (if you choose to accept it).

This activity will help your balance and strength around the hip.

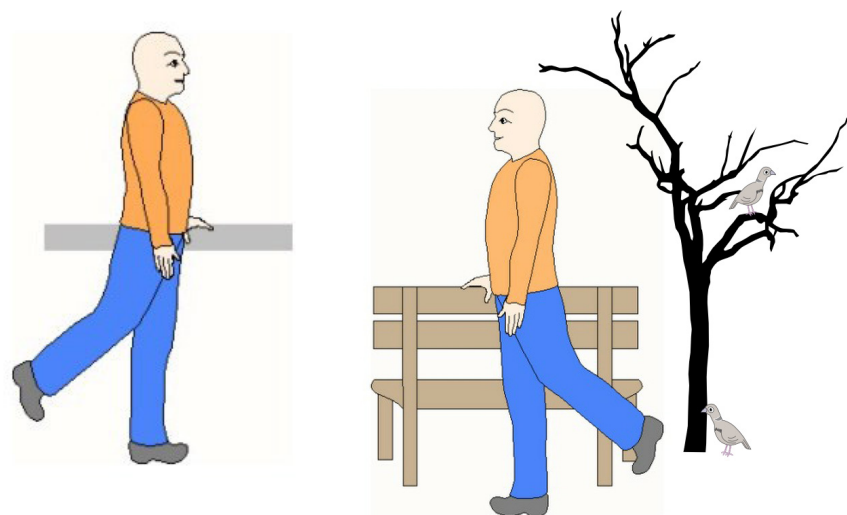
**Why is this beneficial?** To improve balance we need to challenge it, so feeling wobbly during this one is normal. What's important is that you keep reacting and putting your other foot down if you need to.

Make decisions to challenge and improve your balance,  
your legs will thank you for it in years to come!

Choose your amount; Repeat 1, 3 or 5 times

Frequency; best done daily

Getting technique right;



- At your kitchen worktop or bench outdoors
- Stand tall and side on to your support
- Swing the leg furthest from the chair forwards and back with control
- Perform 10 swings
- Turn so the other leg is furthest from the chair
- Repeat on the other leg

☒ Tick the days you performed this movement

## September 2020

Tuesday	1	Use it or lose it (you know it makes sense).	<input type="checkbox"/>
Wednesday	2		<input type="checkbox"/>
Thursday	3		<input type="checkbox"/>
Friday	4		<input type="checkbox"/>
Saturday	5		<input type="checkbox"/>
Sunday	6		<input type="checkbox"/>
Monday	7		<input type="checkbox"/>
Tuesday	8	Change takes time and sometimes we fall off the wagon/lapse all our good work. The trick is to get back on track and not to look back.	<input type="checkbox"/>
Wednesday	9		<input type="checkbox"/>
Thursday	10		<input type="checkbox"/>
Friday	11		<input type="checkbox"/>
Saturday	12		<input type="checkbox"/>
Sunday	13		<input type="checkbox"/>
Monday	14		<input type="checkbox"/>
Tuesday	15		<input type="checkbox"/>
Wednesday	16	Are you still sitting down with control?	<input type="checkbox"/>
Thursday	17		<input type="checkbox"/>
Friday	18		<input type="checkbox"/>
Saturday	19		<input type="checkbox"/>
Sunday	20	We need control on one leg when we are walking.	<input type="checkbox"/>
Monday	21		<input type="checkbox"/>
Tuesday	22		<input type="checkbox"/>
Wednesday	23		<input type="checkbox"/>
Thursday	24		<input type="checkbox"/>
Friday	25		<input type="checkbox"/>
Saturday	26		<input type="checkbox"/>
Sunday	27		<input type="checkbox"/>
Monday	28	How are the movements going? Frequency is the key to helping movement become easier.	<input type="checkbox"/>
Tuesday	29		<input type="checkbox"/>
Wednesday	30		<input type="checkbox"/>

Tick the days you did Flamingo Swings

## October

Aim to improve and build on August and September to help getting up from the floor and building leg strength and stability.

### Directional Lunges

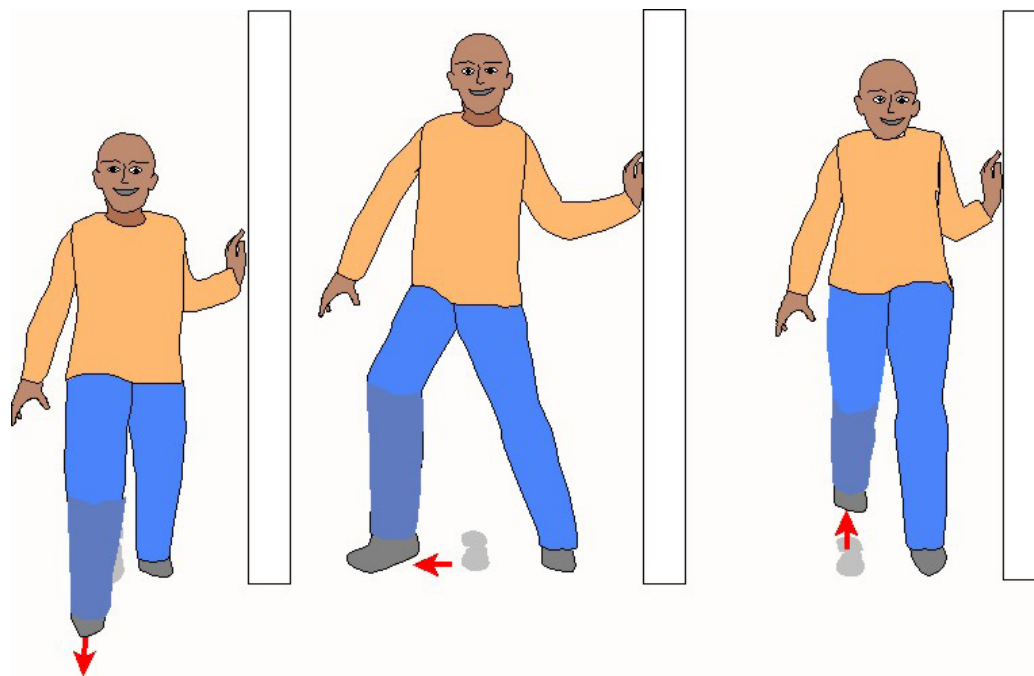
**Why is this beneficial?** 'Stepping out' in all directions from the hip is all part of reactions to balance challenges. If you find this one too challenging, go back to the movements of February and May to skill up and progress!

Progress happens over time, the first step is the most important.

Choose your amount; Repeat 1, 3 or 5 times

Frequency; best done daily

Getting technique right;



- Stand close to a wall with space around you
- Take a fairly large step forward and then push back to upright
- Take a step out sideways and push back to upright
- Take a step out behind you and push back to upright
- Start with smaller steps and build to larger ones over time
- Keep your body upright and stay looking forward

☒ Tick the days you performed this movement

## October 2020

Thursday	1		<input type="checkbox"/>
Int. Day of the Older Person			
Friday	2	Directional lunges will help keep you upright if you trip.	<input type="checkbox"/>
Saturday	3		<input type="checkbox"/>
Sunday	4		<input type="checkbox"/>
Grandparent's Day			
Monday	5		<input type="checkbox"/>
Tuesday	6		<input type="checkbox"/>
Wednesday	7		<input type="checkbox"/>
Thursday	8		<input type="checkbox"/>
Friday	9		<input type="checkbox"/>
Saturday	10		<input type="checkbox"/>
Sunday	11		<input type="checkbox"/>
Monday	12		<input type="checkbox"/>
Tuesday	13		<input type="checkbox"/>
Wednesday	14	How are the movements going? Frequency is the key to helping movement become easier.	<input type="checkbox"/>
Thursday	15		<input type="checkbox"/>
Friday	16		<input type="checkbox"/>
Saturday	17	Strong muscles help you feel steadier.	<input type="checkbox"/>
Sunday	18		<input type="checkbox"/>
Monday	19		<input type="checkbox"/>
Tuesday	20		<input type="checkbox"/>
Wednesday	21		<input type="checkbox"/>
Thursday	22		<input type="checkbox"/>
Friday	23	Try stepping in directions diagonally as well.	<input type="checkbox"/>
Saturday	24		<input type="checkbox"/>
Sunday	25		<input type="checkbox"/>
Monday	26		<input type="checkbox"/>
Tuesday	27		<input type="checkbox"/>
Wednesday	28		<input type="checkbox"/>
Thursday	29		<input type="checkbox"/>
Friday	30		<input type="checkbox"/>
Saturday	31	No tricks, moving more is the best treat for your brain and body.	<input type="checkbox"/>
Halloween			

Tick the days you did Directional Lunges

## November

It's nearly Christmas! and 10 months since you started out on your improved strength and balance journey.

In November the challenge is simply; **Walk taller and longer** and think about your walking, stride length and footfall.

**Why is this beneficial?** We often rush around going about our days without really considering 'how' we are moving. Be mindful of your posture as you walk, and your stride; stand taller, think about walking longer (in stride length) rather than faster/rushing smaller steps.

The first step to undoing a bad habit is to recognise it.

Choose your amount; 2-3 times per week

**Frequency;** aim for two 30 minute walks per week. 5 or 10 minute walks are an ideal way to get started. Progress the time until 30 minutes of continuous walking is achieved.

Getting technique right;



- Wear loose, comfortable clothing and flat, supportive shoes
- If possible, try to walk at a pace that makes you feel warmer and increases your breathing. You should still be able to talk as you walk. If you feel too puffed to talk, you are going too fast and need to slow down a little
- If you find you are catching your toes or scuffing your feet then you are getting tired, so slow down and deliberately lift the knee a bit more with each step
- It is better to walk further more slowly than fast and risk a trip because you are tiring



**Tick the days you performed this movement**

## November 2020

Sunday	1	How are the movements going? Frequency is the key to helping movement become easier.	<input type="checkbox"/>
Monday	2		<input type="checkbox"/>
Tuesday	3		<input type="checkbox"/>
Wednesday	4		<input type="checkbox"/>
Thursday Guy Fawkes Day	5		<input type="checkbox"/>
Friday	6	Have you done one longer walk this week?	<input type="checkbox"/>
Saturday	7		<input type="checkbox"/>
Sunday Remembrance Sunday	8		<input type="checkbox"/>
Monday	9		<input type="checkbox"/>
Tuesday	10		<input type="checkbox"/>
Wednesday	11		<input type="checkbox"/>
Thursday	12	Enjoy the wildlife while you walk – notice they never keep still.	<input type="checkbox"/>
Friday	13		<input type="checkbox"/>
Saturday	14		<input type="checkbox"/>
Sunday	15		<input type="checkbox"/>
Monday	16		<input type="checkbox"/>
Tuesday	17	Change takes time and sometimes we fall off the wagon/lapse all our good work. The trick is to get back on track and not to look back.	<input type="checkbox"/>
Wednesday	18		<input type="checkbox"/>
Thursday	19		<input type="checkbox"/>
Friday	20		<input type="checkbox"/>
Saturday	21		<input type="checkbox"/>
Sunday	22	Walking outdoors is great for your mood.	<input type="checkbox"/>
Monday	23		<input type="checkbox"/>
Tuesday	24		<input type="checkbox"/>
Wednesday	25		<input type="checkbox"/>
Thursday	26		<input type="checkbox"/>
Friday	27	You have the power to stay stronger for longer.	<input type="checkbox"/>
Saturday	28		<input type="checkbox"/>
Sunday	29		<input type="checkbox"/>
Monday St. Andrews Day	30		<input type="checkbox"/>

Tick the days you walked taller and longer



## December

You've done it! Congratulations on your year of new habits and choices. There is only one thing left to do; re-test again but also, reflect on how you feel, what has changed/improved and what new habits have been formed?

We would love to hear how the 'I CAN' Calendar has worked for you. Please email us on [info@laterlifetraining.co.uk](mailto:info@laterlifetraining.co.uk), we would love to hear from you.

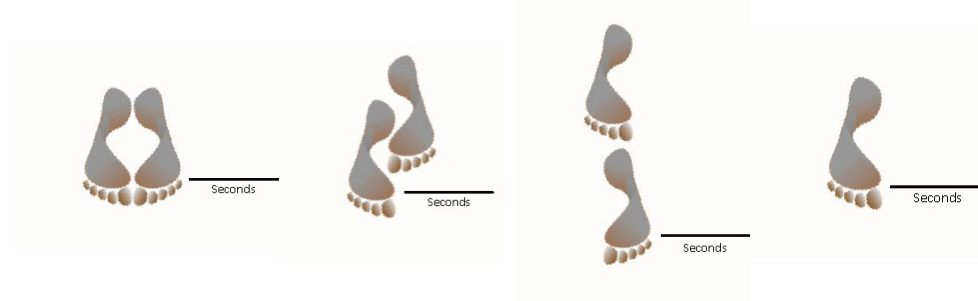
Alternatively you can write to us at:

**Later Life Training  
Silver Cottage  
Main Street  
Killin FK21 8UT**

**Do as many activities each day that you have mastered and can fit in**

### 4 POINT BALANCE TEST

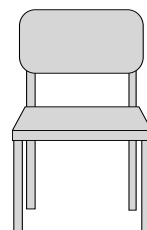
- Stand next to a stable fixed surface or object (just in case)
- In bare feet, try to hold each position below (without holding on to anything) for 10 seconds. Write how many seconds you can manage on each position.



If you can manage 10 seconds for all foot positions, what is the longest time you can stand on one leg? \_\_\_\_\_

### CHAIR RISE TEST

- Sit in a hard chair (such as a dining room chair)
- Hip walk forward to just past the centre
- Count how many times you can stand and sit in 30 seconds (count each time you sit again)
- Make a note if you need to use your arms to help you push up out of the chair



Number of chair rises: \_\_\_\_\_

Keep going with your activities in December

☒ **Tick the days you performed this movement**

## December 2020

Tuesday	1		<input type="checkbox"/>
Wednesday	2	You have the power to stay stronger for longer.	<input type="checkbox"/>
Thursday	3		<input type="checkbox"/>
Friday	4		<input type="checkbox"/>
Saturday	5		<input type="checkbox"/>
Sunday	6		<input type="checkbox"/>
Monday	7	Stronger arms for better hugs.	<input type="checkbox"/>
Tuesday	8		<input type="checkbox"/>
Wednesday	9		<input type="checkbox"/>
Thursday	10		<input type="checkbox"/>
Friday	11		<input type="checkbox"/>
Saturday	12		<input type="checkbox"/>
Sunday	13	Stride out for confidence.	<input type="checkbox"/>
Monday	14		<input type="checkbox"/>
Tuesday	15		<input type="checkbox"/>
Wednesday	16		<input type="checkbox"/>
Thursday	17		<input type="checkbox"/>
Friday	18		<input type="checkbox"/>
Saturday	19	Better balance = more fun getting about.	<input type="checkbox"/>
Sunday	20		<input type="checkbox"/>
Monday	21		<input type="checkbox"/>
Tuesday	22		<input type="checkbox"/>
Wednesday	23		<input type="checkbox"/>
Thursday	24		<input type="checkbox"/>
Friday Christmas Day	25	Stay mobile stay connected.	<input type="checkbox"/>
Saturday Boxing Day	26		<input type="checkbox"/>
Sunday	27		<input type="checkbox"/>
Monday	28		<input type="checkbox"/>
Tuesday	29		<input type="checkbox"/>
Wednesday	30		<input type="checkbox"/>
Thursday	31	Keep fit for 2021.	<input type="checkbox"/>

Tick the days you performed your movements



Month	Longest 1 Leg Stand (in seconds)	Number of Chair Rises in 30 seconds
January		
July		
December		



*Providing specialist, evidence based, effective training for health and professionals working with frailer, older people and stroke survivors.*

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