

HOW TO LIVE LONGER BETTER

Sir Muir Gray is leading a revolution to Live Longer Better, reduce the need for health and social care and reverse the effects of lockdown. Did you know? Frailty, falls and cognitive decline are NOT a necessary part of ageing. Physical activity can help to prevent and reverse them. Below are a few exercises you could try at home to improve your strength and flexibility.



STANDING HIP EXTENSION

Hold the back of the chair with both hands and stand tall, keep your spine nice and straight. Lift your right leg back, directly behind you, as far as you can without causing discomfort and hold for 5-10 seconds. Return to your starting position and repeat 5-10 times on the same side before switching to the other side. This simple, low-impact sequence is the perfect way to increase your hip strength and flexibility which can help decrease hip pain from normal, daily wear, and tear.

TRICEP STRETCH

Raise your arm and bend it so that your hand reaches toward the opposite side. Use your other hand and pull the elbow toward your head. Hold for 10 to 30 seconds. Repeat on the other side. The tricep stretch will relieve tension in your arms and shoulders and get the blood flowing.



SCAN ME



MORE ACTIVITIES
CAN BE FOUND ON:

www.activecumbria.org

IMPORTANT INFORMATION

Pategill, Penrith (CA11 8LN). On street parking is available at various points throughout the walk. Alternatively, why not reduce your Carbon Footprint? Did you know Pategill is less than 1 mile from Penrith town centre. Why not walk or cycle to this walk? There are also many bus routes to this area, with a bus stop on Bridge Lane, a few minutes walk from Pategill Play area and Thacka Beck Field.

LIVE LONGER BETTER.

in Cumbria



PATEGILL, PENRITH

A walk to help people of
Cumbria to Live Longer Better.

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www.hikinghousehold.co.uk



Be part of it!

THIS MAP WAS MADE POSSIBLE BY ACTIVE CUMBRIA'S
LIVE LONGER BETTER IN CUMBRIA PROGRAMME FOR
OLDER ADULTS AND THE RECONDITIONING FUND.



These steps are wide and well spaced out, perfect to increase our heart rate. Did you know climbing stairs can be one of the best workouts because it helps improve muscle strength and bone density. This is important for preventing conditions such as osteoporosis.

1

Take a seat, have a rest. Enjoy being surrounded by your community and others enjoying the play area. We know loneliness can be a common theme of ageing and we hope by being out and about we can reduce this for you.

2

Aim to be physically active every day, even a short walk to the park will improve your physical health over time. If you feel active enough this is a great green space to play some ball games with friends.



1.1 MILES

0.6 MILES
OUT AND BACK

FLAGS INDICATE THE START
OF EACH ROUTE



Why not try and climb up and down these stairs a few times? Stair climbing is one of the essential functional activities maintaining independence for daily living amongst older adults.

3

Why not stop here and try some strength activities? Try sitting on the bench and standing up and back down again five times. We know improved coordination will reduce the likelihood of falls later on in life.

4

Stop, take a seat. Lets try 10 arm raises: sit upright with your arms by your side, raise both arms out to the side and then above your head. Repeat. This will build your shoulder strength. See oveleaf for more exercises you can try at home.

5

Why not stay a while? Sit down, read a newspaper and complete a crossword. We know using your brain more can reduce the risk of dementia.

Safety Brief: This map follows accessible footpaths and pavement walking. Please do take care when walking, paths can get slippery when wet. Dog walkers and their dogs are always welcome but please do keep them on a lead and clean up after your dog. Follow the countryside code and always leave no trace of your visit.



-HOUSEHOLD-

Part of the
LIVE LONGER BETTER.
in Cumbria

revolution!