HOW TO ITVE 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

TMPORTANT INFORMATION

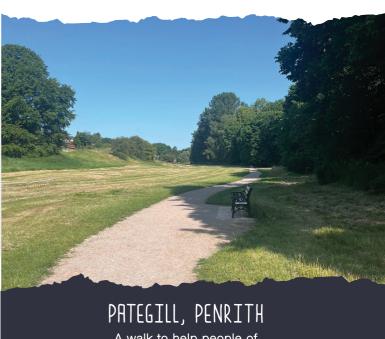
Pategill, Penrith (CA11 8LN). On street parking is available at various points throughout the walk. Alternatively, why not reduce your Carbon Footprint? Did vou know Pategill is less than 1 mile from Penrith town centre. Why not walk or cycle to this walk? There are also many bus routes to this area,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

LIVE LONGER BETTER.

in Cumbria



-HOUSEHOLD-



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

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