

HOW TO LIVE LONGER BETTER

Sir Muir Gray dedicates his work to transforming how we think about living longer and the ageing process. Did you know?

Through an increase in our physical activity we can prevent and delay dementia, disability, frailty and the need for long term care. Below are a few examples of activities you can try at home to improve your strength and flexibility.



KNEE EXTENSIONS:

Sit in a chair and straighten out your right knee. Knee extensions can also help enhance the amount of motion in the knees. Sit in a chair and straighten out your right knee for a few seconds. Then do the same with your other knee. Repeat these two steps around 10 to 15 times for each leg.

KNEE EXTENSIONS:

Get a chair and stand behind it with your feet slightly apart. Lift your right leg to the side while keeping your back straight. As you do this, your toe should be facing forwards. Then, lower your left leg and repeat the exercise with your right leg. Doing this 10 to 15 times with each leg will help improve your balance.



SCAN ME



MORE ACTIVITIES
CAN BE FOUND ON:

www.activecumbria.org

IMPORTANT INFORMATION

Barrow Park enjoys a central place within Barrow-in-Furness. If travelling by car: there are plenty of parking spaces available on the streets surrounding the park. Alternatively you are able to park at Barrow Leisure Centre, postcode: LA13 9DT.

Why not improve your Carbon Footprint? Did you know Barrow Park is just a five minutes' walk from Barrow town centre, train station and bus station. With regular trains, and buses, throughout the day.

LIVE LONGER BETTER.

in Cumbria



BARROW PARK, BARROW-IN-FURNESS

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

Published by The Hiking Household. Design by LCB Creative
www.thehikinghousehold.com



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.

0.8 MILES

0.6 MILES

STEPS

BUS STOP

FLAGS INDICATE THE START
OF EACH ROUTE

- 1** Aim to be physically active every day, even a short walk to the park will improve your physical health over time. This short walk through Barrow Park will help your aerobic system, improve your health and reduce the risk of heart disease and stroke.

- 2** **Bench 2:** Stop, take a seat. Lets try to build some strength. 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.

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.

- 3** **Bench 3:** Why not stay a while? Sit down, read a newspaper and complete a crossword. Playing puzzles can improve your short term memory, reduce stress and improve your sleep.

- 4** **Bench 4:** Can you take a seat and work on your flexibility? Try the Upper Body Twist: This stretch will develop and maintain flexibility in the upper back. Sit upright, feet flat on the floor, cross your arms and reach for your shoulders. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds. Repeat on the right side. Complete 5 times on each side.

- 5** **Bench 5:** Why not stop here and try some strength and flexibility activities? Hip Marching will help to strengthen your hips and thighs. Sit upright on the bench, do not lean on the back of the chair. Lift each leg one at a time as if marching while sitting down. Repeat 5 times on each leg.



Part of the
LIVE LONGER BETTER.
in Cumbria
revolution!