

## HOW TO LIVE LONGER BETTER

Sir Muir Gray is leading a revolution to enable people to Live Longer Better, improve their quality of life, maintain independence and reduce their risk of illness

Are you in need of some ideas on how to increase your exercise? Below are some exercises to try at home using an armless, stable chair.



### REVERSE ARM AND HOLD

Stretch your arms out in front of you, palms down and stretch them behind your back. Hold your arms behind your back if possible. This stretch will help improve your posture, decrease breathing difficulties and release any spinal tension.

### SEATED TWIST

Raise your arms up and out to your sides. With an exhale, gently twist your upper body to the right. From here, your right hand will rest on the chair back, assisting you in twisting gently, and your left hand will rest by your side. Take a look over your right shoulder. Use your grip on the chair to help you maintain the twist but not deepen it. Return to the front after five breaths and practice this twist again on your left side. Twisting poses help to reduce lower back pain promote digestion and circulatory health.



SCAN ME



MORE ACTIVITIES  
CAN BE FOUND ON:

[www.activecumbria.org](http://www.activecumbria.org)

### IMPORTANT INFORMATION

Petteril Valley Park (CA1 3EJ). On street parking is available at various points throughout the walk. Alternatively, why not reduce your Carbon Footprint? Did you know Petteril Bank is less than 2 miles from Carlisle city centre? Why not walk or cycle to this walk? There are also many bus routes to this area, with a bus stop on London Road a few minutes walk from Petteril Valley Park entrance.

## LIVE LONGER BETTER.

*in Cumbria*



## PETTERIL VALLEY, CARLISLE

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




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[www.thehikinghousehold.com](http://www.thehikinghousehold.com)

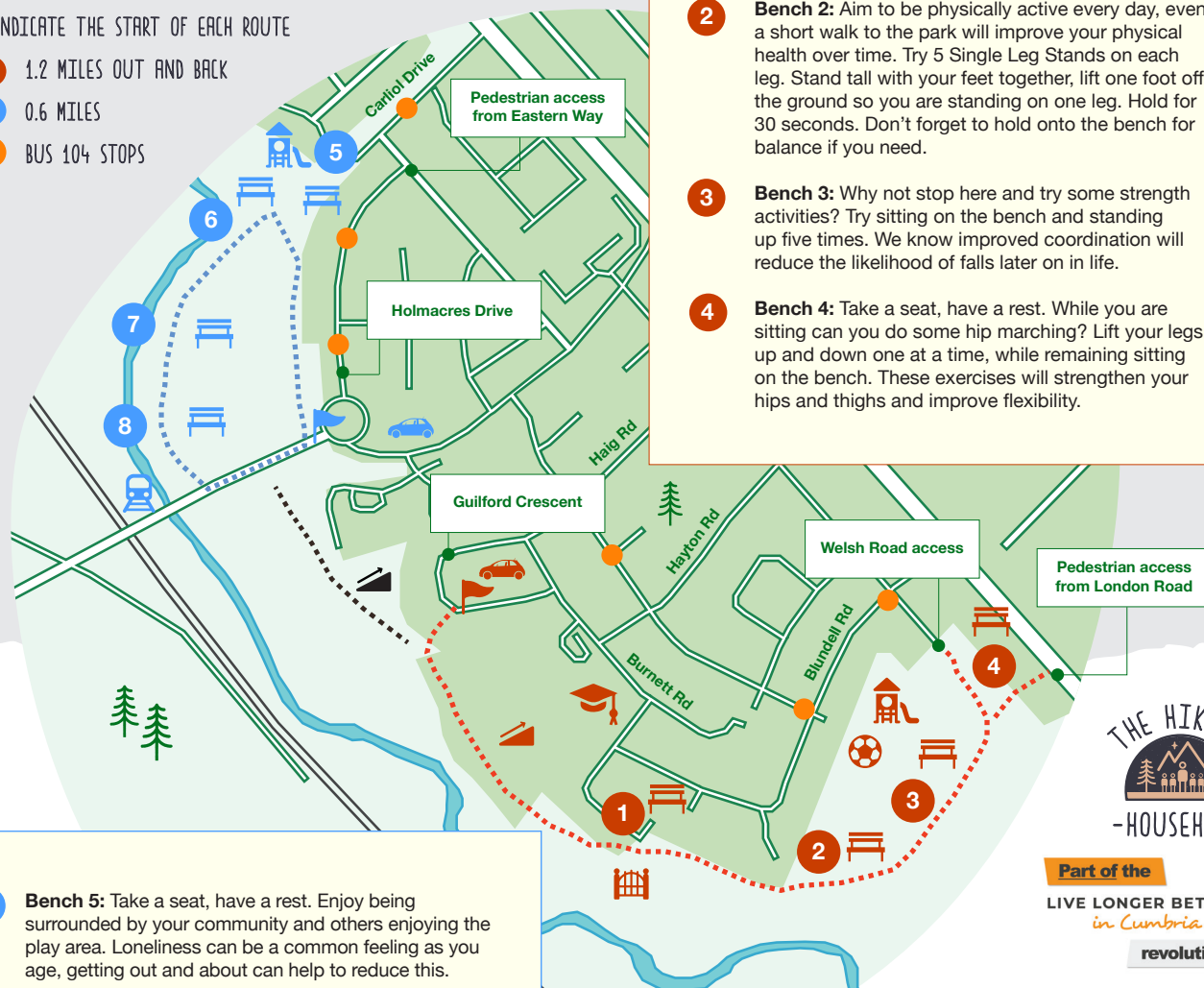


*Be part of it!*

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

FLAGS INDICATE THE START OF EACH ROUTE

-  1.2 MILES OUT AND BACK
-  0.6 MILES
-  BUS 104 STOPS



- 1 Bench 1:** Stop and take a rest, enjoy watching out for the trains that regularly pass by.
- 2 Bench 2:** Aim to be physically active every day, even a short walk to the park will improve your physical health over time. Try 5 Single Leg Stands on each leg. Stand tall with your feet together, lift one foot off the ground so you are standing on one leg. Hold for 30 seconds. Don't forget to hold onto the bench for balance if you need.
- 3 Bench 3:** Why not stop here and try some strength activities? Try sitting on the bench and standing up five times. We know improved coordination will reduce the likelihood of falls later on in life.
- 4 Bench 4:** Take a seat, have a rest. While you are sitting can you do some hip marching? Lift your legs up and down one at a time, while remaining sitting on the bench. These exercises will strengthen your hips and thighs and improve flexibility.

- 5 Bench 5:** Take a seat, have a rest. Enjoy being surrounded by your community and others enjoying the play area. Loneliness can be a common feeling as you age, getting out and about can help to reduce this.
- 6 Bench 6:** 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.

**Safety Brief:** This map follows wide, accessible footpaths. 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.

- 7 Bench 7:** 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.
- 8 Bench 8:** Sit down and try 10 ankle raises. Remain sitting upright and straighten one of your legs, while keeping the other foot on the floor. With your straight leg raise and point your toes. Repeat 10 times on each foot. This stretch will improve ankle flexibility and lower the risk of developing a blood clot.

THE HIKING  
-HOUSEHOLD-

Part of the  
LIVE LONGER BETTER.  
in Cumbria  
revolution!