

## HOW TO LIVE LONGER BETTER

Sir Muir Gray is leading a revolution to enable people to Live Longer Better and wants everyone to understand that ageing in itself is not a cause of problems. If people can increase their activity levels they can 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?

Chair yoga is an accessible and affordable style of exercise with incredible benefits for older adults. Below are just a few exercises you could try on an armless, stable chair at home.



### CHAIR PIGEON

Bend one leg and lean forward. This stretch will help to increase hip flexibility and reduce lower back pain.

### SEATED FORWARD BEND

Sit tall and slowly lean forward. You will feel a stretch in your hips, arms, torso and spine. This exercise will strengthen your posture and improve digestion.



SCAN ME



MORE ACTIVITIES  
CAN BE FOUND ON:

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

### IMPORTANT INFORMATION

Vulcan Park (CA14 2QA) enjoys a central location. If travelling by car: there are plenty of disc spaces available on the streets surrounding the park. Postcode: CA14 2QA. Why not reduce your Carbon Footprint? Did you know Vulcan Park is just a ten minute walk from Workington town centre, train station and bus station. With regular trains, and buses, throughout the day.

Published by The Hiking Household. Design by LCB Creative  
[www.thehikinghousehold.com](http://www.thehikinghousehold.com)

## LIVE LONGER BETTER.

*in Cumbria*



## VULCAN PARK, WORKINGTON

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

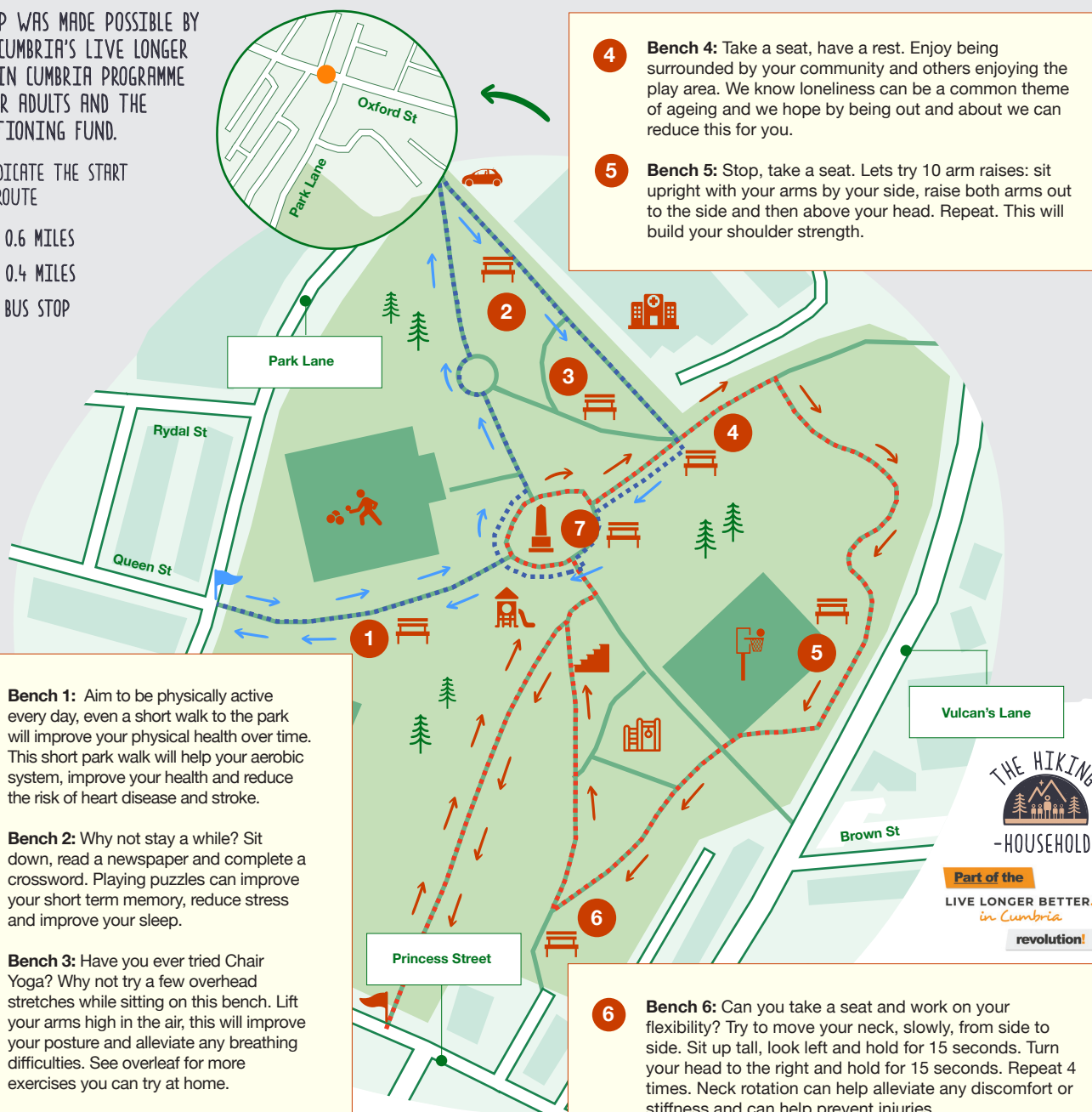


*Be part of it!*

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

-  0.6 MILES
-  0.4 MILES
-  BUS STOP



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

**2 Bench 2:** 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.

**3 Bench 3:** Have you ever tried Chair Yoga? Why not try a few overhead stretches while sitting on this bench. Lift your arms high in the air, this will improve your posture and alleviate any breathing difficulties. See overleaf for more exercises you can try at home.

**4 Bench 4:** 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.

**5 Bench 5:** 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.

**6 Bench 6:** Can you take a seat and work on your flexibility? Try to move your neck, slowly, from side to side. Sit up tall, look left and hold for 15 seconds. Turn your head to the right and hold for 15 seconds. Repeat 4 times. Neck rotation can help alleviate any discomfort or stiffness and can help prevent injuries.

**7 Bench 7:** 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.

**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.

THE HIKING  
-HOUSEHOLD-

Part of the  
LIVE LONGER BETTER.  
in Cumbria  
revolution!