

Strength Balance and  
Flexibility

Gl sgow West

He rtbe ts

# Gl♥sgow West He♥rtbe♥ts

Cardiovascular fitness and protection is important but after our 30's many systems are deteriorating too!! Normal ageing, low activity and gravity deprivation syndrome (GDS) all affect our fitness.

So we need to do more strength, balance and flexibility which reduces falls, improves bone health and helps us be more functionally fit

Reduced gravity exposure include

- Inactive lifestyles
- Long periods of sitting
- long periods of lying in bed

All of these oppose the benefit of gravity on the body

GDS ages the body

**SO BEING MORE ACTIVE WILL REDUCE ALL THESE EFFECTS**

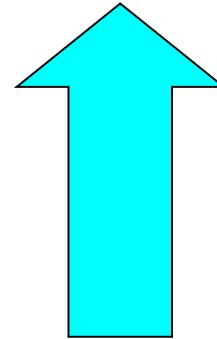
# Exercise can increase independence and reduce dependance

## IMPROVES OR MAINTAINS

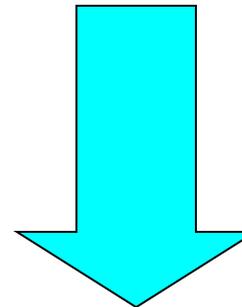
- Good posture & body image
- Intake of nutrients and immunity to infection
- Cerebral function, mood, memory
- Sleep pattern and duration
- Social contacts
- Stronger muscle bones
- Stronger heart

## REDUCES OR PREVENTS

- Likelihood of falls and fractures
- Breathlessness, obesity
- Anxiety, depression, stress



**INDEPENDENCE  
AND QUALITY  
OF LIFE**



**DEPENDENCE  
AND ISOLATION**

# The physical benefits of each type of fitness

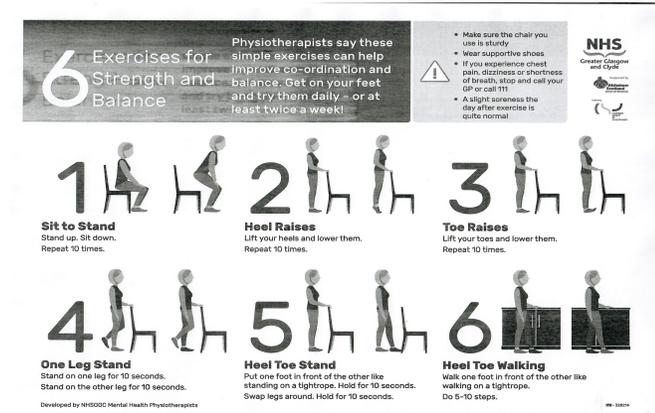
- **1 Endurance exercises (Aerobics)** improve the health of the heart, lungs, and circulatory system. These exercises can make it easier to do repeated activities and is cardioprotective.
- **2 Strength exercises** increased muscle and strength for functional activities stairs, sit to stand, stairs etc Also good for joint integrity, bone health, weight management and glycogen control
- **3 Balance exercises** can help prevent falls – a major health risk for older adults.
- **4 Stretching or flexibility exercises** freedom of movement for many functional activities also joint lubrication.

# Our class content



## Programme:

- 15 mins warm up (Building up intensity)
- 20 mins aerobic
- 4/5 min cool down
- 15 min strength/balance
- 5 min flexibility
- **Minimal equipment:**
- chair, towel, weights(or plastic bottle 1-4KG water or sand or stones)



# Balance Exercises

- *Balance requires CHALLENGE!*
  - Reduced base of support
  - Movement of centre of mass
  - Reduced holding
  - Turning head



# What are strength exercises?

- A strength exercise is any activity that makes your muscles work harder than usual.
- This increases your muscles' strength, size, power and endurance.
- The activities involve using your body weight or working against a resistance.
- Muscle strengthening, it needs to work your muscles to the point where you feel it hard to keep going
- **A minimum of 2 sessions per week is recommended**



# Stretching/flexibility

- Flexibility exercises should feel like “**comfortable tension.**”



AIM FOR A MINIMUM OF THREE EXERCISE ACTIVITIES A WEEK



Check out other classes that are available and/or refer to the NHS recommended activities to improve our strength and balance

(include a link here)