

STAY ACTIVE RESOURCE CARD

# Low Intensity Exercises

## AEROBIC AND STRENGTHENING EXERCISES

Other Stay Active Cards available  
Contact [email@dsni.co.uk](mailto:email@dsni.co.uk)



DO EACH EXERCISE 8-12 TIMES.  
REPEAT 2-3 TIMES

1

## Squat

### KEY POINTS:

- Feet shoulder width apart
- Bend knees, push hips back and lower to a comfortable position
- Heels on floor, push back up to starting position



2

## Wall Press

### KEY POINTS:

- Hands on wall, arms straight at shoulder height
- Bend elbows and lean in towards wall
- Push back out to starting position

• **TIP:** Stand further from wall to make it more challenging



3

## Step Up

### KEY POINTS:

- Use a step - suitable height; E.g. Bottom stair
- Step up and down keeping back straight

• **TIP:** Stay on floor and tap step with each foot to make it less challenging



4

## Lateral Raise

### KEY POINTS:

- Use light weights; E.g. a dumbbell, cans of food or bottles of water
- Feet shoulder width apart, hold weights down by your sides
- Elbows slightly bent, lift arms out and up to shoulder height
- Lower to starting position

• **TIP:** Use no weights and/or move one arm at a time to make it less challenging

