

**MOVE IT
OR LOSE IT!**



Bender Ball Exercises

Top to....

1. Hip rockin'



This is a great exercise to help you to improve your hip strength. Place the ball behind your back, place your hands on your legs, with your feet hip width apart. Lift your hip bone a little, relax it back down and repeat on the other side, so you're rocking against the ball from one side to the other. Don't rock too far, keep your bottom on the chair.

2. Back squeeze



This is a great exercise to help you improve your core strength. Place the ball behind your back between you and the chair, in the arch of your back. Breathing normally, tighten your tummy muscles and squeeze back into the chair. Hold for a couple of seconds and then relax the pressure. Don't do too many, just gently build the number of compressions you can do.

3. Stayin' Alive



This is a great exercise, helping to improve your upper body strength, making it easier to lift yourself up out of the chair or getting back up after kneeling. Place the ball onto one leg with one hand on top of the other. Then push down to compress the ball slightly, then release. Remembering not to hold your breath. Repeat 15 times, take a short break and then repeat again on the other leg.

4. Posture Roll



This is a great exercise to help improve your core strength and posture. Sit tall, away from the back of the chair, if you can. Place your ball in your lap with your hands resting on the ball. Then start to push down a little and roll the ball forwards towards your knees. Making sure not to bend your spine, but stretching your arms as far as is comfortable for you, then relax your shoulders. Then, looking slightly forward, tighten your tummy muscles keeping the pressure on the ball, roll the ball back again until you're sitting tall with good posture. Repeat 3-4 times.

5. Get a grip



This exercise is great to improve the mobility and dexterity in your hands and thumbs. Place your hands on the ball, stretching your fingers and thumbs. Then squeeze the ball, remembering not to hold your breath. Then try squeezing the ball just with your thumbs, working against the resistance to improve the strength in your thumbs. Relax your hands, then coordinate to see if you can lift each finger up in turn. Simply lift the thumbs, then each finger one at a time.

6. Wrist twist



This is a great exercise to maintain mobility in your wrists. Hold the ball below chest height, with your elbows out, and turn the ball away and back towards your body. Try to increase the range of the circle you can form with your wrists. Remember not to hold your breath whilst doing this exercise. Repeat 10 times.

For more exercise tips or to find your local Move it or Lose it! class, go to:
www.moveitorloseit.co.uk

Remember to check with your GP if you have any health or joint problems before trying any of these exercises.

...toe workout