

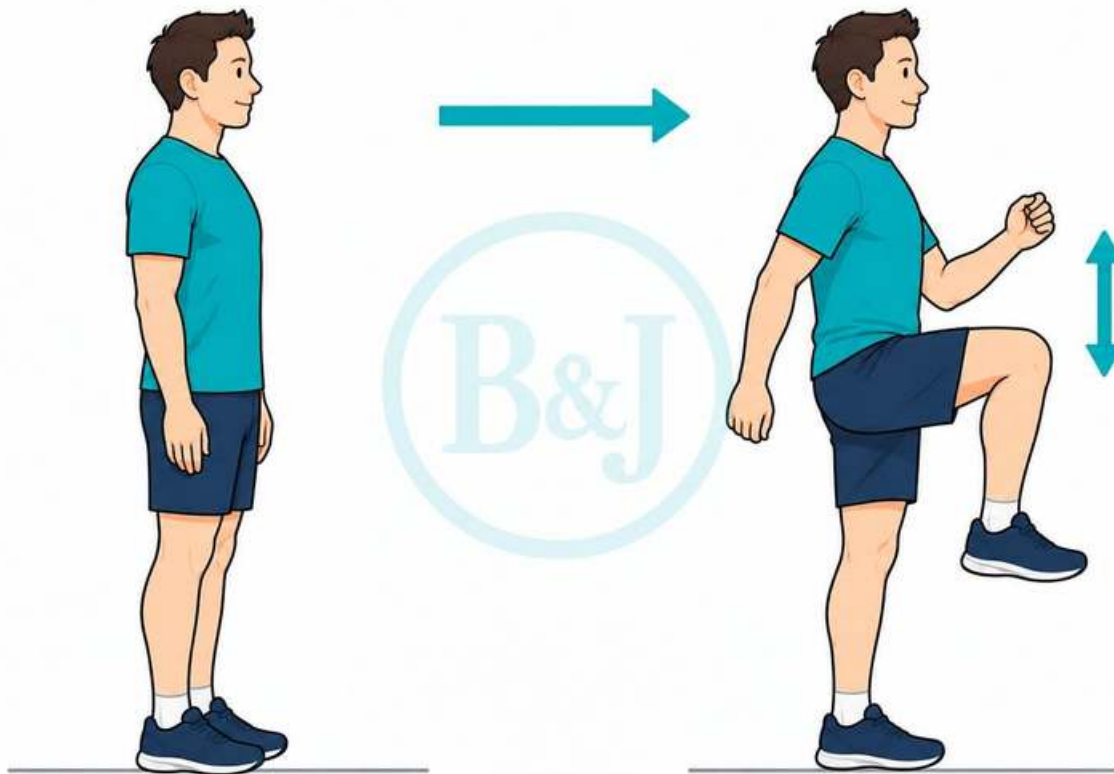
Strong bones — adults

Ages 19–49 · keeping the bone you have



Three rules. Start lower and slower than you think you need to. Be regular rather than heroic — ten minutes on five days beats an hour on Sunday. Some ache during and shortly after is normal; pain that is worse the next morning means you did too much, so halve it — do not stop altogether.

1 Brisk marching in place



Stand tall, shoulders relaxed. March on the spot lifting each knee towards hip height, swinging the opposite arm.

2–3 minutes as warm-up

or 5–10 minutes alone

✓ Should feel

Talking becomes slightly effortful

X Should not feel

Unsteadiness — march beside a wall



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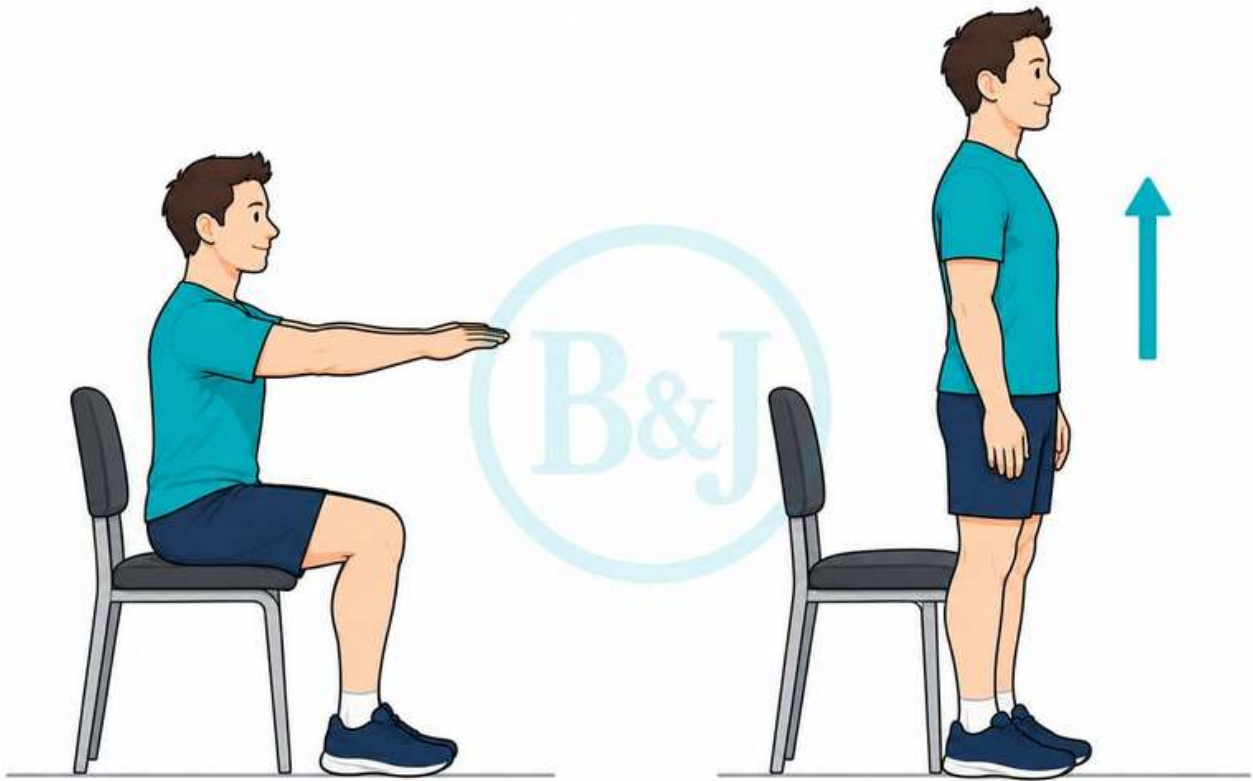
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Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

2

Stand up from a chair



Sit towards the front of a firm chair. Fold the arms across the chest, lean forward over the knees, and stand up **without using your hands**. Lower yourself back down slowly.

10 times

Rest, repeat 2–3 times

✓ Should feel

The thighs working, and a slow controlled sit

✗ Should not feel

Dropping into the chair



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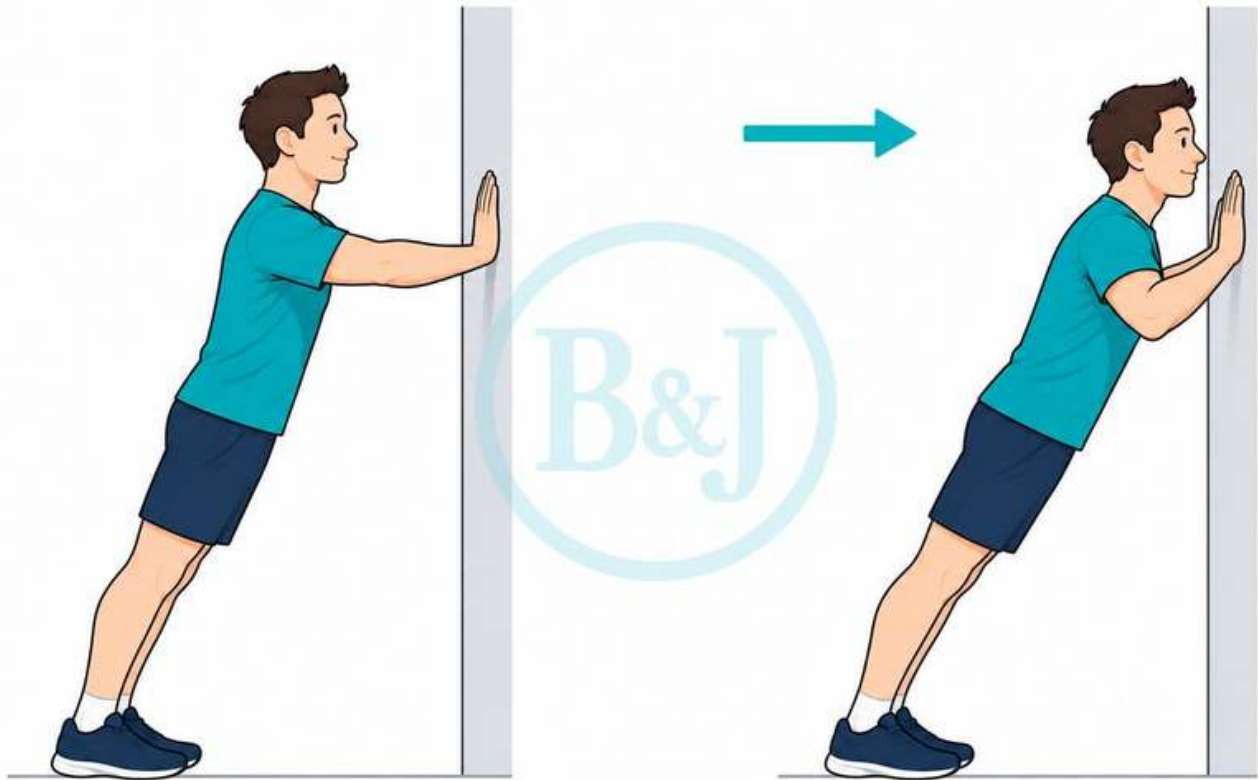
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3

Wall push-up



Stand an arm's length from a wall, palms flat at shoulder height. Keep the body in one straight line and bend the elbows to bring the chest towards the wall.

10–15 times

2–3 sets, 3 days a week

✓ **Should feel**

The arms and chest working

✗ **Should not feel**

The hips sagging, or shoulder pain



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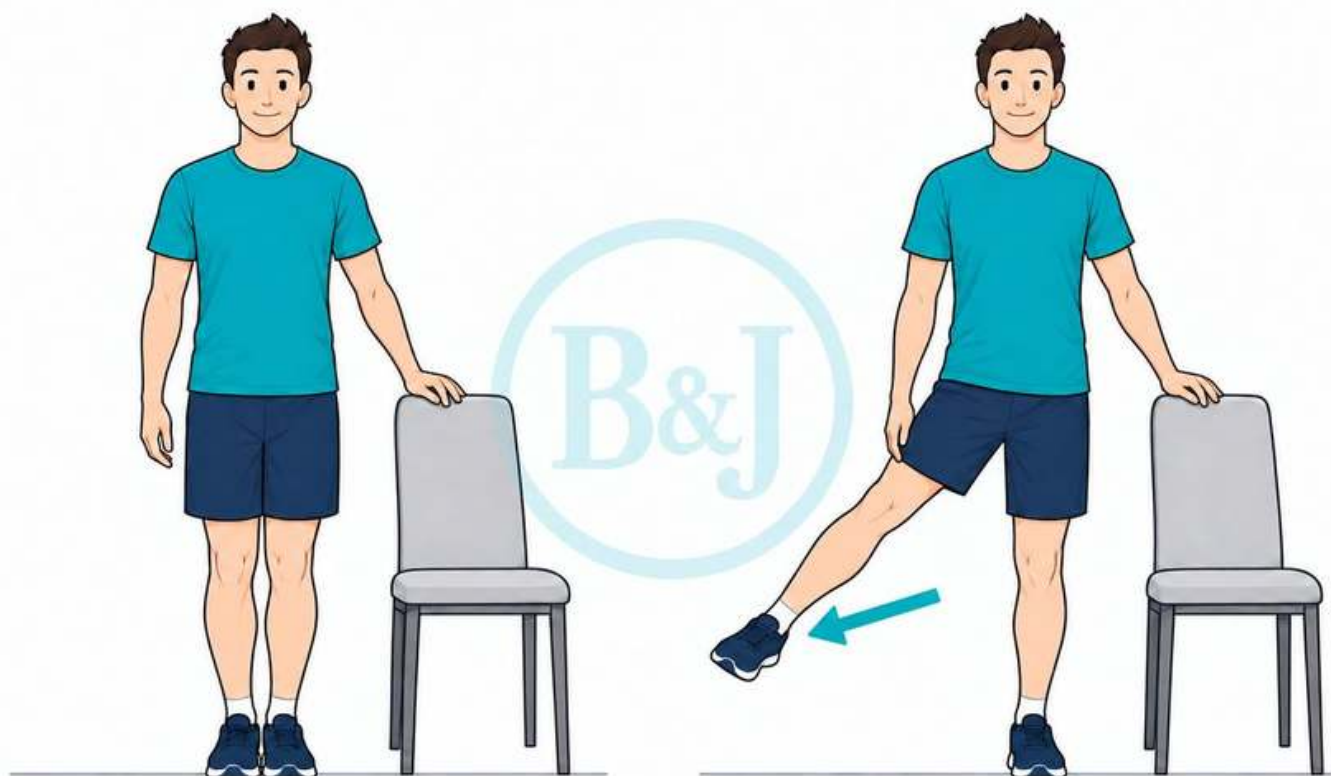
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4

Side leg lift



Hold the back of a chair lightly. Keep both legs straight and toes pointing forward. Lift one leg out to the side, then lower it slowly.

10–15 each side

2 sets

✓ **Should feel**

The side of the hip working

✗ **Should not feel**

Leaning away from the lifting leg



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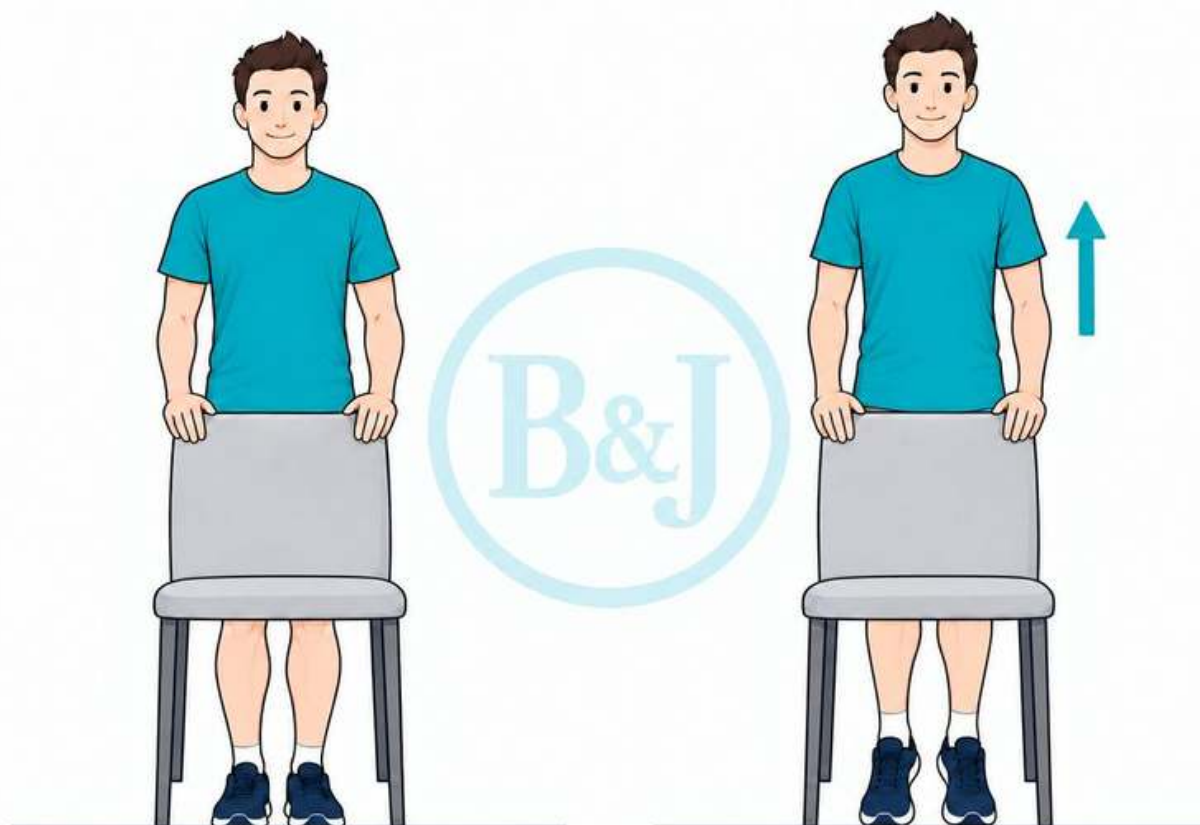
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5

Heel raise



Hold a chair or counter lightly. Rise onto the balls of both feet as high as you can, hold two seconds, and lower slowly.

15–20 times

2 sets, most days

✓ Should feel

The calves working

✗ Should not feel

Rolling onto the outer edge of the foot



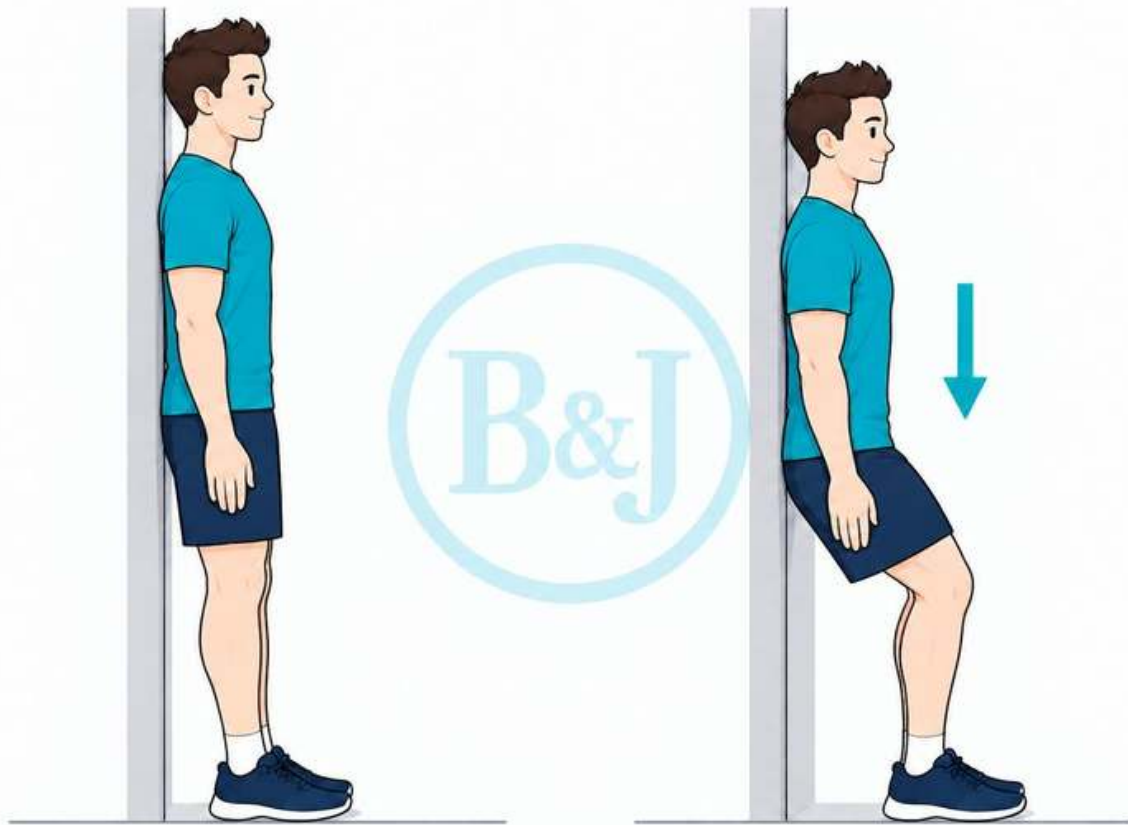
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Back flat against a wall, feet two steps forward. Slide down until the knees are bent about 45 degrees. Keep the knees over the second toe.

Hold 10–20 seconds

5 times

✓ Should feel

The thighs working

✗ Should not feel

Going below a half squat, or pain at the front of the knee

Stop and telephone us if

- An exercise causes pain rather than effort
- You feel dizzy, unsteady, or you have a fall
- Chest pain or tightness, unusual breathlessness, or an irregular heartbeat — stop and seek advice
- Sudden sharp joint pain



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