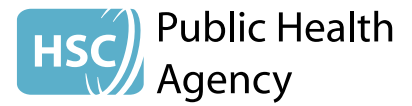


# Move More Live More



## Movement is life!



Welcome to Move More Live More, a one-stop spot to help older people to find online exercise programmes, suitable to do safely at home.

Working in partnership with the Public Health Agency, Age NI and a panel of older people have road-tested and rated online physical activity programmes specifically aimed at meeting the needs of older people.

**Aidan Dawson,**  
Chief Executive,  
Public Health Agency



**Move More Live More** is about maintaining strong muscles, improving balance and flexibility, and boosting our heart, lungs and brain, so we can get more out of every day and feel good. Whatever your age, the best time to start is today.

**Linda Robinson,**  
Chief Executive,  
Age NI



At Age NI, we're on a mission to get older people moving more, to live later life as fully as possible. As we age, staying active is all about looking after our body and giving it some love, so it can keep doing what we ask of it. *So let's move more to live more!*



**Lady Mary Peters, Age NI Ambassador said:**

*During lockdown, we became so concerned about the effect that long periods of isolation and time at home was having on older people's mental and physical wellbeing. For me, movement is life, and so we launched the Move with Mary series of exercise videos with Age NI. I am delighted with the range of exercises included here.*



## What is Move More Live More?

**Move More Live More** is a set of online exercise programmes which have been tried and tested by a panel of older people, aged 65+ of all levels of mobility.

**Move More Live More** will tell you what our panel of testers said about each programme and who they recommend them for. All of the featured programmes are designed specifically for older people and they can be done at home, free, any time, without equipment.

## Who is this for?

We know that when searching for exercise videos online, it can be hard to know where to start. We also understand that for older people, or those recovering from illness or an operation, it's really important to know that any exercise programme is safe, suitable and beneficial.

In partnership with the Public Health Agency, Age NI's test panel has done the hard work of trying out each of the videos presented here.

There is a range of workouts from 10 minute gentle stretches, through to longer, more active workouts; some are performed standing, and others can be done entirely seated. Several of the programmes tested by our panel didn't make the cut, so these are their top picks. *There's something here to give everyone somewhere to begin.*



## Meet the panel

Our test panel included individuals using a walking aid, more active walkers and some who had attended a variety of exercise classes in the past.

We have used their feedback to rate each programme so you can find your level.



## Why is strength and balance exercise important as we age?

From the age of 50, our muscle strength naturally starts to reduce year on year. As we get older, this "deconditioning" is accelerated by lack of regular movement, such as sitting around for long periods or not getting out and about. The process rapidly accelerates if we have to stay in bed for even a few days.

With a loss in muscle strength and fitness, everyday tasks can become difficult or restricted (like bending down to pick something up, or standing up from a chair.) As we lose strength and balance, we can become more wobbly, and we begin to fear having a fall; this in turn can be a big knock to confidence.

The **good news** is that with just a little gentle daily strength and balance exercise at home, it is possible to build strength back up, allowing us to do more, to stay active and remain independent.

Many of the programmes featured in **Move More Live More** have been designed by, or with the advice of physiotherapists.

Chartered Physiotherapist, **Cathy McKeown**, from the NI Frailty Network, says:



*"Move More Live More is a one-stop shop for older people looking to move more and keep strong, and do so safely, in their own home. Building just a little regular exercise into your daily and weekly routine can make the world of difference.*

*"With Move More Live More, you can gradually increase your activity levels, regardless of your starting point. Any improvement, however small, soon brings noticeable benefits.*

*"Our energy levels and motivation are different every day. Whether you're looking to get back on your feet, to build up or maintain your muscle strength or to simply follow a routine to keep you on track, there is something here for everyone."*



## Benefits of daily physical activity



Daily physical activity has lots of health benefits for physical and mental health including:

- ✓ It will help you feel better
- ✓ Boosts your immune system
- ✓ Reduces anxiety and stress
- ✓ Builds strength in your muscles and bones to improve your mobility
- ✓ Helps improve your balance
- ✓ Improves sleep
- ✓ Helps maintain a healthy weight
- ✓ Helps prevent falls

*“There’s so much information out there, when I searched, I didn’t know where to begin. Having a peer review of exercises by people like me is really helpful.”*

**Rosalind**



## Top tips for building an exercise habit:



Aim to be physically active every day to improve your strength and balance. Any activity is better than none, but the more you do, the better, even if it’s just light activity.



Try to build in a variety of different exercises i.e Tai Chi, walking, swimming, dancing.



Try to reduce time spent sitting or lying down.



Break up long periods of not moving with some activity to keep strong.



Make a start TODAY: It’s never too late!



You should always consult with your Doctor before beginning any type of exercise or physical activity.



These programmes have been split into two sections, depending on your starting point:

## 1. Active & Standing Programmes



Mainly performed standing, some are up to 20-30 minutes, full body workout, expect some cardio (increased heart rate and breathing more heavily) and a good focus on building strength and balance while standing.

- Royal Academy of Dance
- Joe Wicks
- Jane Fonda
- HSCT Strength & Balance
- Chartered Society of Physiotherapy
- Osteoporosis Society
- Get fit with Ryan

Read the guiding comments from our test panel alongside the description of each to help you decide if you like the sound of them.

**Click through and give them a go!**

## 2. Gentle & Seated Programmes



Mainly performed seated, tend to be shorter in duration (around 10 minutes), less aerobic, focus on gentle stretches, upper body and core strength.

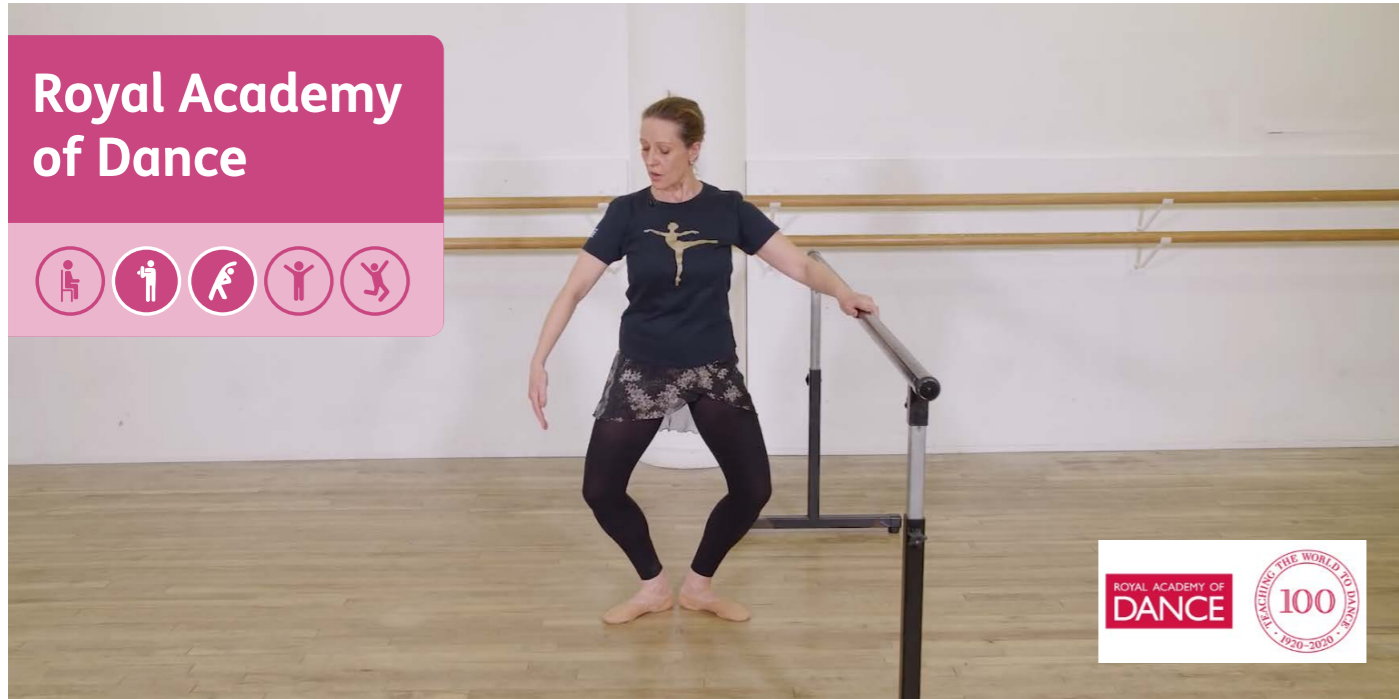
- More Life Health
- HASfit
- Move with Mary
- 10 Today
- British Gymnastics



# Active & Standing Programmes



## Royal Academy of Dance



Older learners of any ability are invited to try the Royal Academy of Dance's free 'Silver Swans' ballet exercise classes.

Performed in a ballet studio to music, this is reminiscent of a ballet class but does not require any specific equipment.

Shared in manageable bitesize videos, you can work on these at your own pace before moving onto the next exercise.

[Click here to view the workout videos](#)

### Who's it for?

"Ballet lovers and anyone looking to improve flexibility to music."

### What the focus group said:

"Some of the simpler ones like just raising the ball of your foot, you could do that as you're boiling the kettle, or even standing in a queue."

"I don't think you would need any previous experience of ballet and it wasn't like doing Swan Lake!"

"I enjoyed the ones that said they are for stretching. I find I have no flexibility now, so that's going to increase my flexibility."

# Active & Standing Programmes



## Joe Wicks / The Body Coach



One of the UK's best-known exercise coaches. Each session lasting 10-15 minutes consists of a series of 40 second exercises with a 20 second rest in between.

[Click here to view the 15 minute low impact workout](#)

[Click here to view the 10 minute full body home workout](#)

[Click here to view the 7-Day Seniors Workout Challenge](#)

### Who's it for?

"This is for someone who is already quite active. It involves quite a lot of co-ordination."

### What the focus group said:

"I found it easy to follow, there were different exercises that I hadn't done before."

"I would exercise a fair bit and these stretched me."

"He explains each exercise. Really enjoyed it and I definitely recommend it if you're already active."

## Active & Standing Programmes



### Jane Fonda BeFit



Award-winning American actress and celebrity fitness star, Jane Fonda introduces her Walking Cardio Workout. Jane aims to get you walking a mile in 18-20 minutes, but you can go at your own pace too. This can be done indoors in a limited space. Great if you can't get outdoors. There are two videos available on her BeFit YouTube channel:

[Click here to view the level 1 walking cardio workout](#)

[Click here to view the level 2 total body workout](#)

#### Who's it for?

"Those who have a reasonable level of aerobic fitness and also balance, who enjoy exercise classes."

#### What the focus group said:

"She was quite positive and motivational, she talked about it being good for your muscles and good for your heart."

"It was good and it's pretty straightforward."

"I wasn't breathless at the end of it. I was so motivated that I did the next one which was a bit faster."

## Active & Standing Programmes



### HSCT Strength & Balance Falls Prevention Programme



The Belfast Health & Social Care Trust Falls Service offers an online version of their physio-led Strength and Balance exercise programme.

Take time to review the information slides within the video content for guidance.

[Click here to view the workout](#)

#### Who's it for?

"This is for someone who is already quite active. It involves quite a lot of co-ordination."

#### What the focus group said:

"I did exercises like this before I had my hip replacement; it helps you to be more active."

"It's a set of simple exercises, they're obviously useful and that sort of stretching is tried and tested."

# Active & Standing Programmes



## Chartered Society of Physiotherapy



Expert physiotherapists have designed a set of six simple strength & balance exercises that you can do from your own home. Getting started is easy:- watch the animation, or download and print a poster on the link below.

Get on your feet and do these exercises daily, or at least twice a week.

[Click here to view the exercises](#)

### Who's it for?

“For less active people these would be very good. Anybody could do them because it's important to have strength and balance.”

### What the focus group said:

“It was only six exercises, so we could easily remember them. They were simple to do, very straightforward.”

“There was a little animated cartoon character demonstrating and they were well done.”

“They have a downloadable poster. It would be good to pin that up and remind yourself of what to do without looking online all the time.”

# Active & Standing Programmes



## Royal Osteoporosis Society



This is a programme of movement designed for those with Osteoporosis or Osteopenia.

After a diagnosis of osteoporosis, or if you have risk factors, you should do more exercise, rather than less. Being physically active and exercising helps you in so many ways and is very unlikely to cause a broken bone.

[Click here to view the workout](#)

### Who's it for?

“This is very slow moving and simple. If you are taking things easy, this would be good.”

### What the focus group said:

“There is lots of information with downloadable fact sheets, it's really good.”

“It's very gentle, there's nothing forced about it.”

“There's also a video on caring for your back, and keeping steady, preventing falls. There's a focus on your back, on your joints, your wrists, ankles, those parts of you that seem to break more easily.”

## Active & Standing Programmes



### Get Fit with Ryan



Created for Age NI's Good Vibrations programme, this series of exercises is specifically aimed at older people with a range of abilities. It is delivered by a qualified personal trainer.

There is a variety of exercises including standing strength and balance, seated and gentle floor exercises, working up to a more cardio based session. Each session has a careful warm up and cool down.

[Click here to view Ryan's workout videos](#)

#### Who's it for?

"It would suit anybody as Ryan is aware of the wider ability range that he is targeting."

#### What the focus group said:

"I love Ryan's videos: the way he introduces the information, tells you exactly what you're getting."

"He can explain how to do the exercise at different levels at the same time."

"The exercises are so varied, and they're targeting various different parts of your body. He does have ones that challenge you."

## Gentle & Seated Programmes



### More Life Health



The More Life Health Youtube channel includes seated and standing exercises, warm up routines, stretches, full workouts, leg strengthening, core workouts and many more.

[Click here to view the workout videos](#)

#### Who's it for?

"These are good videos if you are trying to get back into an exercise routine. Some of the exercises are challenging so you'd need to have a little bit of fitness experience."

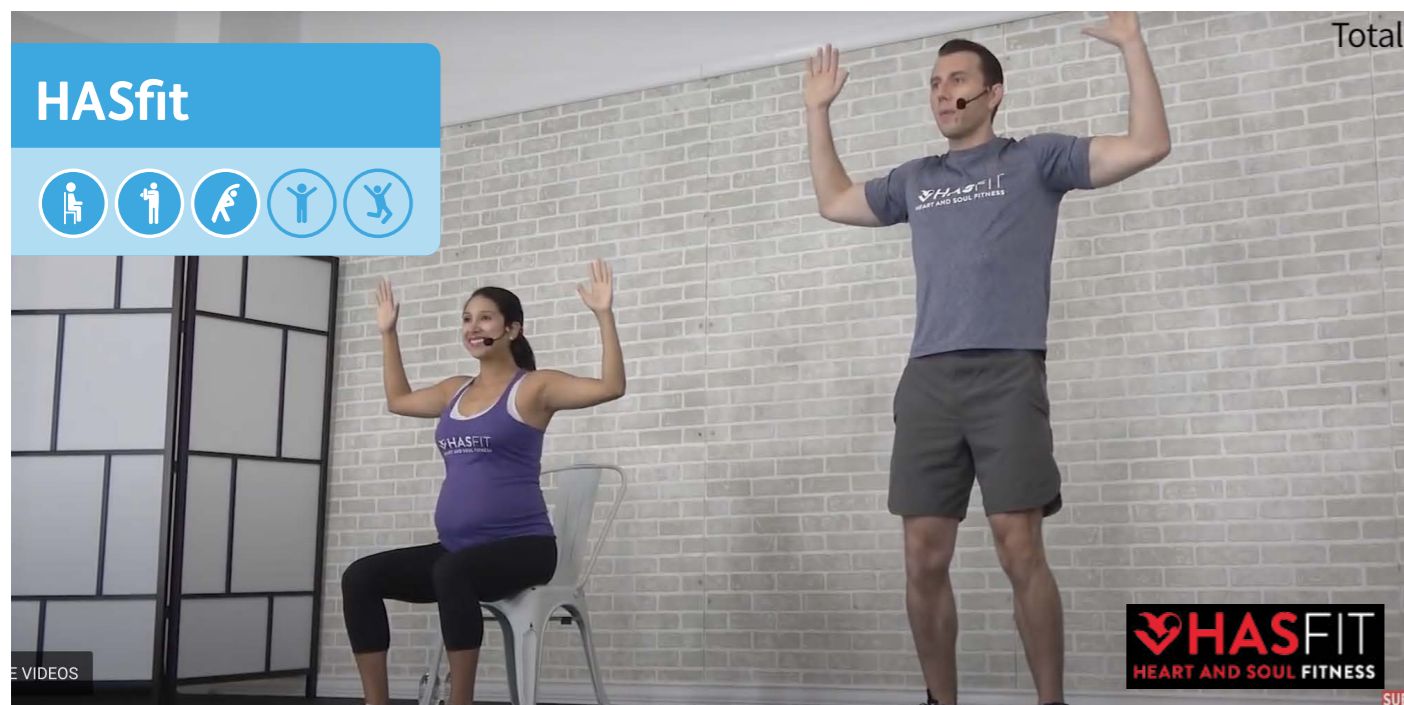
#### What the focus group said:

"What he works on is your core and you get to know what your core is with this exercise, it works!"

"It's very good. It's only 10 minutes long and it's a seated exercise."

"There is one with weights in your lap, it's a very good exercise. If you don't have weights, you could use a tin of beans or a bottle of water instead."

# Gentle & Seated Programmes



This offers a variety of 15-30 minute seated and standing workouts and is also suitable for people with physical disabilities.

This is demonstrated simultaneously by two people; one is standing and one is always seated, so it is useful for a range of people and gives options if you want to make it harder or easier.

[Click here to view the workout videos](#)

## Who's it for?

"There are different levels to suit. However, if you aren't co-ordinated you might find it difficult."

## What the focus group said:

"I like this because it was a bit more active. You can choose the length, and there was a structure to it: a warm up, stretching and cardio, very defined sections to it."

"He did a lot of cross-body exercises, which is good for your brain as well as your co-ordination."

"You could do it at different levels, it just depends on what you want from it."

# Gentle & Seated Programmes



Developed by Age NI in association with the Public Health Agency (NI) and guided by a registered physiotherapist, Northern Ireland's Olympic gold medallist, Lady Mary Peters, now aged 80+, leads and demonstrates a series of gentle strength and balance exercises we can all do in the home.

Lady Mary is a passionate advocate for the benefits of regular movement in later years. She says, "movement is life".

[Click here to view the workout videos](#)

## Who's it for?

"This is probably for beginners and those who are a bit older. It would be very suitable for people who have limited mobility or arthritis."

## What the focus group said:

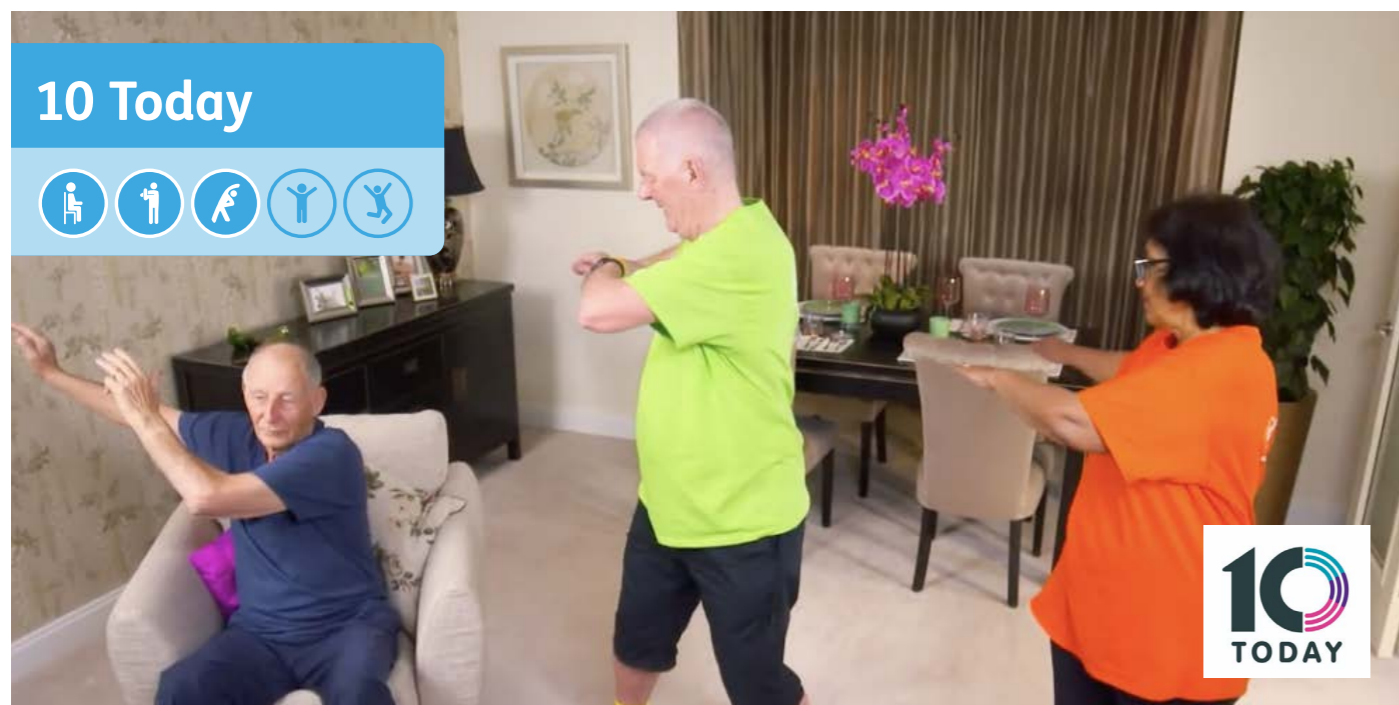
"She is very easy to work with. She is very concise about how to do everything properly."

"It's good when you're sitting watching TV, you can do a few of them."

"Mary is very, very easy to go to and she's our own and I enjoy her."



# Gentle & Seated Programmes



## 10 Today



This is a set of fun 10-minute workouts intended to easily fit into your day to help you get stretching and moving at home.

It has been designed by and for older people, to keep you physically active, boost your wellbeing, and help maintain your mobility and balance.

[Click here to view workout videos](#)

### Who's it for?

“Those who have limited mobility or those who don't do any exercise because it's gentle.”

### What the focus group said:

“It looks as if the moves wouldn't have much impact on you, but afterwards, I thought, yes, I can feel my muscles have done something.”

“It was good that they also had someone seated because anyone who's not able to stand can see you can carry them out easily.”

“What I liked about it is it's gentle. I'm 79. It's one that you can do every day because it's only 10 minutes.”

# Gentle & Seated Programmes



## British Gymnastics Foundation



The Love to Move programme is an age and dementia friendly seated gymnastics programme. It is specially designed to get older people moving and functioning better.

Love to Move is based on bilaterally asymmetrical movement patterns to benefit older people and those with dementia and mild cognitive impairment. This can improve cognitive function, coordination and the ability to carry out daily living more independently.

[Click here to view workout videos](#)

### Who's it for?

“This one would be brilliant for those with reduced mobility and for anyone with dementia.”

### What the focus group said:

“This one's good for your brain – makes you think to get the moves.”

“This is like a brain gym. It's good isn't it?”

“The lady has a lovely way with her. We can relate to her as she's older.”