

# 10 Today involves short ten minute routines to get you stretching and moving, it's good for you and fun to do!



All the exercises can be done either stood up or sitting down, so just take it at your own pace and do whatever feels good for you today. If remaining seated, use a hard chair that you can sit upright in, with your feet flat on the floor, preferably without arms which can get in the way of some exercises. If you need extra support while standing, hold onto something sturdy like a kitchen worktop.



## Supporting the sky

Raise both arms together straight up, palms up, and then push down, palms down.

Repeat  
10 times

### Benefits

Great for working arms, shoulders, chest and wrists.



## Kick the ball

Swing straight right leg to front and rear, use arms and/or support for balance, repeat for left leg.

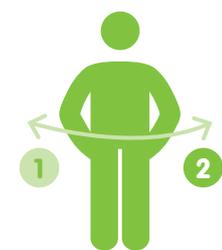
### Chair based

Straighten out right leg and return to position, repeat for left leg.

Repeat  
10 times

### Benefits

Good for thighs, bottom, lower trunk and strength.



## The twister

Soft legs, hands on hips, twist comfortably to right, then to left, keep head straight.

### Chair based

If you are on a chair with arms, you can hold your hands at chest height.

Repeat  
10 times

### Benefits

Great for your hips, shoulders and balance.



## Moving the legs

Raise right leg straight out and up to side, and return, repeat for left leg, use arms and/or support for balance.

Repeat  
10 times

### Benefits

Great for thighs, calves, lower trunk and balance.



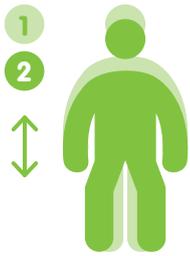
## Circle the sky

Raise both arms together straight up, small circle them together from shoulders twice, then push arms down.

Repeat  
10 times

### Benefits

Good for shoulder, arms and balance.



### Going low

Bending at knees, then go back up to straight legs. Remember to keep your feet facing forward, your back straight and try not to let your knees move in front of your toes.

#### Chair based

Straighten your left leg out in front of you, and return. Do the same on your right and continue to alternate.

Repeat  
10 times

#### Benefits

For strength, thighs, calves and bottom.



### Butterfly wings

Bend your elbows, with your arms at chest height. Move your shoulders in large circles back.

Repeat  
10 times

#### Benefits

Great for shoulders, back and arms.



### Charging the fists

Strong stance, bring fists to chest height, right hand punch straight out, pull back and repeat with left hand, then alternate hands, ten strikes each per hand.

Repeat  
10 times

#### Benefits

Great for arms, shoulders, chest and balance.

### Well done!

## Cool down with these stretches at the end of this routine

Go into the stretch slowly, hold steady for about 8 seconds and then release.



### Hamstring stretch

Step forward on right leg and straighten leg with foot flat on floor, step back with your left leg and keep it soft and bent, then place your hands on your bent leg and gently roll forwards to feel the stretch. Repeat on your left leg.

#### Chair based

Sitting at the edge of the chair, straighten one leg out keeping your other leg bent, rest hands on the bent leg and lean forwards slowly from the waist.

#### Benefits

For rear of legs and balance.



### Hugging a tree

Put your arms in front of you like you are hugging a tree, pulling those shoulders apart, and you should feel that nice stretch in your back.

#### Benefits

Good for your upper body.

Most people can get active without medical advice. However, if you have difficulty managing the symptoms of your condition, seeking medical advice before increasing your activity levels may be helpful. If you feel any discomfort or pain, for example if you feel unwell or dizzy or experience palpitations, then please stop and seek medical advice. Please remember you agree to take part at your own risk. **More information can be found at [www.10today.co.uk](http://www.10today.co.uk)**