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D2.1 Toolkit for Inclusive Physical Literacy, module 4 of 10

Movement and exercise

Gentle exercises for home, sitting or standing, with no special equipment, and how to warm up, cool down and stay safe.



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Module 4 of 10

4 Movement and exercise

Gentle exercises for home, sitting or standing, with no special equipment, and how to warm up, cool down and stay safe.

In this module

1 Warm-up and cool-down routines 3

2 Beginner exercise library 5

3 Culturally relevant movement options 6

4 Safety guidelines 7

Read or listen on your phone

This module helps you move more at home. You need no special equipment. A chair, a wall and a little floor space are enough.

There are four parts. You can start with any of them. Every exercise has an easier way, and most can be done sitting down.

Before you start, read how to stay safe (page 7).

1 Warm-up and cool-down routines

A warm-up gets your body ready to move. It also helps to prevent injury. A cool-down helps your heartbeat slow down gradually.

Each routine takes about 5 minutes. You can sit or stand for most of the moves.

Warm-up: about 5 minutes

Do each move for about 1 minute. If you finish the count on the card early, do it again. Start slowly and gently.



1 March on the spot (page 10)



2 Shoulder rolls (page 11)



3 Side taps (page 12)



4 Knee lifts (page 13)

Finish with 1 more minute of marching on the spot. Now you are ready.

Watch or listen

Warm-up routine

vitality.sports4.eu/toolkit/listen/warm-up-routine

Cool-down: about 5 minutes

When you finish exercising, slow down gently. Do not stop all at once.



1 March on the spot (page 10), slowly. Let your pace drop for about 1 minute.



2 Chest stretch (page 17)



3 Side bend (page 18)



4 Back of thigh stretch (page 19)

After a walk, add the calf stretch (page 20).

Then sit quietly and try the one-minute pause (vitality.sports4.eu/toolkit/exercises/one-minute-pause).

Watch or listen

Cool-down routine

vitality.sports4.eu/toolkit/listen/cool-down-routine

2 Beginner exercise library

These exercises are gentle. You can do them in a small space. You do not need special clothes or equipment.

Pick one or two to start. You do not need to do them all. Do a few, and add a little more each week.

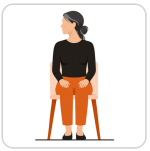
Try to do exercises that make your muscles stronger on 2 or more days a week.

Walking



Brisk walk
Moderate, standing or sitting
page 14

Stretching



Neck turn
Gentle, sitting
page 15



Upper body twist
Gentle, sitting
page 16



Chest stretch
Gentle, standing or sitting
page 17



Side bend
Gentle, standing or sitting
page 18



Back of thigh stretch
Gentle, standing or sitting
page 19



Calf stretch
Gentle, standing
page 20

Watch or listen

Gentle stretching

vitality.sports4.eu/toolkit/listen/stretching

Strength



Sit to stand
Gentle, standing
page 21



Wall press-up
Gentle, standing
page 22



Heel raises
Gentle, standing or sitting
page 23



Arm curls with water bottles
Gentle, standing or sitting
page 24

Watch or listen

Simple strength

vitality.sports4.eu/toolkit/listen/strength

Balance

Do these next to a wall or a chair without wheels, so you can hold on.



One-leg stand
Moderate, standing
page 25



Heel-to-toe walk
Moderate, standing
page 26



Side steps
Gentle, standing
page 27

Watch or listen

Balance

vitality.sports4.eu/toolkit/listen/balance

3 Culturally relevant movement options

Dancing to music is a good way to move. You can use the dances and songs you already know. Everyday things count too, like a walk with a friend or games with children.

You can make any dance gentle:

- Choose slower music.
- Leave out jumps, hops and stamping.
- Sit down and move your arms and feet.

You can dance alone at home, or with other women. You do not need to hold hands.

Here are three ideas to start. Each one is inspired by a dance that people do together in a group.



Procession walk
Gentle, standing or sitting
page 28



Side-step line
Gentle, standing or sitting
page 29



Singing ring
Gentle, standing or sitting
page 30

The procession walk is inspired by the Polish polonaise. It is not fast, so people with no experience can join in.

The side-step line is inspired by line dances such as halay and dabke. The singing ring is inspired by Norwegian song dances and Ukrainian spring circle dances.

4 Safety guidelines

Most people can start moving safely if they start small. This part tells you how to keep it safe.

This is general information. It is not medical advice.

Know your limits

Start with a little. Do a bit more each week. Add one thing at a time: one more minute, one more repeat, or one more day.

When you move, it is normal to breathe faster and feel your heart beat faster. Use the talk test: you should still be able to talk. If you cannot talk, slow down or stop and rest.

Rest when you need to.

Move safely

- Use a solid chair with no wheels.
- Clear the floor so you do not trip.
- Wear comfortable clothes and shoes. Or go barefoot on a floor that does not slip.
- Keep some water nearby.
- Do balance exercises next to a wall or a chair.

Make an exercise easier

- Move more slowly.
- Make the movement smaller.
- Do fewer.
- Sit down. Most exercises have a seated way.
- Hold on to a wall or the back of a chair.

Each exercise shows an easier way. If it still does not feel right, stop. Choose a different exercise.

Stop and rest if

- you feel pain
- you feel dizzy, light-headed, sick or unwell
- your chest hurts or feels tight
- your heart pounds, flutters or skips, or races much faster than usual
- you are so out of breath that you cannot talk

Sit down and rest. If chest pain, a racing heart or dizziness does not go away quickly, get urgent help now.

If any of these happened, talk to a health professional before you exercise again.

Talk to a health professional first if

Talk to a health professional before you start, or before you do more, if:

- a doctor has told you that you have a heart problem or high blood pressure
- a doctor has told you to be careful with exercise
- you have had chest pain, felt dizzy or fainted in the last 12 months
- you have a long-term health problem, such as diabetes or asthma
- you take medicine for a long-term health problem
- pain, swelling or an injury makes it hard to move
- you are pregnant, or you had a baby in the last few months

A health professional can be your doctor, nurse, midwife or physiotherapist.

If you have a cold or a fever, wait until you feel better.

If you are pregnant or had a baby recently, being active is still good for you. Ask your midwife or doctor what is right for you.

Get urgent help now if

- chest pain or pressure lasts more than 5 minutes, or spreads to your arm, neck, jaw, back or stomach
- you have chest pain and you also feel sweaty, sick, light-headed or short of breath
- you are gasping or choking, and you find it very hard to breathe
- someone faints while exercising
- your heart races and does not slow down when you rest
- your heart races and you also have chest pain, feel faint or are short of breath
- one side of your face droops, an arm suddenly feels weak, or your speech is suddenly slurred

Call the emergency number:

- In Norway, call 113. (112 is the police.)
- In Poland, call 112 or 999.
- In Türkiye, call 112.
- Anywhere in the European Union, you can call 112.

Do not drive yourself to hospital.

Warm-up

March on the spot

A gentle start that gets your body ready to move.

Time **1 to 2 minutes**

Level **Gentle**

Position **Standing or sitting**

Equipment **None**

Space **A little floor space, or a chair without wheels**

Stay safe

- Hold a wall or chair if you feel unsteady.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 7

Step by step

Standing



1 Stand tall with your feet a little apart. Or sit near the front of a chair.

Sitting





2 Stay in one place. Lift one foot off the floor, then put it down.





3 Now lift the other foot. Keep going at a steady, easy pace.

4 Swing your arms gently as you march.



Make it fit you

Easier

Lift your feet only a little. Hold a wall or chair if you need to.

Harder

Lift your knees higher and march a little faster.

On your phone

Shoulder rolls

Loosens your shoulders and upper back.

Warm-up

Time **About 1 minute**
Level **Gentle**
Position **Standing or sitting**
Equipment **None**
Space **Any small space**

Stay safe

- Move slowly.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: **page 7**

Step by step

Standing



1 Sit or stand tall. Let your arms hang loose.

Sitting





2 Lift your shoulders up towards your ears.





3 Roll them back and down in a slow circle.

4 Do this 5 times. Then roll them forwards 5 times.



Make it fit you

Easier

Make the circles smaller.

Harder

Keep marching on the spot while you roll your shoulders.

On your phone

Side taps

Warms up your hips and legs.

Warm-up

Time **About 1 minute**

Level **Gentle**

Position **Standing or sitting**

Equipment **None**

Space **A little floor space, or a chair without wheels**

Stay safe

- Hold a wall or chair if you feel unsteady.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 7

Step by step

Standing



1 Sit or stand with your feet a little apart.

Sitting





2 Move one foot out to the side and tap the floor with your toes.

3 Bring it back.





4 Now tap with the other foot. Do 8 taps on each side.



Make it fit you

Easier

Tap closer to your other foot. Hold a chair with one hand.

Harder

Lift your arms out to the side as you tap.

On your phone

Knee lifts

Warms up your legs and hips.

Warm-up

Time **About 1 minute**

Level **Gentle**

Position **Standing or sitting**

Equipment **None**

Space **A little floor space, or a chair without wheels**

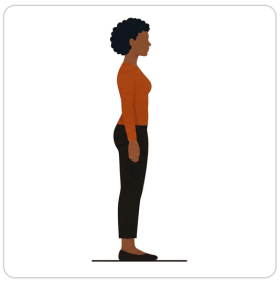
Stay safe

- Do not lean back.
- Hold a wall or chair if you feel unsteady.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 7

Step by step

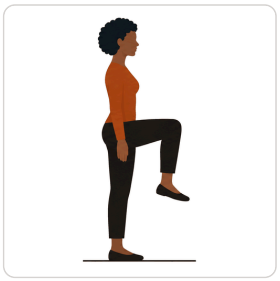
Standing



1 Sit or stand tall. Keep your back straight.

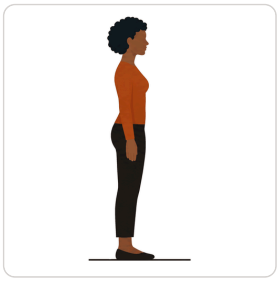
Sitting





2 Slowly lift one knee, only as high as feels comfortable.





3 Lower your foot gently to the floor.

4 Now lift the other knee. Do 8 on each side.



Make it fit you

Easier

Lift your knee only a little.

Harder

Touch each knee with the opposite hand as it comes up.

On your phone

Walking

Brisk walk

An everyday way to be active. Brisk means you can talk, but not sing.

Time	**5 to 10 minutes in all, to start**
Level	**Moderate**
Position	**Standing or sitting**
Equipment	**Comfortable shoes**
Space	**A route where you feel safe, or a room or corridor**

⚠ Stay safe

- Choose a route where you feel safe.
- Turn back before you feel tired. You still have to walk home.
- Wear comfortable shoes that support your feet.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 7



Step by step

1. Walk slowly for the first few minutes.
2. Then walk a little faster. You can still talk, but you cannot sing.
3. Keep up this pace for a few minutes.
4. Slow down again for the last few minutes.

Sitting down

Sit near the front of a chair and march your feet, as in March on the spot.

Make it fit you

Easier

Walk slowly, or for a few minutes only. At home, march on the spot instead.

Harder

Add a few minutes each week, or walk on more days.

On your phone

Neck turn

Stretching

Gently moves your neck from side to side.

Time **About 1 minute**

Level **Gentle**

Position **Sitting**

Equipment **None**

Space **A chair without wheels**

⚠ Stay safe

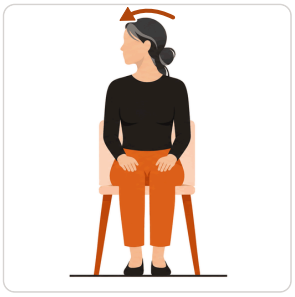
- Move slowly.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 7

Step by step

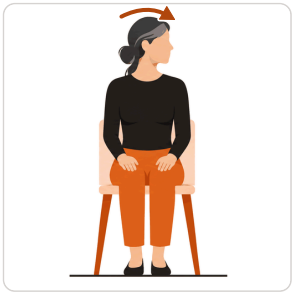


1 Sit tall with your shoulders down. Look straight ahead.



2 Slowly turn your head towards one shoulder, as far as feels comfortable.

3 Hold for 5 seconds. Keep breathing.



4 Turn back to the middle, then to the other side. Do 3 on each side.

Make it fit you

Easier

Turn your head only a little way.

Harder

Hold each turn a little longer.

On your phone

Stretching

Upper body twist

Gently turns your upper back and waist.

Time **About 1 minute**
Level **Gentle**
Position **Sitting**
Equipment **None**
Space **A chair without wheels**

⚠ Stay safe

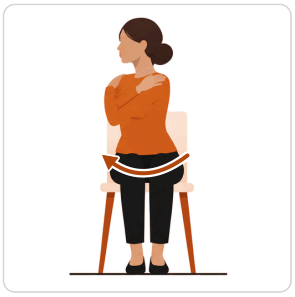
- Turn slowly, and only as far as is comfortable.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 7

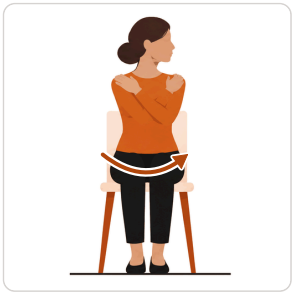
Step by step



1. Sit tall with your feet flat on the floor.
2. Cross your arms and put your hands on your shoulders.



3. Keep your hips still. Slowly turn your upper body to one side.
4. Hold for 5 seconds, then turn back to the middle. Keep breathing.



5. Now turn to the other side. Do 5 on each side.

Make it fit you

Easier
Turn only a little way.

Harder
Hold each turn a little longer.

On your phone

Stretching

Chest stretch

Stretches the front of your chest and shoulders.

Time **About 1 minute**

Level **Gentle**

Position **Standing or sitting**

Equipment **None**

Space **A chair without wheels, if you sit**

Stay safe

- Stretch gently. You should feel a pull, not pain.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 7

Step by step

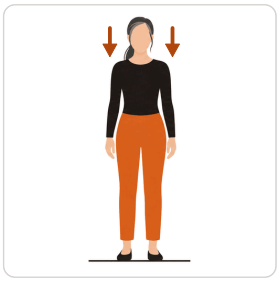
Standing



1 Sit near the front of a chair, away from the back. Or stand tall.

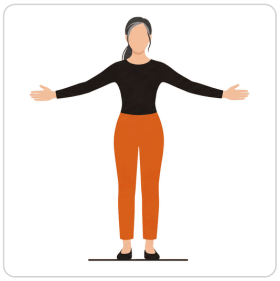
Sitting





2 Pull your shoulders back and down.





3 Open your arms out to the sides.

4 Push your chest gently forward until you feel a stretch.

5 Hold for 5 to 10 seconds, then relax. Do this 5 times. Keep breathing.



Make it fit you

Easier

Keep your arms lower and the stretch small.

Harder

Hold the stretch for longer, up to 30 seconds.

On your phone

Stretching

Side bend

Stretches the sides of your body.

Time **About 1 minute**

Level **Gentle**

Position **Standing or sitting**

Equipment **None**

Space **A little floor space, or a chair without wheels**

Stay safe

- Do not lean forwards or twist. Move slowly.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: **page 7**

Step by step

Standing



1. Sit or stand tall with your feet apart.
2. Let your arms hang by your sides.

Sitting





3. Slowly slide one hand down the side of your leg. Keep your hips still.
4. Go only as far as feels comfortable, then come back up.





5. Now bend to the other side. Do 3 on each side.



Make it fit you

Easier

Bend only a little way.

Harder

Hold each bend for up to 10 seconds. Keep breathing.

On your phone

Stretching

Back of thigh stretch

Stretches the back of your thigh.

Time **About 1 minute**

Level **Gentle**

Position **Standing or sitting**

Equipment **None**

Space **A little floor space, and a chair to hold if you like**

Stay safe

- Keep your back straight. Do not bounce.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: **page 7**

Step by step

Standing



1 Stand tall. Hold the back of a chair, or rest your hands on your bent leg.

Sitting





2 Put one heel forward on the floor, toes up. Keep that leg straight.





3 Bend your other knee a little and push your bottom back.

4 Lean forward a little with a straight back, until you feel a stretch.

5 Hold for 10 seconds. Then change legs. Do 2 on each side. Keep breathing.

Sitting down

Sit near the front of a chair. Stretch one leg out with the heel on the floor. Sit tall and lean forward a little.

Make it fit you

Easier

Lean forward only a little.

Harder

Hold the stretch for longer, up to 30 seconds.

On your phone

Stretching

Calf stretch

Stretches the back of your lower leg. Good after a walk.

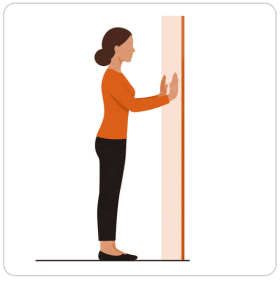
Time **About 2 minutes**
Level **Gentle**
Position **Standing**
Equipment **None**
Space **A wall, or the back of a chair**

⚠ Stay safe

- Keep your back heel on the floor. Do not bounce.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 7

Step by step



1. Stand facing a wall and put your hands on it. Or hold the back of a chair.



2. Step one foot back. Keep that leg straight and the heel on the floor.



3. Bend your front knee until you feel a stretch in your back leg.
4. Hold for 15 seconds. Then change legs. Do 3 on each side. Keep breathing.

Make it fit you

Easier
Take a smaller step back.

Harder
Hold the stretch for up to 20 seconds.

On your phone

Sit to stand

Strength

Works the muscles in your legs and bottom.

Time **About 1 minute**

Level **Gentle**

Position **Standing**

Equipment **None**

Space **A chair without wheels, placed against a wall**

Stay safe

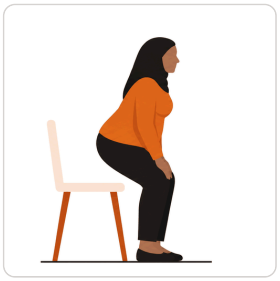
- Put the chair against a wall so it cannot slide.
- Keep breathing. Breathe out as you stand up.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 7

Step by step



1. Sit near the front of the chair. Put your feet flat and a little apart.



2. Lean forward a little.



3. Stand up slowly, using your legs. Look straight ahead.
4. Sit down slowly. Use your hands to guide you if you need to.
5. Do this 5 times.

Make it fit you

Easier

Push up with your hands on your thighs.

Harder

Do up to 10. Or stop just above the seat, then stand up again.

On your phone

Wall press-up

Strength

Works the muscles in your arms, chest and shoulders.

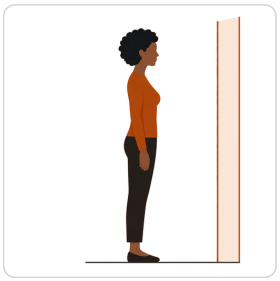
Time **About 1 minute**
Level **Gentle**
Position **Standing**
Equipment **None**
Space **A clear wall**

Stay safe

- Keep breathing. Breathe out as you push away.
- Stand on a floor that does not slip.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 7

Step by step



1. Stand an arm's length away from a wall.



2. Put your hands flat on the wall at shoulder height.



3. Keep your back straight. Slowly bend your elbows and bring your chest towards the wall.
4. Push back slowly until your arms are straight.
5. Do this 5 times.

Make it fit you

Easier
Stand a little closer to the wall.

Harder
Do up to 10. Or stand a little further from the wall.

On your phone

Heel raises

Strength

Works the muscles in your lower legs.

Time **About 1 minute**

Level **Gentle**

Position **Standing or sitting**

Equipment **None**

Space **A chair without wheels, or a kitchen counter**

Stay safe

- Keep holding on if you feel unsteady.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: **page 7**

Step by step

Standing



1 Stand behind a chair and hold the back of it.

Sitting





2 Slowly rise up onto your toes.





3 Slowly lower your heels to the floor.

4 Do this 5 times.

Sitting down

Sit with your feet flat on the floor. Lift your heels so your knees rise, then lower them.

Make it fit you

Easier

Do it sitting down.

Harder

Do up to 10. Hold the chair more lightly.

On your phone

Strength

Arm curls with water bottles

Works the muscles in the front of your arms.

Time **About 1 minute**

Level **Gentle**

Position **Standing or sitting**

Equipment **Two small bottles filled with water**

Space **A chair without wheels, if you sit**

Stay safe

- Keep your back straight and your elbows by your sides.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 7

Step by step

Standing



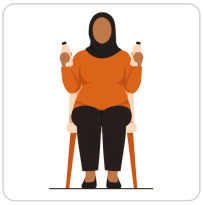
1. Sit or stand tall. Hold a bottle of water in each hand.
2. Keep your arms by your sides, palms facing forward.

Sitting





3. Slowly bend your elbows and bring the bottles up to your shoulders.





4. Lower them slowly. Do this 5 times.



Make it fit you

Easier

Use smaller bottles, or no bottles.

Harder

Do up to 10.

On your phone

Balance

One-leg stand

Practises your balance.

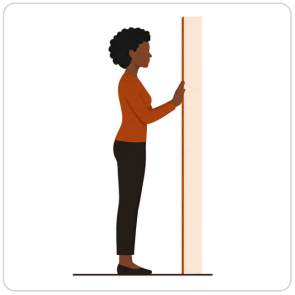
Time **About 1 minute**
Level **Moderate**
Position **Standing**
Equipment **None**
Space **A wall, or a chair without wheels**

⚠ Stay safe

- Always stay close to the wall or chair.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 7

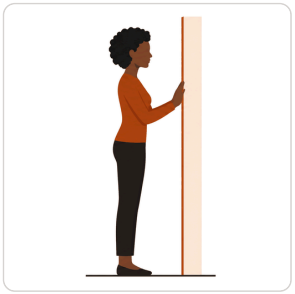
Step by step



1 Stand facing a wall. Touch it with your fingertips.



2 Lift one foot a little off the floor. Keep your hips level.
3 Hold for 5 seconds. Put your foot down gently.



4 Change legs. Do 3 on each side.

Make it fit you

Easier

Keep both hands on the wall. Lift only your heel.

Harder

Hold for up to 10 seconds. Touch the wall more lightly.

On your phone

Balance

Heel-to-toe walk

Practises your balance as you walk.

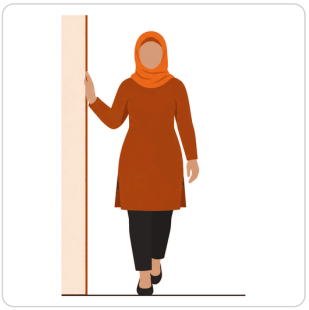
Time **About 1 minute**
Level **Moderate**
Position **Standing**
Equipment **None**
Space **A wall to walk along**

Stay safe

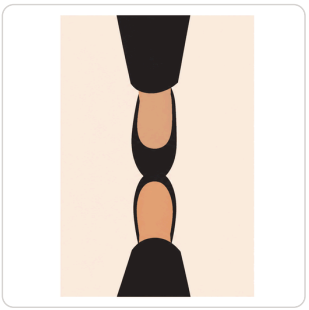
- Keep a hand near the wall all the time.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: **page 7**

Step by step



1. Stand next to a wall. Touch it with your fingertips.



2. Put one heel on the floor just in front of the toes of your other foot.
3. Now bring your back foot to the front in the same way.
4. Look ahead, not down. Take 5 steps.

Make it fit you

Easier

Leave a small gap between your heel and your toes.

Harder

Take up to 10 steps. Touch the wall more lightly.

On your phone

Balance

Side steps

Practises your balance as you move sideways.

Time **About 1 minute**

Level **Gentle**

Position **Standing**

Equipment **None**

Space **A clear stretch of floor, next to a wall or counter**

Stay safe

- Clear the floor first. Do not cross your feet.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 7

Step by step



1 Stand next to a wall or counter. Put your feet together and bend your knees a little.



2 Slowly step one foot out to the side.



3 Bring your other foot to meet it.

4 Keep your hips level. Take 10 steps one way, then 10 steps back.

Make it fit you

Easier

Take small steps.
Hold a counter or the back of a chair.

Harder

Take a few more steps each way.

On your phone

Procession walk

Cultural movement

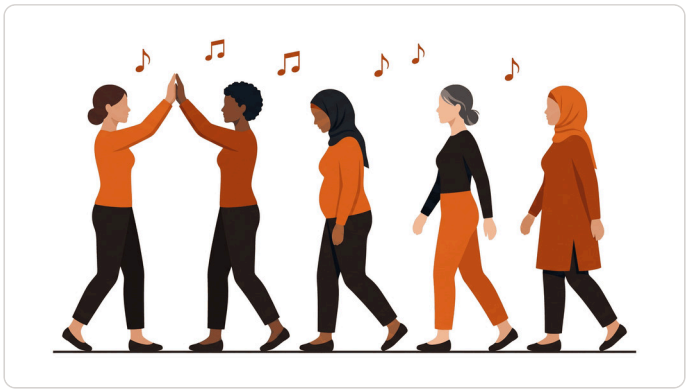
A slow walking dance, inspired by the Polish polonaise.

Time **2 to 5 minutes**
Level **Gentle**
Position **Standing or sitting**
Equipment **Music you like, if you want it**
Space **A room, a corridor or outside**

Stay safe

- Keep the floor clear.
- Make the bridge high enough to walk under easily.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 7



Step by step

1. Put on slow music, or count quietly in your head.
2. Walk forward in time with the music.
3. Let your knees bend a little with each step. Move smoothly.
4. In a group, walk in a line. Two women can hold hands up high to make a bridge, if they want to. The others walk under it.

Sitting down

Sit tall and walk your feet on the spot in time with the music. Raise and lower your arms slowly.

Make it fit you

Easier

Walk more slowly. Keep your arms down.

Harder

Walk for longer, or lift your arms as you walk.

On your phone

Side-step line

Cultural movement

A side-step dance, inspired by halay and dabke.

Time **2 to 5 minutes**
Level **Gentle**
Position **Standing or sitting**
Equipment **Music you like, if you want it**
Space **A little floor space**

Stay safe

- No jumps or stamping. Keep your steps smooth and low.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 7



Step by step

1. Stand in a line with other women, or on your own. Hold hands only if you want to.
2. Step to the right with your right foot.
3. Bring your left foot next to it and tap the floor.
4. Step to the left with your left foot. Bring your right foot next to it and tap the floor.
5. Keep going in time with the music.

Sitting down

Sit near the front of a chair. Tap your feet out to the side in turn, in time with the music.

Make it fit you

Easier

Make the steps small. Hold the back of a chair.

Harder

Take two steps before each tap.

On your phone

Singing ring

Cultural movement

A slow walk in a circle while you sing, inspired by Norwegian and Ukrainian circle dances.

Time **2 to 5 minutes**
Level **Gentle**
Position **Standing or sitting**
Equipment **None**
Space **A room, or outside**

Stay safe

- Leave space between people so that no one trips.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: **page 7**



Step by step

1. Stand in a ring with other women, or walk in a small circle on your own.
2. Sing or hum a song you know. Anyone can start.
3. Turn to your left and walk slowly round the circle, in time with the song.
4. When the song ends, stop and turn to face the middle.

Sitting down Sit in a ring. Sway and tap your feet in time with the song.

Make it fit you

Easier

Stand still and sway from side to side while you sing.

Harder

Keep going for another song.

On your phone

VITALITY

Co-funded by the European Union

Toolkit for Inclusive Physical Literacy

Simple ways for women to move more, at home and together

Open the toolkit on your phone

vitality.sports4.eu/toolkit

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