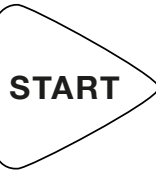




# Your Personal 'Super Six Walks Tracker' Month: \_\_\_\_\_



31<sup>st</sup> 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> 4<sup>th</sup> 5<sup>th</sup> 6<sup>th</sup> 7<sup>th</sup> 8<sup>th</sup> 9<sup>th</sup>

30<sup>th</sup>

10<sup>th</sup>

29<sup>th</sup>

11<sup>th</sup>

28<sup>th</sup>

12<sup>th</sup>

27<sup>th</sup>

13<sup>th</sup>

26<sup>th</sup>

14<sup>th</sup>

25<sup>th</sup>

24<sup>th</sup>

23<sup>rd</sup>

22<sup>nd</sup>

21<sup>st</sup>

20<sup>th</sup>

19<sup>th</sup>

18<sup>th</sup>

17<sup>th</sup>

16<sup>th</sup>

15<sup>th</sup>

Your challenge is to complete as many walks as you can in a month, including one or more of the Super Six exercises as you go (see back of page). You can add these exercises to the start and end of your walks, or at any rest points, using benches, trees or walls for support if needed.

Record how many days you walked this month below:

WELL DONE!

There is no specific route or time period to these walks e.g. you can start by walking to the end of your garden or the street at a pace you are comfortable and build up on this each time. Once you complete the tracker, see if you can beat it next time!

A journey of a thousand miles must begin with a single step  
*Lao Tzu*

Why not challenge friends and family to join you on your walks and on the tracker journey! Let's see how many walks you can fit in this month!

How are you?  
What have you been up to?

Please ensure you are abiding by social distancing measures.

Further information can be found at: [www.gov.uk/government/publications/staying-alert-and-safe-social-distancing](http://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing)

# The Super Six

Try these simple exercises in your home three or more times a week to help your strength and balance

1



## SIT TO STAND

Sit up tall near the front of your chair. Place your feet slightly back and hip width apart. Lean forward slightly and stand up – using your hands on the chair if needed. Stand tall then step back until your legs touch the chair. Slowly as you can lower your bottom back into the chair – using your hands on the chair if needed.

**Repeat 10 times.**

This will strengthen the muscles in your thighs and bottom.

### How can I make it more challenging?

When you can do this with ease, try using your arms less, and work towards not using them at all.

3



## TOE RAISES

Stand tall with your feet hip width apart. Hold your support if needed. Slowly lift the front of your foot so that the weight is back in your heels. Try not to stick your bottom out. Aim to lift for a slow count of 3 and lower for a slow count of 5.

**Repeat 10 times.**

This will help to strengthen your ankles and shin muscles.

### How can I make it more challenging?

Try to use your support less.

5



## HEEL TOE WALKING

Stand tall side on to your support. Walk 10 steps forward placing one foot directly in front of the other so that your feet form a straight line. Look ahead and aim for a slow steady walking action. Only hold on if you need to. Take your feet back to hip width apart before turning and slowly turn towards your support.

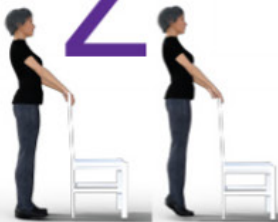
**Repeat the steps in the other direction.**

This will help to strengthen your ankles and improve balance.

### How can I make it more challenging?

Try walking backwards.

2



## HEEL RAISES

Stand tall with your feet hip width apart. Hold your support if needed. Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of 3 and lower for a slow count of 5.

**Repeat 10 times.**

This will help to strengthen your ankles.

### How can I make it more challenging?

Try to use your support less.

4



## HEEL TOE STAND

Stand tall with your feet hip width apart. Hold your support if needed. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds – without holding on if possible. Take your feet back to hip width apart. Repeat with the other foot in front.

**Repeat twice on each foot.**

This will help to strengthen your ankles and improve balance.

### How can I make it more challenging?

Try to use your support less and hold the position for longer.

6



## ONE LEG STAND

Stand close to your support and hold on. Balance on one leg, keeping your supporting leg straight but your knee soft. Stand tall and look ahead. Hold for 10 seconds. Repeat with the other leg.

**Repeat twice on each foot.**

This will help to strengthen your ankles and legs and improve balance.

### How can I make it more challenging?

Try to use your support less and hold position for longer.