

Exercise while the kettle boils

Side leg raise



Stand sideways to the bench and hold on with your right hand



Slowly take your left leg out to the side. Hold this for 1 second then slowly lower



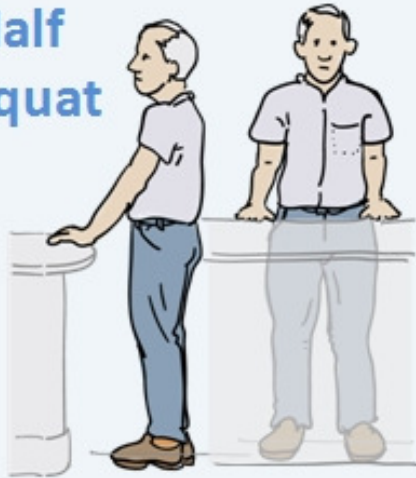
Turn around and hold on with your left hand



Slowly raise your right leg.

Repeat times

Half squat



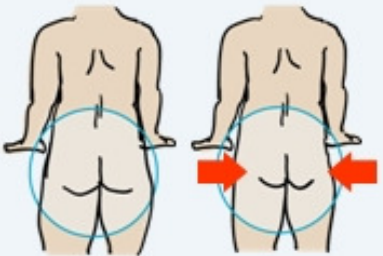
Stand close to the bench with your feet apart. (about shoulder width)



Lean very slightly forward, but keep your back straight, slowly bend your knees over your feet. Don't go too far



As you return to the up position squeeze your buttocks together as if there is a \$50 note between them and you don't want it to drop.



Repeat times

Heel raise

Stand close to the bench with your feet apart. (about shoulder width)



Slowly rise up on your toes, hold 1 second then lower again



Make sure your movements are not rushed

Repeat times

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To promote physical activity

Target group:

This resource is designed to be used by Australians adults & adolescents.

Notes:

This resource is designed to be printed A3 size and then laminated.

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