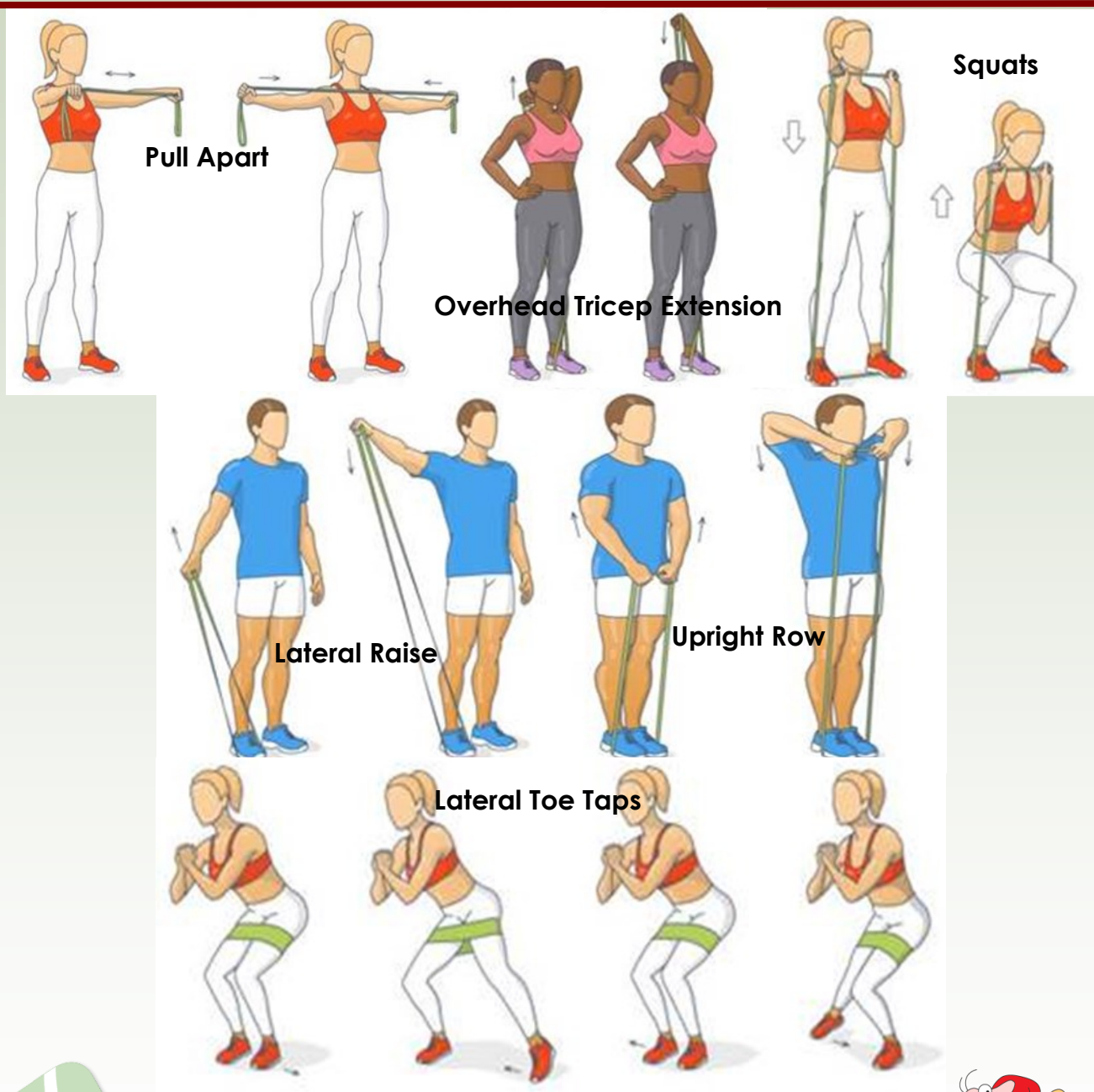


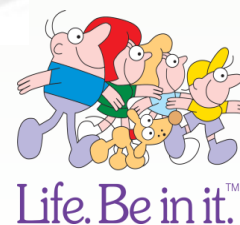
# Resistance & Stretching

Resistance Exercises can help you stay active and keep muscles, bones and joints healthy as well as improving balance and coordination. These are a series of safe exercises using resistance bands that will give you an all over body workout. All exercises can be performed seated if you find it more comfortable.

Aim for 3 set of 12 Repetitions of each exercise. Rest for 30 seconds between sets. If you are unable to perform 12 repetitions don't despair. Do as many as you can and slowly increase as the weeks progress.

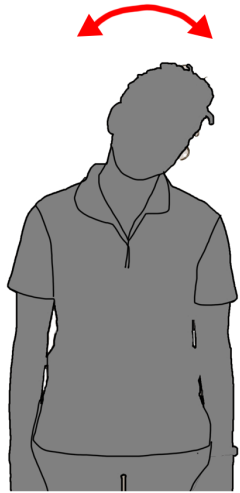


healthylivingNT  
get the most out of life...



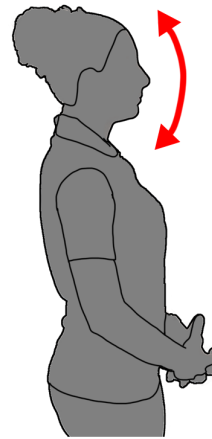
[healthylivingnt.org.au](http://healthylivingnt.org.au)

# Healthy Living NT



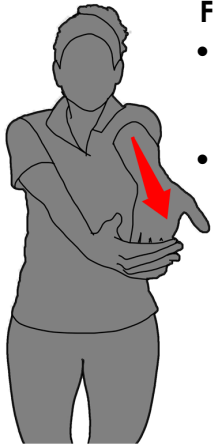
## Side Neck Stretch

- Gently tilt your head in one direction till you start feeling a stretch on the opposite side of your neck.
- Repeat by tilting head to the other side



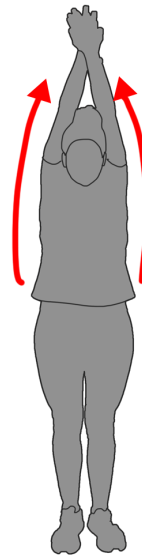
## Vertical Neck Stretch

- Gently tilt your head up till you start feeling a stretch on front of your neck
- Repeat by tilting head down. This time you will feel a stretch on the back of your neck



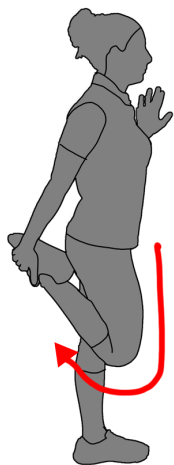
## Forearm Stretch

- Extend your right arm before you with palm facing up
- Using your left hand, pull your right finger tips down gently till you feel a stretch on your forearm



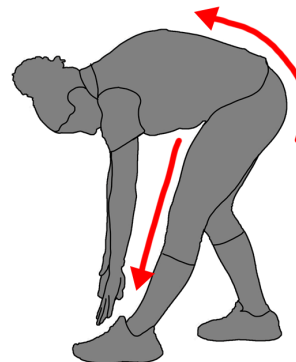
## Back Stretch

- While standing straight, extend both hands up as high as you can
- You would feel a stretch all around your torso, especially your back



## Front Thigh Stretch

- While holding a wall/pole, stand straight and kick your right heel back towards you
- Using your left hand, hold on to the shoelace region of your foot and gently squeeze your heel towards you rear till you feel a stretch on the front of your thigh



## Rear Thigh Stretch

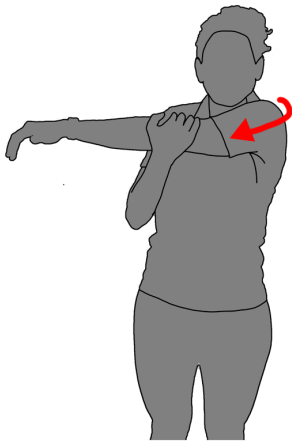
- Keep your right foot a step in front of your body.
- While bending your left knee and keeping your right knee straight, lean forward and attempt to touch your right foot with



healthylivingNT

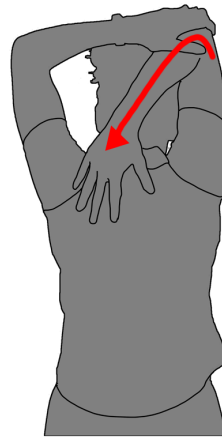
get the most out of life...

# - Stretching Guide



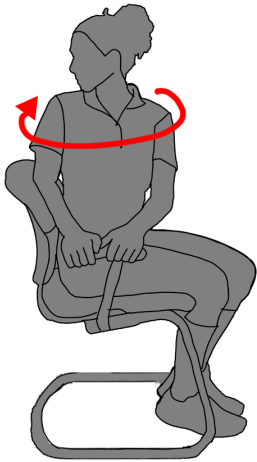
## Shoulder Stretch

- Using your left hand, grab your right arm at/above your elbow and gently pull your right arm across your body till you feel a stretch on the outside of your right shoulder
- Switch your arms and repeat



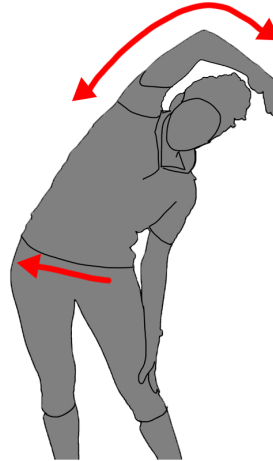
## Triceps Stretch

- Raise both hands straight up and bend your right arm behind your back such that your palm is touching the back of your neck
- Using your left hand, grab the elbow of your right hand and gently pull it towards the left while keeping the elbow behind your head. You should feel a stretch on the back of your arm



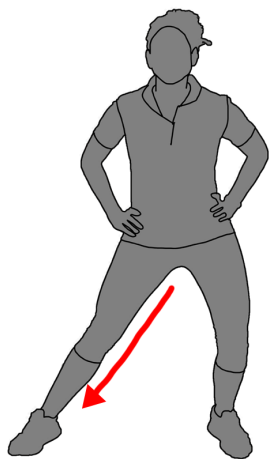
## Lower Back Stretch

- While seated on a chair and keeping your back straight, keep both hands on your right side of your body
- Holding the right side of the chair, pull gently while twisting your shoulders towards the right till you can look behind you
- You should feel a stretch on your lower back



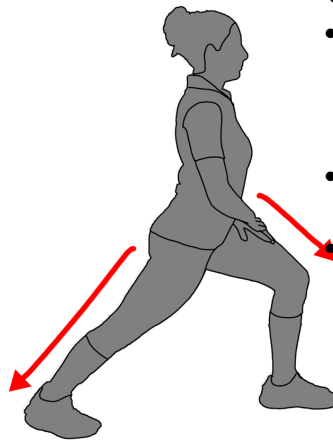
## Hip Stretch

- While standing straight, keep your feet apart (1.5 to 2 times of your shoulder width)
- Gently rock your hip to your right while keeping both legs straight
- Cross your right arm over your head and lean gently towards your left



## Inner Thigh Stretch

- While standing straight, keep your feet apart (2 to 3 times of your shoulder width) and back straight
- With both feet pointing straight forward, bend your left knee while keeping your right leg straight



## Calf Stretch

- Start with your left foot in front and your right foot to the back of your body
- Keep both feet pointing forward
- Gently bend your left knee to lower your height while keeping your right leg straight to the back of your body straight



**Stretching is important**, it will improve your flexibility and enable you to stay physically active. The stretching exercises are designed to help increase joint flexibility which will improve your movement.

While stretching:

- Remember to breathe in and out slowly
- Hold each stretch for at least 20 seconds
- Remember to switch sides where necessary
- Do not stretch to the point of even moderate pain
- Do not to stretch a muscle beyond its natural range.

Lastly, if you have any existing medical conditions, please consult your doctor before embarking on these activities.

## Healthy Living NT services

Diabetes Education

Cardiac Education

Nutrition Education

Health Promotion

Learning and Information Resources

Membership

National Diabetes Services Scheme

**Darwin 8927 8488**

**Alice Springs 8952 8000**

**info@healthylivingnt.org.au**

**healthylivingnt.org.au**



**Life. Be in it.™**  
get the most out of life...

