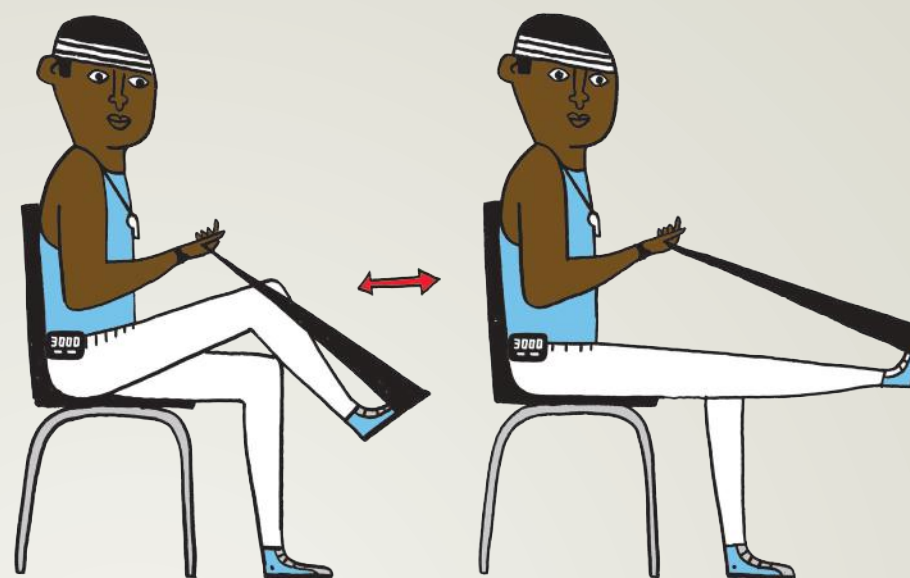
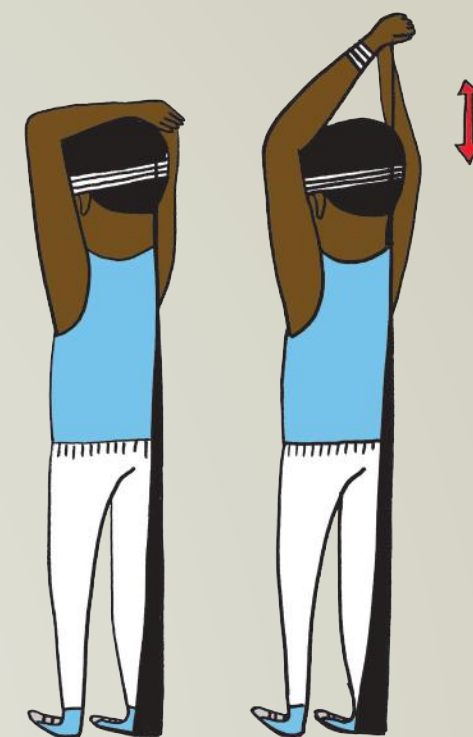


# RESISTANCE BAND EXERCISES

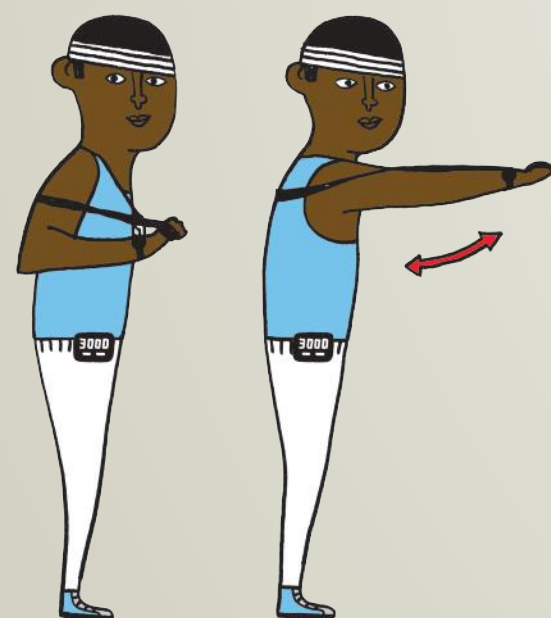
Use these handy bands to help you feel good and stay in great shape.



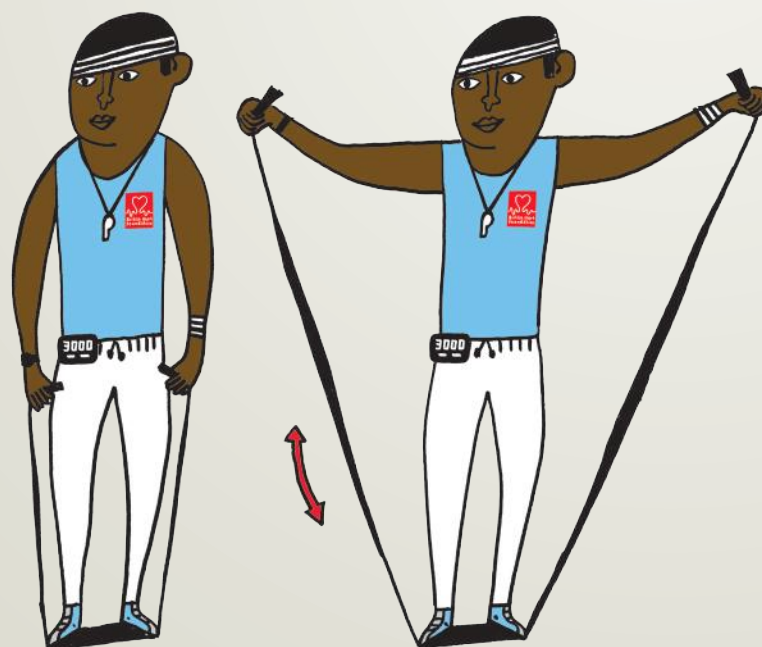
Leg Press



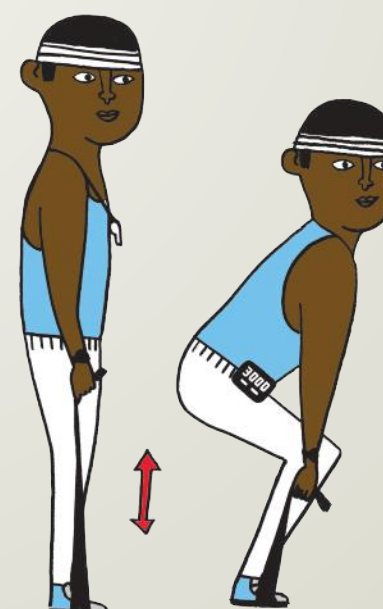
Tricep Press



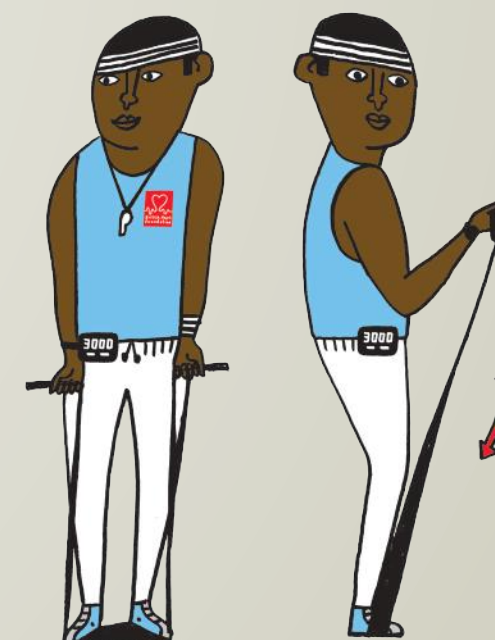
Chest Press



Lateral Raise



Squats

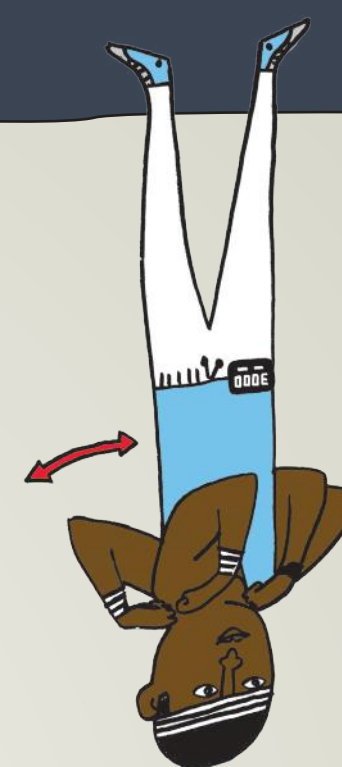


Bicep Curl

## High Reach



## Chest Stretch



## Wrist Stretchers



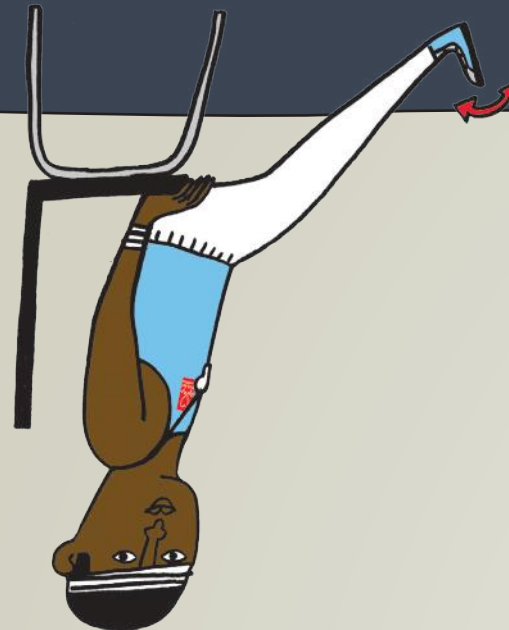
## Bum Stretch



## Back Stretch



## Calf Stretch



## SIMPLE EXERCISES & RESISTANCE BAND TRAINING

### Don't think the gym is the only place you can go!

You can stay physically active in lots of ways, even the hoovering counts. You'll benefit as much from brisk walking, or activities like gardening and climbing the stairs. Be sure to add in activities that will help strengthen your muscles.



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- Play a game after work with a friend or colleague - badminton, tennis, squash or table tennis.
- Do your active indoor chores briskly.
- Do some gardening – raking the leaves, mowing the lawn or digging the garden.
- Play with your children at home, in the garden or at the park.
- Go dancing with friends instead of sitting in and talking.



Changing a few daily habits can soon add up to a more active lifestyle. And something is better than nothing. Here are some examples of how you can be more active.

- Get off the bus a few stops early and walk the rest of the way to your destination.
- When you can, walk to talk instead of using the phone or email.
- Park at the furthest end of the car park.
- Pick some dining spots ten minutes away and add a walk to your lunch break.
- Take part in a lunchtime activity class, either at work or at your local leisure centre.
- Arrange to meet a friend to go for a walk, cycle or swim.



### Every 10 minutes counts.

To stay healthy, build up to a total of 150 minutes of moderate intensity activity each week.

Moderate intensity activities will make you feel warmer, breath harder and make your heart beat faster than usual, but you should still be able to carry on a conversation.



Coronary heart disease is the UK's single biggest killer.

For over 50 years we've pioneered research that's transformed the lives of people living with heart and circulatory conditions. Our work has been central to the discoveries of vital treatments that are changing the fight against heart disease.

But so many people still need our help.

From babies born with life-threatening heart problems to the many Mums, Dads and Grandparents who survive a heart attack and endure the daily battles of heart failure.

Join our fight for every heartbeat in the UK. Every pound raised, minute of your time and donation to our shops will help make a difference to people's lives.

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