Just 10 minutes.....

Cool down: Standing, alternate heel digs to ground

Warm up: Knee taps, standing up, alternate knees and hands

Squats at back of chair

Pass a hand weight around back and then under each leg

Standing, alternate heel digs to ground

Knee taps, standing up, alternate knees and hands

10 minutes to get moving

Try 30 seconds on each station and then increase to 45 seconds up to one minute

Wall press ups

Sit to stand squatting slowly down

Reach arms above head and back down holding a hand weight

Shoulders reach hands up, shoulders hands out, shoulders hands down with a handweight

Leg lunges

What's holding you back...  ...make the time for you

Aim: carry out every other day

Goal: improve your health and fitness

Target: increase repetitions to 45 seconds, then one minute each station

......as there is only one you

References WHO 2002, DOH 2011, BHF 2015