

Five Simple Exercises to Help Keep You Moving

Staying active is one of the best things you can do to maintain your independence, improve your confidence and support your overall health.

Many people believe exercise has to involve strenuous workouts or long walks, but even a few minutes of gentle movement each day can make a real difference. Regular activity can help improve balance, strengthen muscles, reduce stiffness and make everyday tasks such as getting out of a chair or climbing stairs feel easier.

At First Choice Mobility, many of our customers ask whether they should stop exercising because they're finding walking more difficult.

Our answer is almost always the same:

Keep moving safely and within your own abilities.

If you have a medical condition, have recently had surgery or are recovering from illness, always speak to your GP, physiotherapist or healthcare professional before starting a new exercise programme.

Quick Summary

These five gentle exercises are designed to help improve:

- Leg strength
- Balance
- Flexibility
- Circulation
- Everyday mobility

The key isn't exercising harder—it's exercising regularly.

Contents

1. Sit to Stand
2. Heel Raises
3. Marching on the Spot
4. Shoulder Rolls and Arm Reaches

5. Ankle Circles
 6. Safety Tips
 7. When to Seek Advice
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Exercise 1 – Sit to Stand

One of the best functional exercises you can do is simply practising standing up from a chair.

This movement strengthens your thighs, hips and core muscles, all of which play an important role in everyday activities.

How to do it

1. Sit on a sturdy chair.
2. Place your feet flat on the floor.
3. Lean slightly forwards.
4. Stand up slowly without using your hands if possible.
5. Slowly sit back down.

Aim for **8–10 repetitions**.

If needed, use the chair arms for support.

First Choice Mobility Insight

Many customers tell us standing from a chair becomes one of the first things they notice getting more difficult. Practising this movement regularly can help maintain confidence and independence.

Exercise 2 – Heel Raises

Heel raises strengthen your calf muscles and help improve balance.

How to do it

1. Stand behind a sturdy chair.
2. Hold the back of the chair.
3. Slowly raise your heels.
4. Pause.
5. Lower slowly.

Repeat **10–15 times**.

Did You Know?

Strong calf muscles play an important role in maintaining balance while walking.

Exercise 3 – Marching on the Spot

This simple exercise helps improve circulation, coordination and hip strength.

How to do it

1. Stand behind a chair.
2. Hold on for support if needed.
3. Lift one knee.
4. Lower it.
5. Repeat with the opposite leg.

Continue for **30–60 seconds**.

As your confidence improves, gradually increase the duration.

Exercise 4 – Shoulder Rolls and Arm Reaches

Maintaining upper body flexibility can make everyday activities easier, including reaching cupboards, getting dressed and carrying shopping.

Shoulder Rolls

Roll both shoulders backwards ten times.

Repeat forwards.

Arm Reaches

Slowly reach both arms forwards.

Then gently raise them as high as comfortable before lowering them again.

Repeat **10 times**.

Avoid forcing any movement that causes pain.

Exercise 5 – Ankle Circles

Healthy ankles help improve circulation and reduce stiffness.

This exercise is particularly useful if you spend long periods sitting.

How to do it

1. Sit comfortably.
2. Lift one foot slightly.
3. Slowly rotate your ankle clockwise ten times.
4. Repeat anti-clockwise.
5. Change legs.

This exercise is also useful while travelling or watching television.

Safety Tips

Exercise should always feel comfortable.

Remember to:

- Wear supportive footwear.
- Exercise in a clear space.
- Keep a sturdy chair nearby for support.
- Stay hydrated.
- Stop if you feel dizzy, unwell or experience pain.

Listen to your body and progress gradually.

Myth vs Fact

Myth

If you use a mobility scooter or powerchair, exercise isn't important.

Fact

Regular gentle exercise remains important for maintaining strength, flexibility, circulation and overall wellbeing, even if you use mobility equipment.

When Should I Seek Professional Advice?

Speak to your GP, physiotherapist or another healthcare professional if:

- You experience chest pain during exercise.
- You feel dizzy or faint.
- You have recently had surgery.
- You're recovering from a stroke.
- You have Parkinson's disease, Multiple Sclerosis or another neurological condition and would like personalised exercises.

Further Reading

These trusted organisations provide excellent advice about staying active and maintaining mobility.

NHS – Physical Activity Guidelines

<https://www.nhs.uk/live-well/exercise/>

NHS – Strength and Balance Exercises

<https://www.nhs.uk/live-well/exercise/strength-and-flexibility-exercises/>

Age UK – Exercise in Later Life

<https://www.ageuk.org.uk/>

Chartered Society of Physiotherapy

<https://www.csp.org.uk/>

Continue Reading in the First Choice Mobility Advice Centre

You may also enjoy:

- Preventing Falls at Home
- Choosing Equipment After a Stroke

- [How to Choose the Right Mobility Scooter](#)
 - [How to Choose the Right Powerchair](#)
 - [VAT Relief Explained](#)
 - [Complete Guide to Mobility Scooter & Powerchair Funding](#)
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Related Products

If you're looking for extra support while staying active, you may be interested in:

- [Rollators](#)
 - [Walking Frames](#)
 - [Walking Sticks](#)
 - [Adjustable Canes](#)
 - [Rise and Recline Chairs](#)
 - [Mobility Scooters](#)
 - [Powerchairs](#)
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Our Advice

Staying active doesn't mean pushing yourself beyond your limits.

Small amounts of gentle movement, performed regularly, can have a positive impact on strength, confidence and independence.

The most important thing is to choose exercises that are safe, enjoyable and appropriate for your own abilities.

If you're unsure where to begin, don't be afraid to ask for professional guidance.

Need More Help?

If you're looking for mobility equipment to help you remain active and independent, our experienced team is always happy to help.

Whether you're considering a walking aid, mobility scooter, powerchair or rise and recline chair, we'll provide honest, practical advice to help you choose the right solution for your needs.

Freedom, with Confidence

At First Choice Mobility, we believe maintaining your independence starts with keeping active, staying confident and choosing the right support when you need it.

Our goal is to help you continue enjoying everyday life with the right advice and the right equipment.

Download This Guide

Prefer to keep a copy?

Download a printable PDF version of this guide to refer to whenever you need it.

Information You Can Trust

This guide has been reviewed by the First Choice Mobility team and is intended for general information only. It does not replace medical advice. If you have concerns about your health or mobility, speak to your GP or healthcare professional before starting any new exercise programme.