

Strength Exercises

It's not about lifting heavy weights – it's about supporting your body to cope with daily life and recovery.



Strength exercises work your muscles by asking them to push, pull, or lift against resistance.

Examples of gentle strength exercises;

- Sit-to-stand from a chair
- Wall or kitchen-counter push-ups
- Step-ups
- Lifting light weights or resistance bands
- Seated or standing leg and arm exercises





How often should I do strength exercises?

- Aim for 2–3 sessions per week, if possible
- Allow rest days between sessions
- Start with a small number of repetitions and build up gradually

Strength exercises can help to:

- Maintain or rebuild muscle strength
- Improve balance and stability, reducing the risk of falls
- Support everyday activities such as standing up, carrying shopping, or climbing stairs
- Reduce fatigue and increase energy over time
- Protect bone health
- Improve overall quality of life

Need support or more information?

We are here to help you move safely, confidently, and at a level that feels right for you.

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You are not alone. Support is available.