

U3A Resources for Mobility, Strength and Balance

Steady as You Go Age Concern

There have been notices at U3A about the Age Concern weekly classes in the community and is also available live online on Wednesday mornings <https://www.acwellington.org.nz/saygoexercise/>

The **Steady as You Go** programme is also available on Youtube either as a full 47 minute class or the class can also be done in 5 segments in one's own time and space

Full class <https://www.youtube.com/watch?v=EqZFzApb6Qo>

Full steady as you go class with Naill **FULL VIDEO 47 minutes**

The same exercises but broken down into 5 videos- mix and match or do just what you want.

(Track 1 is warm up so best to do this before any other track)

Track 1 and Track 5 are fully seated, and track 3 - half exercises done seated, rest standing

Track 1 <https://www.youtube.com/watch?v=FCcDjIDChWM>

Steady as you go **HEALTH, SAFETY AND WARM UP 12 minutes**

Done seated

Track 2 <https://www.youtube.com/watch?v=13CTpDjXBT4>

Steady as you go **STANDING 11 minutes**

Track 3 https://www.youtube.com/watch?v=t_CYOoOKy88

Steady as you go **WEIGHTS and STRENGTHENING 7 minutes**

First part of these exercises done seated

Track 4 https://www.youtube.com/watch?v=hl_kB25Vvlc

Steady as you go **WALKING 8 minutes**

Track 5 <https://www.youtube.com/watch?v=iwuPdLlfQjY>

Steady as you go **WARM DOWN 9 minutes**

Done seated - also contains eye tracking exercises to help peripheral vision

2. NYMBL programme for keeping your balance

<https://www.acc.co.nz/newsroom/stories/keeping-your-balance-with-nymb/>

Free app sponsored by ACC - smart phone needed, do in your own time and space. It also helps with cognition training as it also involves doing brain games.

3. Parkrun - free 5km walk/run event every Saturday at 8am

<https://www.parkrun.co.nz/>

Very inclusive and friendly for all ages and abilities. 4 venues in the Wellington area - Waitangi park (waterfront), Lower Hutt, Trentham Memorial park, Ara Harakeke (Plimmerton) - 44 courses around New Zealand. Times range from 15 minutes to over an hour. The oldest NZ parkrunner is 99 year old Colin Thorne from Whangarei. While the name is parkrun - park walking is much promoted and encouraged for those who like to walk. (parkrun started in UK in 2004 as a volunteer based community event at Bushy Park in Teddington and operates on that basis now in 22 countries).