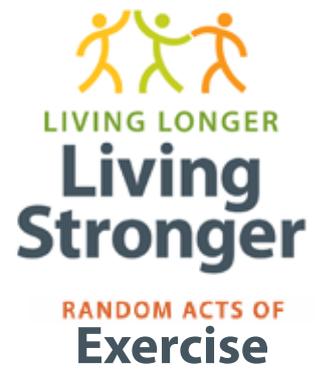


# Look after yourself with *random acts of exercise*



COTA Victoria supports the health and wellbeing of older women by encouraging *random acts of exercise*\* - anywhere, any time.

We have provided a few examples on the back of this leaflet that you might want to try when home alone, or with your family and friends. These exercises are simple, quick and fun.

If you enjoy these *random acts of exercise*, you might want to join our Living Longer Living Stronger exercise program. To find out more about Living Longer Living Stronger, or to find a provider near you, go to [www.cotavvic.org.au/our-programs/strength-training](http://www.cotavvic.org.au/our-programs/strength-training)

\* *Random acts of exercise* is a program funded under the Change our Game initiative by the Victorian Government's Office of Women in Sport and Recreation. This initiative is working to level the playing field for women and girls in sport and active recreation.

**CHANGE  
OUR  
GAME**



**COTA**  
VICTORIA

Try one or several of these simple *random acts of exercise* to give your day a healthy boost.



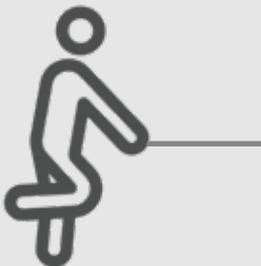
While standing in the shower, do some gentle stretching and joint movements, to what feels comfortable.



While standing at the mail box to collect the mail, stretch from side to side.



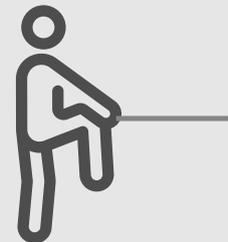
Pretend there is a \$50 note between your butt cheeks, while holding the back of a chair, do 5 squats without 'dropping' the note.



While waiting for the toast to pop, challenge yourself to stand on one leg for up to 10 seconds.



When on your daily walk, accelerate your pace between every second power pole.



While waiting for the kettle to boil, hold the kitchen bench and lift one knee up at a time as high as feels comfortable.

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