

Live well,
Move more



Solihull
METROPOLITAN
BOROUGH COUNCIL

Strong & Steady

An illustration of four diverse people performing exercises on the letters of the title 'Strong & Steady'. A woman in a blue shirt and pink pants is sitting on the 'S' of 'Strong'. A man in a blue shirt and purple shorts is sitting on the 'g'. A woman in a blue shirt and pink pants is standing on the 'S' of 'Steady'. A man in a blue shirt and pink pants is standing on the 'y'.

An easy-to-use guide for exercises at home

Top ten simple exercises to build into your daily routine, for all ages.

Doing these exercises daily will make your everyday tasks easier, help you to stay strong and steady, and able to get out and about so that you can enjoy your life now and in years to come.

Strong Steady

M Mark



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