



This document is interactive but can also be printed and put on the fridge or noticeboard as a daily reminder, so don't forget to save as you go along.

# LET'S MOVE WITH LEON



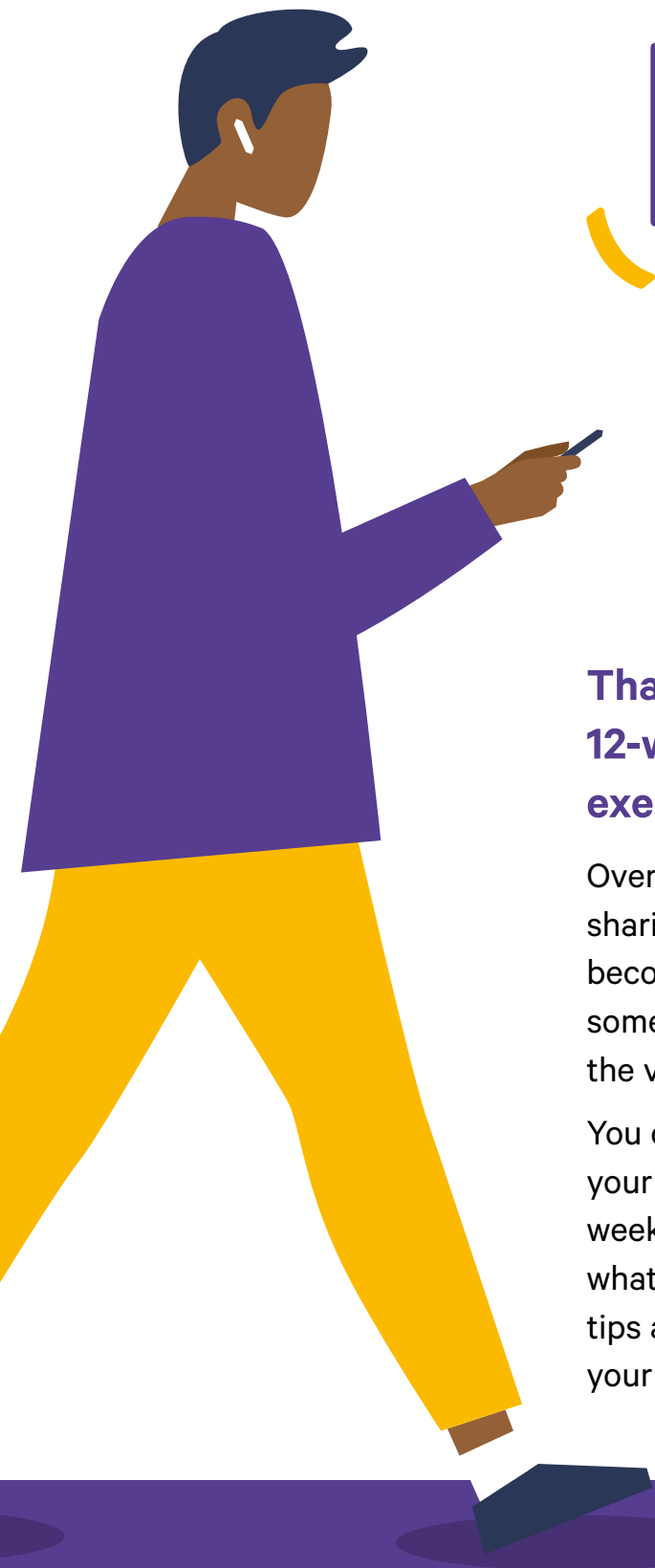
## 12-week Activity Programme and Tracker

**VERSUS  
ARTHRITIS**



**SPORT  
ENGLAND**

# WELCOME TO



# LET'S MOVE WITH LEON

**Thank you for signing up to our 12-week activity programme, with exercise specialist Leon Wormley.**

Over the next 12 weeks, we're going to be sharing 30-minute video sessions to help you become more active, as well as setting you some activities to do each week in between the videos.

You can use this booklet to keep track of your goals and progress, and plan for the weeks ahead. We'll give you reminders of what was covered in the session, as well as tips and instructions for what we're calling your 'weekly activity dose'.



You can find more information on the programme on our website:

**[www.versusarthritis.org/activityhub](http://www.versusarthritis.org/activityhub)**

# GETTING STARTED

In this video, we talked about getting started with the Let's Move with Leon programme.



Watch the video:

[www.versusarthritis.org/leonpreview](http://www.versusarthritis.org/leonpreview)

Leon gave some tips on how to stay safe during exercise, as well as how to get prepared for the first session.

We also looked at the guidelines for exercise for adults over 19. Remember these guidelines are for a whole week, and you don't need to do it all in one go. Split it down into smaller chunks if it helps you to get started, and then you can gradually build up the amount you do.





## WHY IS EXERCISE IMPORTANT IF YOU HAVE ARTHRITIS?

It's important to keep moving when you have arthritis to improve your symptoms, keep your muscles and bones strong, and to keep your joints supple.

A joint is where two or more bones meet, such as in the fingers, knees or shoulders. They're important in helping us move around, but sometimes arthritis can make this difficult.

Our joints hold our bones in place and allow them to move freely, but within safe limits. Muscles help us move around and support our joints to keep them stable. Moving helps maintain your range of movement and keeps all the parts of your joints strong.

## YOUR CURRENT ACTIVITY

Leon covered some of the things you'll need to know before you start the programme, so below we've left some space for you to write down where you are now.



Use the space below to write down the exercise you do each week. This can be anything from doing the ironing, reaching and stretching while getting dressed, taking short walks, or doing a dance class every week.

## Is there anything that stops you from moving more?

This could be anything from feeling tired, having pain in your joints and muscles or not feeling like you have the time.



Write down anything that gets in the way of movement for you in the space below.

## SHARE YOUR MOVEMENTS

Join our Facebook group for the programme.



Share your movements:  
[@VersusArthritis](#)

Think of things that could make it easier to get over these barriers, and rewards you can give yourself each time you overcome them.

These rewards can be anything that helps you relax and feel good – this could be making time for yourself to have a bath, socialising with friends, sharing your achievements on the programme or simply smiling at yourself in the mirror.

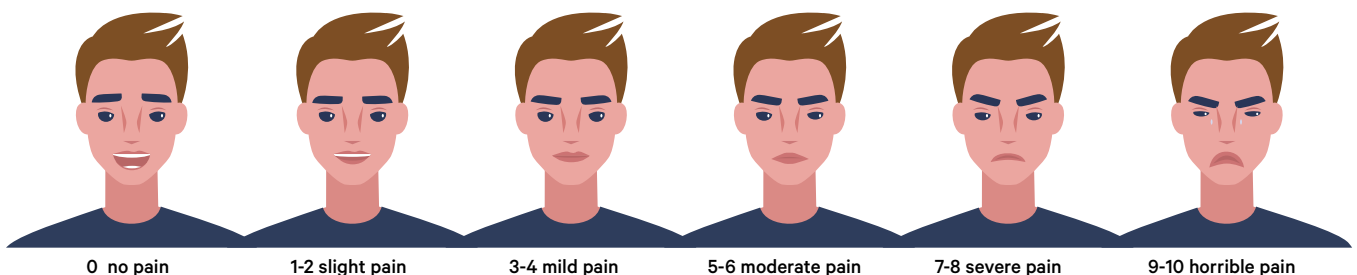


Use the space below to write down things to make it easier and rewards you can give yourself.

## HOW DOES EXERCISE MAKE YOU FEEL?

While you're doing the activities in the programme, you can record your pain levels as you go along by ticking the relevant box.

It's important that you don't do anything that puts you higher on this pain scale than level 4 – so make sure you remember this scale while doing some of the activities, and don't push yourself too much.



# SETTING YOUR GOALS

Why is moving more important to you?

People have lots of reasons for wanting to be more active, including:

- reducing pain, stiffness and fatigue
- wanting to start a new hobby
- improving mobility to do everyday tasks.

These goals can be anything from being able to reach your feet to tie your shoelaces or having more energy to spend time with family and friends.



Use the space below to write down what you want to get out of the programme – make sure it's something that's important to you, and that you feel ready to work towards.

# MAKING A PLAN

Use the calendar opposite to tick off the times and days of the week you plan to complete your weekly activity dose.

This can be as often as you feel like, but make sure you allow yourself rest days if needed.

If you don't stick to the times above, don't worry. Be kind to yourself and try again the next time you feel up to it. Start small and build up gradually.

Try to work through the weeks in order, but you can go back and repeat previous weeks any time.

	MORNING	AFTERNOON	EVENING
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			



SAVE

# GETTING READY

Now you're ready for the first movement video in a few days.

Make sure you feel well enough – if not, take a rest day and try again when you feel better.

If you have severe pain while doing any of the exercises, stop. Remember that if there is something you don't feel able to do, you can just skip that part of the video. Speak to your doctor or another healthcare professional if you have any concerns.

Remember to prepare yourself before the video:



Have water to hand while you exercise to stay hydrated

If you're using furniture as part of the exercises, make sure it's sturdy and stable

Make sure you have plenty of space to exercise in and that you've moved any rugs, cords or other things that could trip you up

Wear comfortable clothes and footwear

Make sure you've taken any medication you need, and keep any inhalers or other treatments close by in case you need them

# WEEK 1

This week's session focused on improving mobility and posture, as well as how to keep an eye on your pain levels during exercise.



Watch the video:

[www.versusarthritis.org/mobility](http://www.versusarthritis.org/mobility)

It's normal for your muscles to feel a bit sore after exercise, especially if you're not used to it. But you should stop if you have sudden or severe pain in your muscles or joints. Remember not to do anything that puts you above 4 on the pain scale.

If any of your joints are hot or swollen, cover them with an ice pack or a pack of frozen peas wrapped in a damp towel for 10 to 15 minutes.

Use the picture below to mark any areas where you had pain during the exercises. Mark the pain from 1 to 10.

**NECK**

1	2	3	4	5
6	7	8	9	10

**SHOULDERS**

1	2	3	4	5
6	7	8	9	10

**ELBOWS**

1	2	3	4	5
6	7	8	9	10

**HIPS**

1	2	3	4	5
6	7	8	9	10

**KNEES**

1	2	3	4	5
6	7	8	9	10

**BACK**

1	2	3	4	5
6	7	8	9	10

**HANDS AND WRISTS**

1	2	3	4	5
6	7	8	9	10

**FEET AND ANKLES**

1	2	3	4	5
6	7	8	9	10





# WEEK 2

This week's video covered the foundational movements of daily life.

Use the picture below to mark when you have done these movements.



Watch the video:

[www.versusarthritis.org/movement-for-life](http://www.versusarthritis.org/movement-for-life)

These movements are all important for our daily lives, and you probably do lots of them without realising – for example, picking up and carrying your shopping involves rotating and planking.

Have a think about other things you do each day that involve these movements.



Share your movements:

[@VersusArthritis](https://www.facebook.com/VersusArthritis)

If you like, you can share some examples of your daily movements on social media. This can be as a post or video of yourself doing some of the movements.





# WEEK 3

This week, we looked at the major muscle groups and joint areas, as well as figuring out your limits while completing exercises.

Most people take a while to learn how much exercise they can do, so don't feel put off if this happens to you.



Watch the video:

[www.versusarthritis.org/adaptation](http://www.versusarthritis.org/adaptation)

After exercise, you should feel as if your muscles have done some work, but you shouldn't be exhausted or in lots more pain.

If you feel like you've overdone it, have a rest the following day and start again the day after, but don't do as much. Gradually increase it by a few minutes each day. If any of your joints are hot or swollen, cover them with an ice pack or a pack of frozen peas wrapped in a damp towel for 10–15 minutes.



Share your movements:

[@VersusArthritis](https://www.facebook.com/VersusArthritis)

What did your route look like? If you like, you can share it on social media. This can be as a post or video of yourself doing the walk.





# WEEK 4

This week,  
we looked at  
strengthening the  
lower body.

If your joints are especially  
hot or swollen, leave the  
strengthening exercises until  
your joints settle down again.



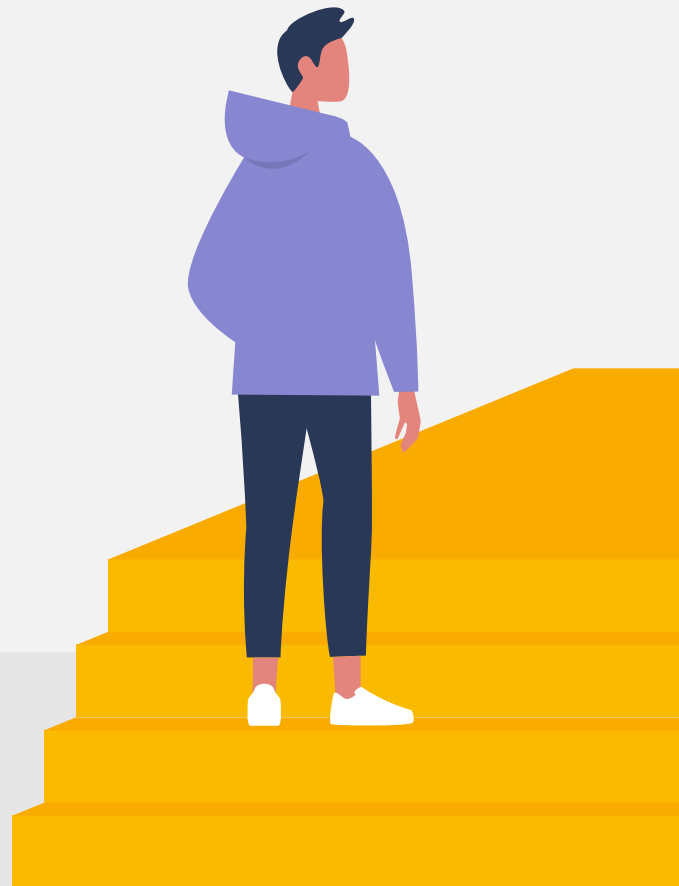
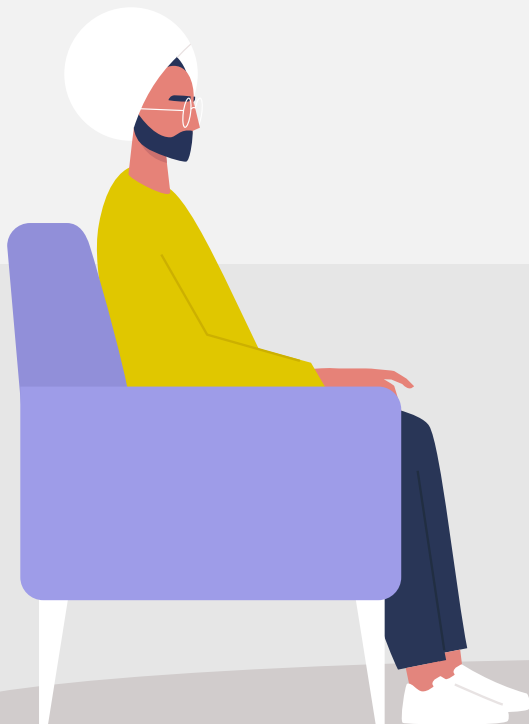
Watch the video:

[www.versusarthritis.org/  
strength](http://www.versusarthritis.org/strength)

This type of exercise is important to help you strengthen your muscles so they can support your joints.

There are lots of simple exercises you can do to improve your lower body strength, which is important for daily activities, such as going up and down stairs.

Remember to do strengthening exercises slowly.





# WEEK 5

This week, we looked at strengthening the upper body to support your joints and help with daily activities.

If your joints are especially hot or swollen, leave the strengthening exercises until your joints settle down again.



Watch the video:

[www.versusarthritis.org/upper-body](http://www.versusarthritis.org/upper-body)

Improving your upper body strength helps make tasks like carry shopping and doing gardening much easier.

Remember to do strengthening exercises slowly.







# WEEK 6

This week, we looked at exercises to strengthen the trunk and core.

We also looked at safe ways to get down on the floor and back up again. Remember to use these tips:



Watch the video:

[www.versusarthritis.org/core-strength](http://www.versusarthritis.org/core-strength)

This includes the muscles all around your stomach, back and hips.

The core muscles help keep us balanced and stable, so it's important to make sure we're keeping these muscles strong.



Make sure you spread your weight evenly on the chair so it won't tip



Start on your strongest leg if you have one stronger than the other

Use a sturdy chair for support and make sure it will not move while you're getting up or down

Try not to rush through the movements – take it slow and steady



# WEEK 6

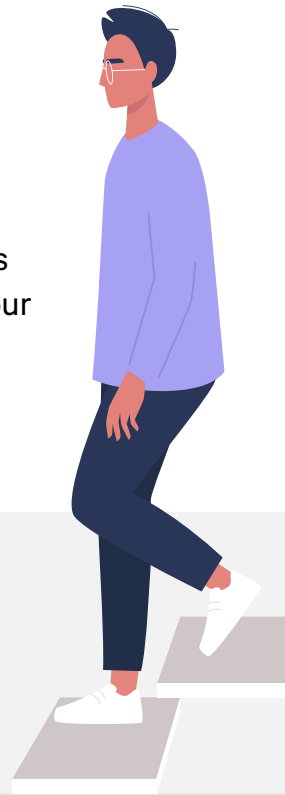
Now we're halfway through, we want to check in on how you're feeling and progressing on your journey.

This is a good time to look back on previous weeks and see how you're doing.

# CHECK-IN

You've done really well to stick with the programme this far, so don't forget to reward yourself for all your hard work.

Look back at the Getting Started section or [click here](#) as a reminder of the rewards you promised yourself for overcoming your barriers to exercise.



Before we started, we asked you what activity you did each week.

Look back at the Getting Started section or [click here](#) and see how it compares to what you're doing now.



Use the space below to make a note of anything that's changed.

We also asked you if there was anything that stopped you from exercising or got in the way.

Looking back at what you said, has anything changed?



Use the space below to make a note.

# MAKING PROGRESS

In the first week, you wrote down what you wanted to achieve during this programme.

Has anything changed, or have you made any progress towards your goal?



Sometimes things change, so if you want to update any of your goals now, use the space below to make a note.



Use the picture below to mark any areas where you have pain during exercise. Mark the pain from 1 to 10.

**NECK**

1	2	3	4	5
6	7	8	9	10

**SHOULDERS**

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**ELBOWS**

1	2	3	4	5
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**HIPS**

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**KNEES**

1	2	3	4	5
6	7	8	9	10

**BACK**

1	2	3	4	5
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**HANDS AND WRISTS**

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**FEET AND ANKLES**

1	2	3	4	5
6	7	8	9	10

# WEEK 7

This week's focus is on the heart and lungs and how important it is to keep them healthy.

You can mix it up with 150 minutes of moderate exercise or 75 minutes of vigorous or a combination of the two.

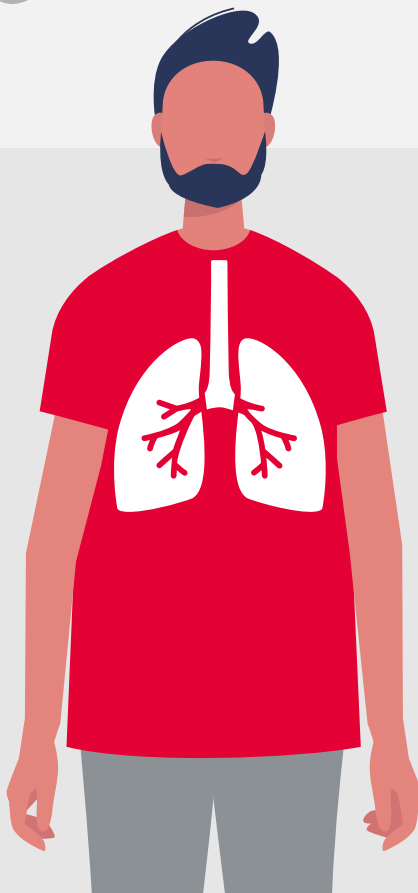
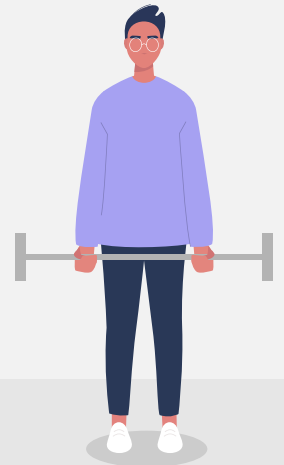


Watch the video:

[www.versusarthritis.org/  
cardio-and-respiratory](http://www.versusarthritis.org/cardio-and-respiratory)

Exercise that makes you out of breath and gets your heart going is very important for your overall health and fitness.

Remember that the guidelines for adults in the UK say that we should aim for 150 minutes of exercise that gets us out of breath every week – that's five half-hour sessions.





# WEEK 8

This week's focus was on balance.

It's important to do activities to improve balance on two days a week, as this helps reduce the risk of falls.



Watch the video:

[www.versusarthritis.org/balance](http://www.versusarthritis.org/balance)

Dynamic balances focus on keeping your balance while moving, such as in running or walking exercises.

Static balance exercises involve keeping your balance while you're still, such as standing on one leg.







# WEEK 9

This week's session focused on posture and stability.

Lots of things can affect your posture – this could be something such as hunching over a desk or slouching.

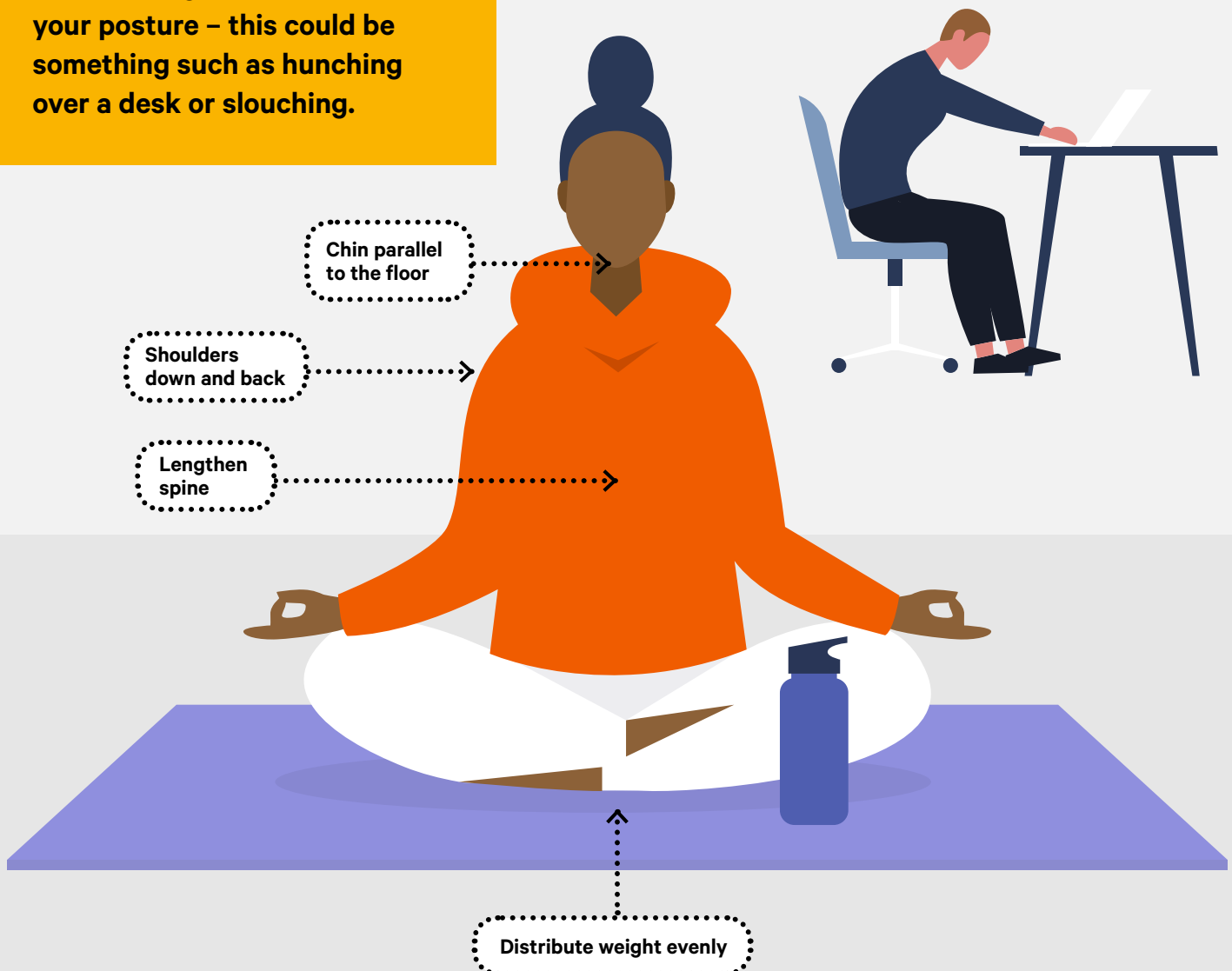


Watch the video:

[www.versusarthritis.org/posture](http://www.versusarthritis.org/posture)

Remember these tips to improve your posture and stability:

- lengthen your spine
- keep your shoulders down and back
- distribute your weight evenly when you walk or sit
- keep your chin parallel to the floor – eyes looking forward, not to the floor, can help with this.





# WEEK 10

This week's focus was on progressions and regressions.

How can we make exercises easier or harder, depending on how we're feeling?



Watch the video:

[www.versusarthritis.org/training](http://www.versusarthritis.org/training)

Remember the **FITT** principles:

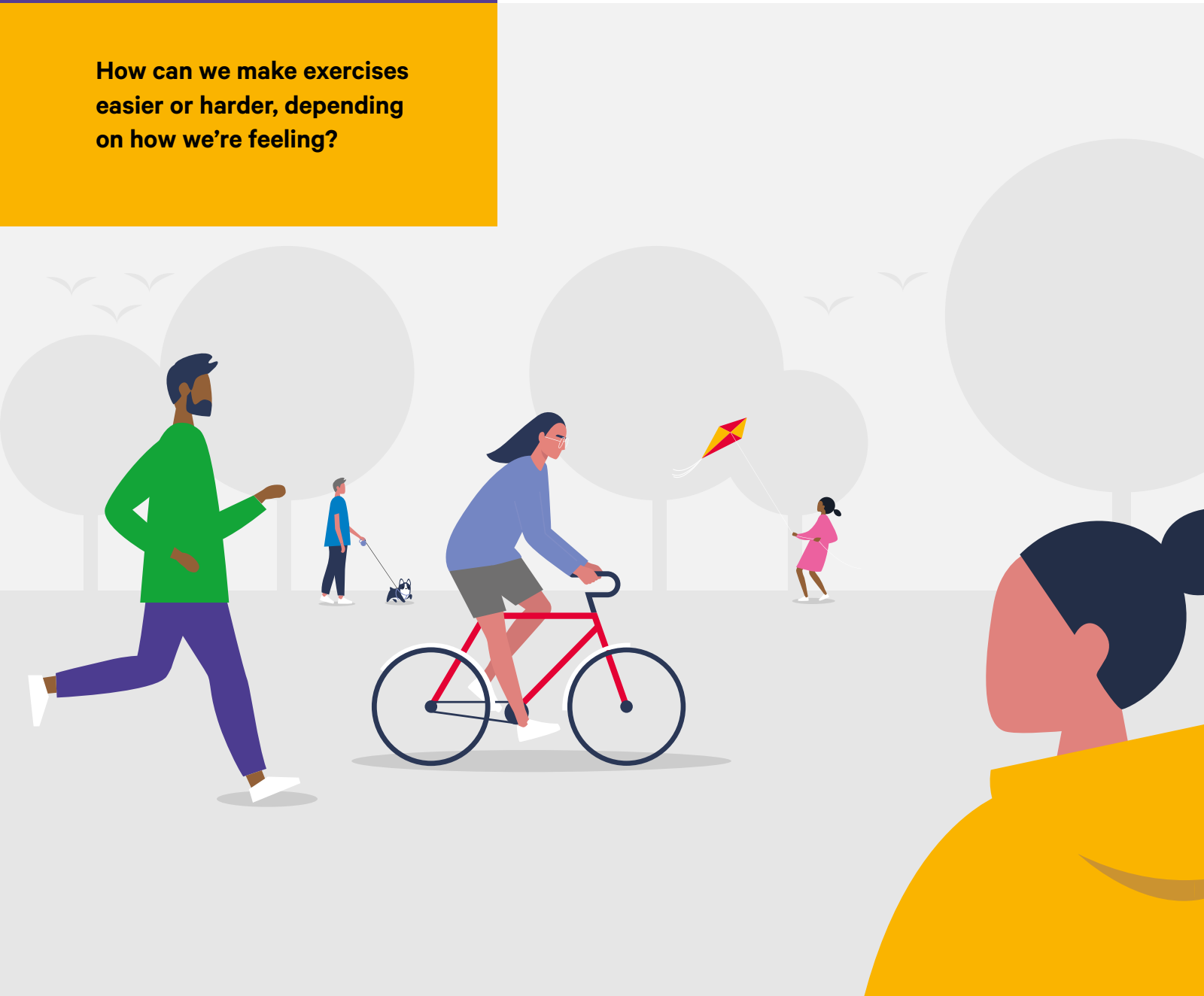
**Frequency** – how often do you exercise?

**Intensity** – how hard do you work?

**Time** – how long do you exercise for?

**Type** – what exercise are you doing?

You can alter all of these to make exercises easier on bad days or more challenging as you progress.





# WEEK 11

This week, we focused on stretching.

It's a good idea to stretch before you exercise too!



Watch the video:

[www.versusarthritis.org/flexibility](http://www.versusarthritis.org/flexibility)

Stretching exercises keep your joints moving properly and can help ease aches and pains.

They're often simple, and most of us already do some without even realising it – you may stretch your arms when you wake up, for example.





# WEEK 12

**Congratulations!**  
You've now completed  
the full exercise  
programme.

**It's time to look back at  
where you started and see  
how things have changed  
for you.**

## YOUR ACTIVITY

At the beginning and middle of  
the programme, we asked you  
what activity you did each week.

Look back at the Getting Started section  
[here](#) and Week 6 Check in section [here](#) and  
see how it compares to what you can do  
now that you're at the end.



Watch the video:

[www.versusarthritis.org/  
celebrating](http://www.versusarthritis.org/celebrating)



Use the space below to make a note of anything that's changed.



We also asked you if there was anything that stopped you from exercising or that got in the way.

Looking back at what you said, has anything changed?



Use the space below to make a note.



SAVE

Use the picture below to mark any areas where you have pain during exercise. Mark the pain from 1 to 10.

**NECK**

1	2	3	4	5
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**SHOULDERS**

1	2	3	4	5
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**ELBOWS**

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**HIPS**

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**KNEES**

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**HANDS AND WRISTS**

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**FEET AND ANKLES**

1	2	3	4	5
6	7	8	9	10

**BACK**

1	2	3	4	5
6	7	8	9	10

# ACHIEVING YOUR GOALS

You also wrote down what you wanted to achieve during this programme. Has anything changed, or have you made any progress towards your goal?



Now that the programme is over, what are your future goals for improving your activity?



## CONGRATULATIONS!

Well done for completing the programme. But your journey doesn't need to end here.

You can continue to use this booklet and the emails and videos you received to improve your activity levels. And don't forget to reward yourself for overcoming your barriers to exercise and making progress on your goals. Look back at the Getting Started section or [click here](#) as a reminder of the rewards that you promised yourself.

Try not to feel disheartened if you didn't reach all of the goals you set for yourself in the first week – you've been active, which is something to be proud of. You can still carry on with the programme, and you should notice an improvement over time.

Once you've completed this week's activity dose, you can tick it off below.

1	2	3	4	5	6	7	8	9	10	11	12



# ABOUT LEON

**Leon Wormley is a personal trainer and fitness expert with many years of experience in delivering specialised physical activity programmes to people with long-term health conditions such as arthritis.**

The director of Functional Fitness Solutions, Leon is passionate about working with people to overcome barriers to physical activity. Leon developed all of the exercises in this programme, and he worked together with us at Versus Arthritis to produce both this activity tracker booklet and the 'Let's Move with Leon' videos for our community of people pushing back against arthritis.

## KEEP IN TOUCH

Even though the programme is over, we'd love to hear from you about your exercise journey.

### **KEEP MOVING**

Sign up to our Let's Move emails and keep movement in your life.

[www.versusarthritis.org/letsmove](http://www.versusarthritis.org/letsmove)

### **JOIN OUR ONLINE COMMUNITY**

Chat to others about exercise in our Let's Move forum.

[community.versusarthritis.org/categories/letsmove](http://community.versusarthritis.org/categories/letsmove)

### **CALL OUR HELPLINE**

Call our helpline on **0800 5200 520** for information and support on exercising with arthritis.

### **CHAT TO AVA**

Our chatbot AVA has exercise advice and tips for people with different conditions.

[www.versusarthritis.org/ava](http://www.versusarthritis.org/ava)

### **FIND OUT MORE**

Read more about exercises for arthritis, as well as hints and tips.

[www.versusarthritis.org/exercise](http://www.versusarthritis.org/exercise)

### **FOLLOW US**

Join the discussion on Facebook.

[www.facebook.com/VersusArthritis](http://www.facebook.com/VersusArthritis)