

LochPower at Forth Valley Loch, in the grounds of Forth Valley Royal Hospital, Larbert.

LOCHPOWER

Any amount of physical activity, however small, is good for you. Continuing to enjoy local walks, jogs, cycles or doing a few strength and balance exercises everyday is a great way to clear your head and stay active. It doesn't matter what you do, as long as you do something that you enjoy and keep moving.

Welcome to Larbert Loch

Strength and balance are often overlooked aspects of our fitness. So, whatever your age, here are nine strength and balance exercises that you may like to try during your visit to Larbert Loch. You could if you choose easily adapt these to do at home as well.

Consider taking five minutes at this bench to do some, or all, of these exercises, which will help with your strength and balance.

A nice goal is to aim for twice a week and gradually increase it to every other day. These exercises will benefit your health and wellbeing for sure!

Aim for ten repetitions of each exercise. If that seems too much, try five and build up.

If you feel that it's too easy, try three sets of ten, and maybe add resistance by using hand held weights or bottles filled with water to some of the exercises.

Doing these strength and balance exercises twice a week or more, will help you be independent and will prevent falls and injury.

With thanks to Nanette Mutrie, Professor of Physical Activity for Health, University of Edinburgh.

Please scan this QR code for lots more useful information



Loch Power Board.pdf

The benefits of being out and exercising in greenspaces is well documented in terms of just how good that is for our physical and mental health and wellbeing. NHS Forth Valley are keen to encourage staff, patients and visitors to use all our sites to benefit their health and wellbeing.

Forth Valley Royal Hospital in Larbert has the added advantage of being located within peaceful and tranquil woods and a loch area teeming with wildlife, all a few minutes walk from the main entrance. Working together; Professor Nanette Mutrie from Edinburgh University; Forest & Land Scotland; NHS FV; Paths for All; Maggie's and Forth Environment Link: we are really excited to bring LochPower to the greenspace at FVRH in Larbert. LochPower offers a great opportunity, as part of your walk or cycle around the loch and wider greenspace area, to pause for a few moments and do some, or all, of the 9 highlighted strength and balance exercises.

Strength and balance exercises are so important for our health, wellbeing and independence throughout our lives yet they can be easily overlooked, as people focus on living their

everyday lives. Doing simple strength and balance exercises twice a week will help to keep your bones, muscles and joints strong, which in turn will help you to continue to take pleasure in and enjoy the activities and lives you like to do each day. The added benefit being that, as we all get older, doing these exercises twice a week will improve our balance and help to prevent falls and frailty.

We want to encourage everyone no matter what your age, to know about the benefits of doing simple strength and balance exercises at least twice a week or even better spending just a few minutes everyday doing 10 repetitions of some of them. If 10 repetitions are too much, start with what is comfortable for you and build up to 10. If 10 is too easy, aim for 20 repetitions. What better place to do them than around the loch area at Forth Valley Royal Hospital? You'll go home feeling better than when you arrived for sure.

If you'd like to, you can leave your feedback by scanning the QR code on the bottom right of the sign and from here, you can access local free walks you can join in with too and local cycling information will be added in the coming months.

We look forward to seeing you on your walks around the grounds and pausing every so often to do one of more of the strength and balance exercises.

Now we have the template it would be easy for other areas to adjust the title and use the images, contact Niall Hammond at Inglewood Press for price etc:

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