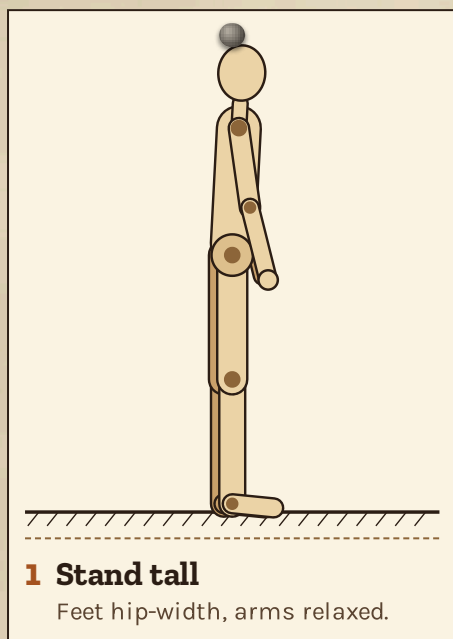


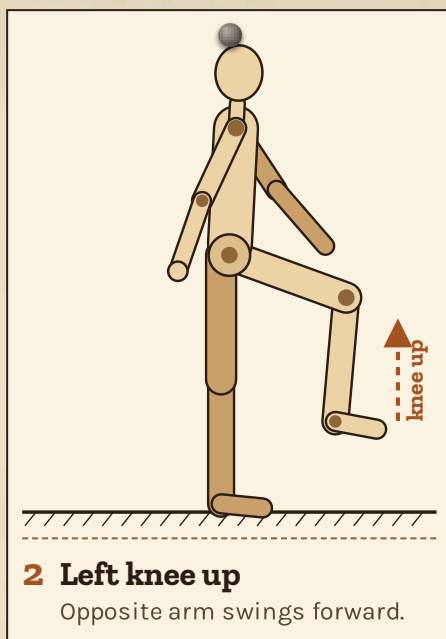


Marching on the spot

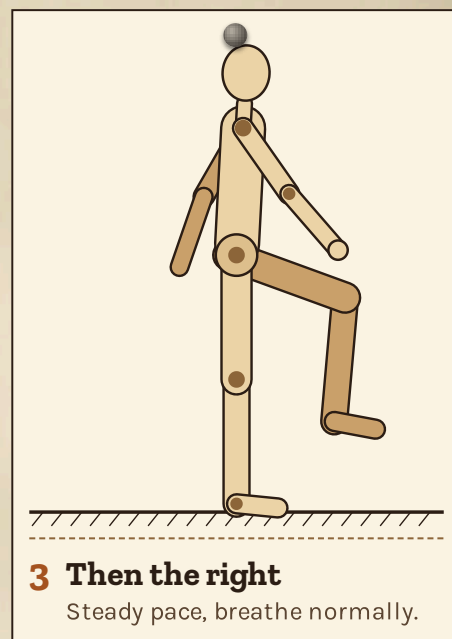
Gets the heart going gently and keeps your hips moving. All you need is a bit of floor, with a chair nearby if you want something to hold.

**1 Stand tall**

Feet hip-width, arms relaxed.

**2 Left knee up**

Opposite arm swings forward.

**3 Then the right**

Steady pace, breathe normally.

The beat

A steady pace, about one step a second. 10 with each leg is one set. Build up to a minute or two without stopping.

How to do it

1. Stand tall, feet hip-width apart, with a sturdy chair nearby if you want it for balance.
2. Lift your left knee towards hip height, or as high as feels comfortable.
3. Put it down gently and lift the right knee.
4. Swing your arms as you go, opposite arm to leg.
5. Keep a steady pace and breathe normally. You should still be able to talk.

Make it fit you

Easier

Just lift your heels in turn, or march sitting on a chair.

Harder

Lift your knees higher and keep going for two or three minutes.

Balance

Hold the back of a chair. Dizzy or short of breath? Stop and sit down.

Tally board

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set 1							
Set 2							
Set 3							

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.

Too stubborn to quit

Watch the video at stubbhorncarpenter.com/training/marching-on-the-spot/ This is what worked for me, not medical advice. If you have a heart condition, have had surgery, or feel dizzy, chest pain or breathlessness, stop and check with your GP before carrying on.