



Transcript: Gentle warming up exercises

Hello there. My name is Lizzie, and today I am joined by Anthea and also by Marion, and today we are going to be taking you through a stretching routine and a warm-up routine to get your body ready for movement.

Both Anthea and Marion are living with blood cancer, and remember that blood cancer is different for everybody, so please just move with comfort, move with compassion, and get your body ready for some exercise.

Deep breaths

Okay, so we're going to gently warm up our body from top to toe, and we're going to begin by taking three lovely deep breaths. So inhale through the nose and exhale through the mouth, and again, inhale through the nose and exhale through the mouth. Good, lovely, taking one more big, big breath in through the nose and out through the mouth. Good, lovely.

Marching

And then we're going to bring ourselves to a nice, gentle march. Good, lovely. Just allow the arms to swing naturally by your side and just gently lift the feet off the floor. And just try to stand nice and tall as well while you're doing this, and keep that lovely breath coming in and out through the nose and the mouth. Good, lovely.

Alright, we're here just a little bit longer, good. And then we're going to bring it to a standstill, lovely.

Head and neck

And then we're going to start at the top. So we're just going to gently mobilize the head, just allowing a nice stretch through the neck, come back to center. Move really kindly. Move really gently, taking one more round, keep the breath smooth in the body. And again, wonderful, brilliant, and lifting up and slowly lowering down, and again, breathing in and breathing out, wonderful.

Shoulders

And then let's get those shoulders moving as we make nice big circles, as we lift the shoulders up, squeeze them back and down, taking one more breathe in and breathe out.

And let's just reverse that for three, good, for two, lovely and for one, fantastic.



Arms

And then I just want you to reach forwards and then pull back. And again, push forwards, pull back. Let's take one more, breathe in, breathe out, and maybe give your arms and your wrists a lovely little rotate. There we go, three of those.

Side of the body

And then take the hand to the back of the head or the shoulder, and let's just stretch the side of the body. Let's do for three, nice big breath in for two, and again, one more time, great. And straight to the other side. So just giving a nice stretch down the side of the body and through the spine. Good. One more time. Breathe in and breathe out. Good.

Hips, ankles and knees

Let's just have a little march. Let's get a little bit of movement through the lower body again. Brilliant. Alright, so let's just get the hip mobile a little bit more as well, and maybe up through the ankle and the knee. Good. Let's just take one more of those and then go to the other side. Fantastic. Good, lovely.

And then we're going to take a nice step back and just pause there for a moment. And then we're going to bring the leg in, and we're going to take another nice step back, keep a soft bend in the knee and just flatten the back foot. Good, lovely. And then we'll take a step forwards, soften the knees, come back, and another little step forwards, good, bring it back.

And then let's just get back into that nice march. Good, maybe lifting the knees a little bit higher, swinging those arms a little bit more purposefully, alright, so find a little bit of marching. Now, the body is nicely warmed up and you're limbered up to then go on to the next bit of exercise. So well done.