

# ANXIETY

**General notes for Anxiety** – Consider doing the exercises with a friend or family member. They will help keep you motivated and support you. Try to create a regular exercise routine. Go with exercises you enjoy, you could always try swimming, yoga, Pilates, or tai-chi. These will all help with relaxation and minimising stress.

EXERCISE	TIME/LEVEL	NOTES
<p><b>Warm Up:</b></p> <ul style="list-style-type: none"> <li>• March on Spot</li> <li>• Heel Flicks</li> <li>• High Knees</li> <li>• Jog on Spot</li> <li>• Heel Flicks</li> <li>• High Knees</li> <li>• Jog on Spot</li> </ul>	<p>30 seconds on each exercise. Repeat twice.</p>	<p>The warm-up should be gradual and slowly increase the intensity throughout. At the end you want to the whole body to feel warm, so you are ready to exercise.</p>
<p><b>Main Section:</b></p> <ul style="list-style-type: none"> <li>• Speed Skaters</li> <li>• Forward Lunge</li> <li>• Standing Climbers</li> <li>• Reverse Lunge</li> <li>• Star Jumps</li> <li>• Forward Punches</li> <li>• Inchworm</li> <li>• Plank</li> </ul>	<p>45 seconds each exercise. 15 seconds rest.</p> <p>2-minute rest after circuit. Repeat circuit three times.</p>	<p><b>Speed Skaters</b> – Hop to the side on one foot and the opposite foot comes behind and then repeat on the other side, as the rhythm picks up, the speed should increase.</p> <p><b>Lunges</b> – Keep your upper body straight, with your shoulders back, (pick a point to focus on in front of you so you do not keep looking down). Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Bring the legs back together and go again on the other side.</p>



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**Cool Down:**

- Quadricep Stretch
- Hamstring Stretch
- Torso Twist
- Chest Stretch
- Shoulder Stretch

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**Hold all stretches for a minimum of 20 seconds on each side.**

**These stretches should be done lightly and not to the point of over stretching/causing discomfort.**

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**Training Disclaimer:** As with any form of exercise there is a risk of injury that may and could occur. By following this exercise plan, you acknowledge that you are happy and fully agree to take part in this exercise routine. In addition, by following this exercise plan you agree to take part in any activities at your own risk and Derby County Community Trust will not be liable for any injuries that may occur during any session.

**Standing Climber** – One knee raises up as the opposite hand reaches up then repeat on the opposite side.

**Star Jumps** – Jump the feet from neutral to each side, at the same time, raise the arms from the side to over the head, and repeat.

**Forward Punches** – One hand punching out at a time in line with your shoulders.

**Inchworm** – Stand tall, bend at the hips and reach hands to the floor, walk the hands so in push up position and then walk the hands back to start position.

**Plank** – Place your elbows and forearms on the floor along with the toes, ensure your whole body creates a straight line and hold this.

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**Quadricep Stretch** - Stand up, lift your right foot, and grasp it with your right hand. If this is too much you can hold the lower leg or shoe. Pull the foot toward your butt, hold, and repeat with the left foot.

**Hamstring Stretch** – Take a big step forward, make sure the leg at the front has a slight bend and the back leg is straight. You should feel this stretch in the hamstring of the back leg, if you can't feel it, bend the front leg slightly more.

**Torso Twist** – Start with your hands down by your side and keep your head facing forward throughout the move. Swing your arms from side to side and wrap them around the hips. The aim here is to remove any tension that may be in the back.

**Chest Stretch** – Place the palm of your hands on to the base of your back then look up, chest out and squeeze the shoulders blades together.

**Shoulder Stretch** – Bring the right arm straight out in front then bring it across the front of the body. Grab hold of the arm with your left arm so it doesn't move and pull the arm close, so you feel the stretch in your shoulder.