

Deadheading, pruning and cutting back



Benefits:

- helps improve **bending** and **reaching**
- helps to keep **muscles stretching** and **relaxing**
- helps **maintain standing** or **sitting balance**.

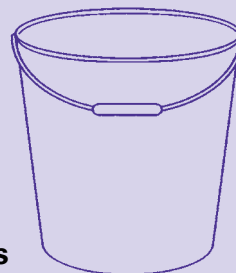
"Cuttings things, and moving things around are really good physical exercise, and it gets the blood flowing."

You will need:

Secateurs



Bucket or container to dispose of cuttings



- ① Make your cut as cleanly as possible to avoid any damage to the plant



"The more physical the effort, the more it keeps me strong and mobile."

- ② Cut at an angle just above the bud



- ③ Prune any straggly branches by half, to a strong shoot or outward facing bud



- ④ Remove all dead flower heads to get more flowers



- ④ Dispose of cuttings

