

EXERCISES YOU CAN DO



EXERCISE COMES IN VARIOUS FORMS

- Aerobic
 Flexibility
 Resistance Training
 Balance



RECOMMENDED AMOUNT OF EXERCISE

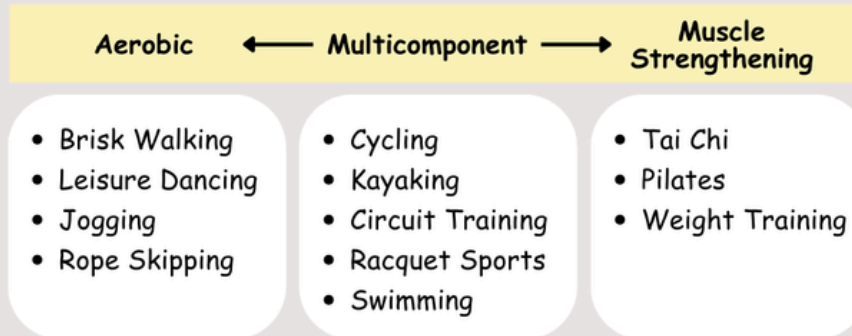
- Exercising 3 times or more per week is recommended
- Aim for at least:
 - 150 minutes of moderate-intensity aerobic activity per week
 - OR
 - 75 minutes of vigorous-intensity aerobic activity per week

MEASURE EXERCISE INTENSITY - "TALK TEST"

Intensity	Talk Test
Light	Able to talk and/or sing while moving
Moderate	Able to talk but not sing while moving
Vigorous	Difficulty talking or singing while moving

TYPES OF EXERCISES

Examples of Aerobic and Muscle Strengthening Activities



Examples of Stretches



Calf Stretch

- Stand a comfortable distance away, facing a stable support surface (e.g. wall, table or railing)
- Place both hands on the support surface
- Take a big step back with your right leg
- Lean forward and bend your left knee, keeping your right heel on the ground and right knee straight
- When you feel the stretch, hold for 30-60 seconds
- Repeat 3 times on each side

Quad Stretch

- Stand close to a stable support surface
- Hold onto the support with your left hand
- Bend your right knee behind you and hold onto your ankle with your right hand
- Stretch by gently pulling your ankle towards your buttock, while maintaining an upright posture
- Hold for 30-60 seconds
- Release slowly
- Repeat 3 times on each side

Tricep Stretch

- Bring your right arm up overhead and bend your right elbow
- Hold onto your right elbow with your left hand
- Gently pull your right arm close towards your ear
- When you feel a stretch, hold for 30-60 seconds
- Release slowly
- Repeat 3 times on each side

Examples of Balance Exercises

- Balance exercises performed 2-3 times a week have been shown to be effective in preventing and reducing falls
- Supervision may be required as these exercises can be slightly challenging to stimulate improvements in balance



Tandem Stance

- Stand next to a stable support surface and place one hand on it
- Place your right foot directly in front of the left, forming a straight line
- Hold for 10 seconds
- Bring right foot back to neutral, parallel to the left
- Repeat with the left foot

Single Leg Stand

- Stand facing a stable support surface
- Place one or both hands on the support for balance
- Lift your right leg up, standing tall on your left leg
- Maintain balance and count to 10 before lowering your right leg
- Repeat 3-4 times on each leg

Side Walk

- Stand facing a stable support surface
- Place both hands on the support
- Standing tall, take 5-10 steps to the right
- Keep eyes and trunk facing forwards throughout
- Repeat the same towards the left
- Repeat 3-4 times

As you become steadier or more confident, rely less on your hands for support.

PROGRESSION

- Gradual progression is recommended for deconditioned or new exercisers
- A progression rate of 5-10% per week is usually well-tolerated
- Progression should generally not exceed 10% per week

Examples of Resistance Exercises

Resistance exercises performed 2-3 times a week has been shown to improve muscle mass and strength, which are important for daily activities.

- Bottles filled with water or rice are alternatives to dumbbells as weight!



Squats

- Stand with your feet shoulder-width apart
- Bend at your hips and knees as if sitting back onto a chair
- Only go as low as you are comfortable
- Repeat for 2-3 sets of 6-10 times, with 1 minute rest in between

Lunges

- Stand with your feet staggered, hold onto a support if needed
- Keep your body upright, take a lunge by bending both your knees
- Straighten both legs back to the starting position
- Repeat for 2-3 sets of 6-10 times with both legs

Wall Push Ups

- Stand about 1 arms length away from the wall
- Place both hands on wall at shoulder height
- Bend both elbows to bring chest towards the wall
- Straighten both elbows back to neutral
- Repeat for 2-3 sets of 10-12 times



Shoulder Press

- Hold onto 2 dumbbells of suitable weight, start with weights in front of shoulders, elbows bent
- Press both weights upwards
- Slowly lower the weights back to the starting position
- Repeat for 2-3 sets of 6-10 times

Side Raises

- Start with your arms by your side, a weight in each hand
- Raise the weights sideways, to shoulder height
- Lower the weights slowly to the starting position
- Repeat for 2-3 sets of 8-12 times