

# Stay Active, Stay Strong, Stay Steady!

## Level 1 - I should move more to improve my current function

Exercise is important for you to stay active, strong and steady as you grow older.

Staying active ensures you have enough stamina to perform daily activities, such as walking to the market or standing to cook.

Staying strong ensures you are able to carry out daily tasks easily, such as carrying groceries or lifting the bed to change bed sheets. Doing strengthening exercises will improve your muscle strength.

Staying steady ensures you maintain your balance and prevents falls. Doing balance exercises will improve steadiness on your feet.

Read on to learn how to improve your overall physical activity.

# Stay Active, Stay Strong, Stay Steady!

## Level 1 - I should move more to improve my current function

### Stay Active

- Stand and walk for at least 1-2 minutes for every 30 minutes of sitting.
- March on the spot or go for daily walks for 10-20 minutes. Use a walking aid and rest in between if needed.

### Stay Strong and Steady



HPB video: You Can Get Moving  
7 Easy Sit Down Exercises



HPB video:  
7 Easy Exercises to an Active Lifestyle

- You may do **7 Easy Sit Down Exercises** or **Level 1 Foundation Exercises** (Page 3) at least 2-3 times a week.
- Progress to **Level 2 Intermediate Exercises** or **7 Easy Exercises to an Active Lifestyle** if you are able to.
- Scan the QR codes for the video and handout links.
- Consult your doctor or physiotherapist for guidance in building your exercise.



NHGP Physiotherapy Services: Stay Active, Stay Strong and Stay Steady!

### Stay Strong

For the exercises below, lift and lower yourself or the weight in a controlled manner.

Aim to do each exercise **8-15 times, 2-3 sets** well before progressing to the next level. Do at least **2 times a week**.

If you feel any pain during the exercise, slow down or do less repetitions. If pain persists, stop exercise and seek medical advice accordingly.

#### Arm Lift



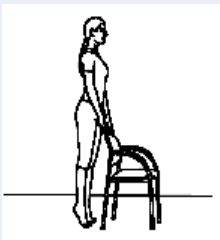
Lift a 500 ml water bottle towards your shoulder. Slowly lower the water bottle.

#### Sit to Stand



Stand up from a stable chair, use your arms to support if needed.

#### Heel Raises



Hold on to a stable object. Lift your heels and stand on your toes. Slowly lower your heels.

# Stay Active, Stay Strong, Stay Steady!

## Level 1 Foundation Exercises

### Stay Steady

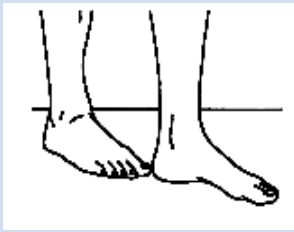
Do these exercises near a stable support and with supervision if needed.

You should feel slightly wobbly during the exercise but should not feel like you are about to fall. Try not to rely on holding on for support if possible.

It is normal to take a step to recover your balance.

Do these exercises at least **3 times a week**.

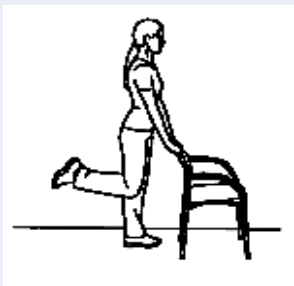
#### Heel toe stand



Lightly hold on to a stable support, stand with one foot in front of the other.

Aim to maintain for **10 seconds, 10 times** on each side.

#### One Leg Stand



Lightly hold on to a stable support, lift up one leg.

Aim to maintain for **10 seconds, 10 times** on each side.