

Stay Active, Stay Strong, Stay Steady!

Level 2 – I aim to achieve optimal function and an active lifestyle!

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.

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Stay Active

- Incorporate physical activities into your daily or weekly routine.
- Walk more to visit friends or to run errands.
- Gradually increase walking pace so that you feel slightly breathless but are still able to hold a conversation.
- Aim for 30 minutes of walking or 10,000 steps per day

Stay Strong and Steady



HPB video:
7 Easy Exercises to
an Active Lifestyle

- Do **Level 2 Intermediate Exercises** (Page 3) at least 2-3 times a week.
- Additionally, you may do **7 Easy Exercises to an Active Lifestyle**.
- Progress to **Level 3 Advanced exercises** if possible.
- Scan the QR codes for the video and handout links.
- Aim to do at least 2-3 times a week.
- Consider enrolling in the Gymtonic programme (www.gymtonic.sg)



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



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Level 2 Intermediate Exercises

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.

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

Arm Lift



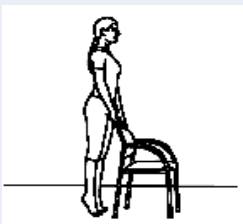
Lift a 500 ml water bottle above your shoulder.
Slowly lower the water bottle.

Sit to Stand



Stand up from a stable chair.
Try not to use your hands for support.

Heel Raises



Hold onto a stable object.
Lift your heels and stand on your toes.
Hold for 10 seconds.
Slowly lower your heels.

Stay Steady

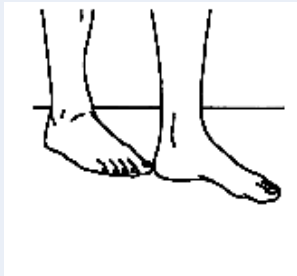
Do these exercises near a stable support and with supervision if needed.

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

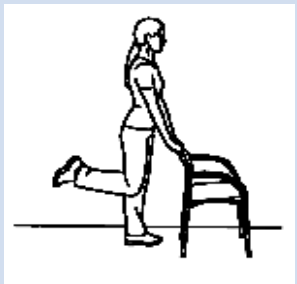


Stand close to a stable support, lightly hold on to it if needed.

Stand with one foot in front of the other.

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

One Leg Stand



Stand close to a stable support, lightly hold on to it if needed.

Lift up one leg.

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