



Safe exercise at home

HOW HARD SHOULD YOU WORK?

Aim to do at least 30 minutes of physical activity most days of the week. This can be a single 30 minute session, or several shorter episodes of activity (eg 3 x 10 minute sessions). Each week, you should also include several types of exercises:

Fitness (cardiovascular) exercise

- You should feel a little out of breath, but still be able to talk. If you are too out of breath to talk you are working too hard.

Strength exercise

- If you haven't done an exercise before, start with either no weight or a light weight that you can use comfortably. Focus on doing the exercise correctly before increasing the weight.
- It's helpful to look at yourself in the mirror, or to film yourself with a camera on your phone/ computer/ tablet (eg iPad) to be sure you are doing the exercise correctly.
- You should be able to do each exercise 8 - 12 times (called the number of repetitions), then rest, and repeat each set of repetitions another 1-2 times. If you are doing 12 repetitions easily it may be time to increase the weight.

Balance exercise

- Stay safe! Make sure you have a bench / table / wall close by for support.
- These exercises work your balance, so you should feel a little unsteady, but still in control.
- If you feel you might overbalance, the exercise is too challenging. If so, try an easier version. One way you can make standing balance exercises easier is by increasing the distance between your feet.

Many exercises work both strength and balance together, so in the three exercise levels provided on the *Safe exercise at home* website, we have grouped them together.

The information on the "Safe exercise at home" website is not intended to replace individual health professional care. If you have any concerns or questions about what you can safely do, you should seek professional advice from your doctor, physiotherapist, or other health professional with expertise in exercise prescription.