

SAFE EXERCISE AT HOME

LEVEL 3 - ADVANCED

These exercise suit people who:

- Regularly walk (at least 30 minutes in one session)
- Feel steady walking outside
- May attend a gym
- Engage in activities such as gardening

If you have had two or more falls in the past 12 months it is advisable to start on level 1 or 2. You should consult your doctor or physiotherapist to help you reduce your risk of falling.

Fitness exercise

- Walk outdoors.
- If you are unable to go outside, try climbing up and down stairs, putting on some music and walking around the house or marching on the spot (high stepping).
- Go swimming, or ride a bike (outdoors or an exercise bike) if you enjoy these activities.

Strength and balance exercises

- Check if your gym or exercise class has classes available on-line. You can replace weights with tins of food, water bottles or milk bottles filled with sand or water, or elastic/TheraBand's.
- Stand up and sit down from a chair without using your arms.
- Rising up onto your toes.

EXERCISE EXAMPLE - LEVEL 3, ADVANCED

Some examples of exercises for this level are shown on the next page. Remember it is important to exercise safely. If you need assistance, a physiotherapist can help.

You can print these out and place where you can see them (e.g. your fridge). You can record your exercises on the calendar.

The *Safe exercise at home* website also has links to video / YouTube videos of suitable exercises, and tips on how hard you should work and how to stay motivated.

The information on the *Safe Exercise at Home* website and in this booklet are not intended to replace individual health professional care. Please contact your doctor, physiotherapist or exercise professional if you have concerns of questions about your exercise program.

Stand in tandem stance



Aim:

To improve your ability to stand and balance.

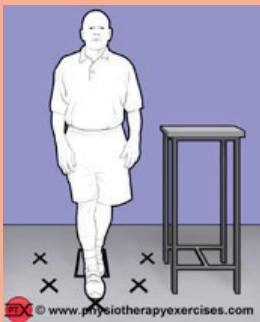
Instructions

Have a stable support nearby. Stand with one foot forward in front of the other. Practice maintaining the position. Use the hand support if you feel unsteady. Repeat with other foot in front.

Progressions and variations

Less advanced: 1. Position the feet in semi-tandem stance. 2. Position the feet further apart. More advanced: 1. Remove hand support. 2. Turn head and trunk in different directions. 3. Add movement of the arms in different directions. 4. Throw and catch a ball in this position. 6. Stand on one leg.

Stepping to targets with hand support nearby



Aim

To improve your ability to walk in different directions.

Instructions

Position yourself standing with feet hip width apart and targets placed in a semi-circle on the floor in front of you. Practice stepping to the targets alternately. Ensure that most of your weight is transferred to the stepping leg and that hand support is used if necessary. Repeat with the other leg.

Progressions and variations

Less advanced: 1. Decrease distance to the targets. More advanced: 1. Remove hand support. 2. Increase distance to the targets. 3. Place the targets in a full circle.

Walking up and down stairs



Aim

To improve your ability to walk up and down stairs.

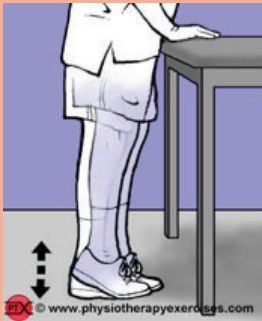
Instructions

Position yourself standing at the bottom or top of a flight of stairs. Practice walking up and down the stairs.

Progressions and variations

Less advanced: 1. Walk down one step at a time. 2. Use hand-rail for balance. More advanced: 1. Increase the height of the stairs. 2. Wear a backpack with weights in it.

Bilateral calf raises



Aim

To strengthen your calf muscles.

Instructions

Position yourself standing with your feet together. Start with your heels on the ground. Finish with your heels off the ground.

Progressions and variations

Less advanced: 1. Provide hand support for balance. More advanced: 1. Stand on one leg at a time.

Walk heel to toe



Aim

To improve your ability to walk and balance.

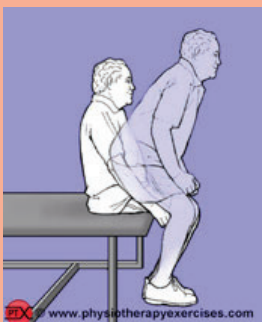
Instructions

Position yourself standing on a line with one foot directly in front of the other. Practice walking along the line by placing one foot straight in front of the other, i.e., heel to toe.

Progressions and variations

Less advanced: 1. Place feet on either side of the line.

Standing up and sitting down



Aim





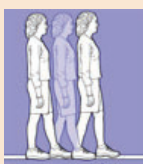

To improve your sit to stand ability

Instructions

Position yourself sitting on a chair or bed with your feet underneath your knees. Practice standing up and sitting down. Make sure your weight is spread evenly on both feet.

Progressions and variations

Less advanced: 1. Increase the height of the chair. More advanced: 1. Decrease the height of the chair.

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							