



SAFE EXERCISE AT HOME

STAY SAFE WHILE EXERCISING

Stay safe while you exercise. Here is a checklist to help you:

- Have a clear space to exercise. Remove obstacles (eg rugs, cords, furniture) so you don't trip over.
- Exercise in a well-lit area that is not too hot or cold.
- Wear comfortable clothing you can move in, and wear well-fitting shoes or runners.
- Drink water before and after exercise.
- Balance type exercises must be done safely. Use a bench, table, or sturdy chair next to you or in front that can be used to steady yourself if needed, and/or a wall close behind you to steady yourself if needed.
- Start any new exercise, slowly and carefully. If there is a video, watch the video before you try the exercise. If the exercise has an 'easy' and a 'hard' option, try the easy option first.
- Have someone else nearby when you exercise if possible, especially for the first time (respecting any social distancing recommendations). Alternatively keep your phone in reach if you live alone.
- Muscle soreness can occur after exercise, especially new exercises. This soreness should go away after a couple of days. If pain persists for more than a few days after exercising, seek health professional advice.
- Listen to your body! If an exercise is causing you pain, discomfort, or you feel unsteady or unsafe, either modify the exercise (eg do an easier version, hold on for balance support) or leave it out. Seek advice, if you need, from an exercise specialist (physiotherapist/exercise physiologist).
- After a minor illness (eg cold) you might start at a lower level than usual and slowly work back up to where you were.
- If you have a new major illness (eg went to hospital) or are below your usual level of ability, seek advice from a health professional to start your exercises safely.

- ❑ If you have two sets of glasses (for close up and distance), use your distance glasses when walking outdoors. Take extra care when walking outdoors if you have new glasses.
- ❑ Watch out for trip hazards like tree roots, dogs and uneven footpaths.

Seek advice from your doctor or health professional prior to starting exercise if you have had two or more falls in the past 12 months, a recent heart problem, shortness of breath, chronic pain or other serious medical condition

Stop exercising immediately if you become dizzy, develop chest pain or feel unwell. You should discuss these problems with your doctor

We provide examples of ways to stay active during COVID-19 at three levels of function and fitness. ***If you are not sure which level best suits you, start at the easiest level (Level 1)*** and work your way up. Also review the sections on [how hard should you work](#) and [tips for staying motivated](#) which gives additional tips on your exercise program. Remember if you need assistance, a physiotherapist can help.

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.