



SAFE EXERCISE AT HOME

STAY SAFE USING ONLINE EXERCISE RESOURCES

Before you start:

- Do you have the necessary technology? A laptop or tablet (eg iPad) is ideal. The screen of a phone may be too small.
- Do you have a reliable internet connection? If not print the exercise sheets.
- Can you see your screen easily while you exercise? Set your computer or tablet up somewhere stable where you can easily see the screen. Rest it on a few large books on the kitchen bench to make the screen the right height.
- If applicable, can you hear the instructions? Try turning up the volume on your device.
- Get your equipment ready (eg weights, sturdy support, water bottle, etc).
- If you are doing a live online class, make sure you have the correct app downloaded (eg Zoom, Skype). Contact your instructor if you're unsure.
- Have a clear space to exercise. Remove obstacles (eg rugs, cords) so you don't trip.
- Remove potential distractions and risks such as pets.
- Exercise in a well-lit area that is not too hot or cold.
- Wear comfortable clothing you can move in and well-fitting shoes or runners.

While exercising and watching your screen

- Only have one exercise on your screen at a time.
- Exercise at your own pace. Don't try to keep up with the exercise demonstrator.
- Balance exercises must be done safely. If needed, use a bench, table, or sturdy chair next to you or in front and a wall close behind to steady you.

- ❑ Listen to your body! If an exercise causes 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).
- ❑ 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.
- ❑ 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.
- ❑ If you are doing a live online class (eg one run by a health professional or exercise instructor) make sure you can see the instructor and they can see you. It may be distracting if you can also see other people exercising.

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 give 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.