

# SAFE EXERCISE AT HOME

## LEVEL 2- MODERATE

These exercises suit people who:

- have a well-controlled medical condition
- can walk down the street
- get puffed easily or feel a little unsteady while walking
- get minimal help with daily activities.

It is important to exercise safely, a physiotherapist can help you decide how to start exercising safely.

### Fitness exercise

- Try and be physically active for 5 minutes every hour, such as walking twice round your whole house
- Use the kitchen bench for stability to do exercises such as walking sideways or marching up and down on the spot
- Put some music on for motivation
- Use the television advertisement breaks to exercise
- Try to walk outside round your house or round your street block at least once daily.

### Strength and balance exercises

- Stand up from your chair 10 times every hour or so. See if you can do it without using your arms.
- Use the kitchen bench for stability and rise up onto your toes 10 times

## EXERCISE EXAMPLE - LEVEL 2, MODERATE

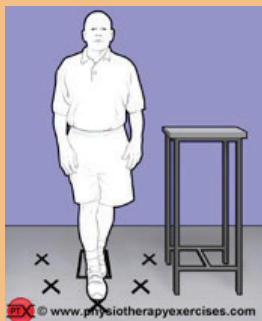
Examples of exercises for this level are shown on the next page. Remember to exercise safely. If you need assistance, a physiotherapist can help you decide how to start exercising safely.

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

For more exercise ideas, see the *Safe Exercise at Home* website for links to video / YouTube videos of suitable exercises.

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.

## Stepping to targets with hand support nearby



### Aim

To improve your ability to walk in different directions.

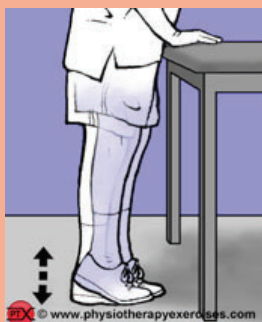
### Instructions

Position yourself standing with targets placed in a semi-circle on the floor in front of you. Practice stepping to the targets alternately. Ensure that you move most of your weight to the front leg. Hand support can be used if necessary. Repeat with the other leg.

### Progressions and variations

Easier: 1. Decrease distance to the targets. Harder: 1. Remove hand support. 2. Increase distance to the targets.

## Bilateral calf raises



### Aim

To strengthen your calf muscles.

### Instructions

Stand with your feet together holding on to a support. Start with your heels on the ground. Rise up onto your toes. Lower your heels back to the ground. Repeat 10 -15 times per set.

### Progressions and variations

Harder: Use less hand support.

## Standing up and sitting down



### Aim

To improve your ability to stand up.

### Instructions

Sit 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. Repeat 10 - 15 times.

### Progressions and variations

Easier: 1. Use a higher chair. 2. Use hands to assist. Harder: Use a lower chair.

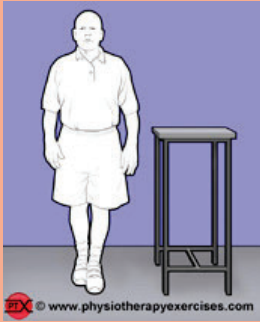
## Stand in semi-tandem stance

### Aim

To improve your standing balance.

### Instructions





Have a stable support nearby. Stand with one foot forward with no space between your feet. Practice standing steady in this position for up to 30 seconds. Use your hands for support if you feel unsteady. Repeat with other foot in front. Do this 3 or 4 times.



### Progressions and variations

Easier: 1. Position the feet further apart.

Harder: 1. Remove hand support. 2. Turn head and trunk in different directions. 3. Stand with one foot directly in front of the other.

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
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	Wk 2							
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