

SAFE EXERCISE AT HOME

The Safe Exercise at Home website has been developed by physiotherapists from around Australia with clinical and academic expertise in exercise and other forms of physical activity for older people and people with mobility limitations.

This website is **not intended to replace individual health professional care.**

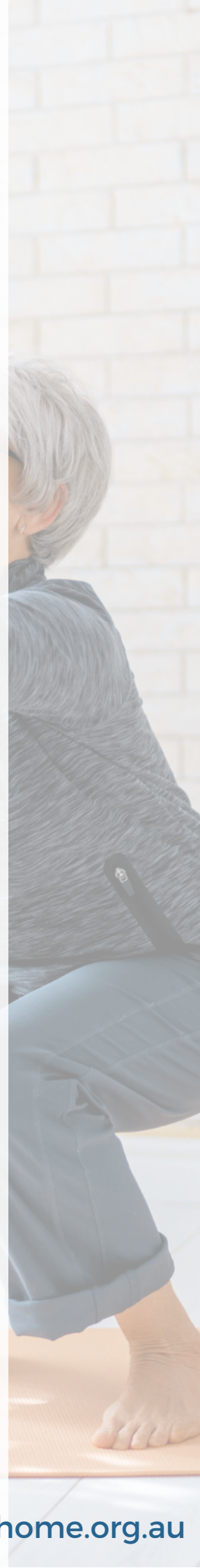
If you have any concerns or questions about what you can safely do, you should seek professional advice from your doctor, physiotherapist, or other health professional with expertise in exercise prescription.



STAYING SAFE WHEN DOING ONLINE EXERCISES

Before you start:

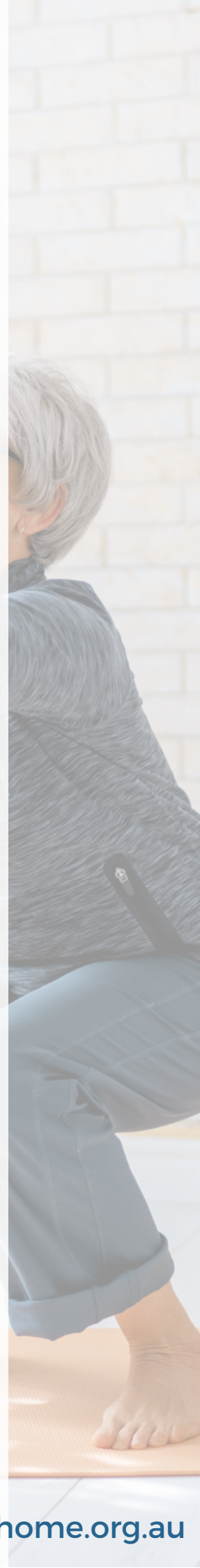
- Do you have the necessary technology? A laptop or tablet (eg iPad) is ideal. The screen of a phone may be too small.
- Do you have a reliable internet connection? If not, print the exercise sheets if available.
- Can you see your screen easily while you exercise? Set your computer or tablet up somewhere stable where you can easily see the screen. A few large books on the kitchen bench can adjust the screen to the right height.
- Do you need reading glasses/ bifocals to see the screen? Be aware that when you change your focus from viewing the screen to doing the exercises your balance may be impacted.
- If applicable, can you hear the instructions? Try turning up the volume on your device.



STAYING SAFE WHEN DOING ONLINE EXERCISES

Before you start:

- 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.



STAYING SAFE WHEN DOING ONLINE EXERCISES

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 or exercise physiologist).
- Have someone else nearby when you exercise if possible. Alternatively keep your phone in reach if you live alone.
- Make sure you take breaks in between and keep yourself hydrated.

STAYING SAFE WHEN DOING ONLINE EXERCISES

While exercising and watching your screen:

- Start any new exercise slowly and carefully.
Watch the video (if there is one) 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) adjust your screen so you can see only the instructor. It may be distracting if you can also see other people exercising. Make sure the instructor can see you.
- 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 this with your doctor.