

Level 2 - Moderate Exercises

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

Some examples of exercises are below.

Fitness (cardiovascular) exercise

- Try and be physically active for 5 minutes every hour (eg, 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.
- Try to walk outside round your house or round your street block at least once daily.
- Put some music on for motivation.
- Use television advertisement breaks to get up and exercise.

Strength and balance exercise

- Stand up from a chair 10 times every hour or so. See if you can do it without using your arms.
- Hold onto a bench and rise up to your toes 10 times.

Remember it's important to exercise safely. A physiotherapist can help you decide how to start exercising safely. A little bit of exercise more often may work best.

Information provided on Safe Exercise at Home 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.

Exercises are performed at your own risk.