

Physical Activity

B. Limited Mobility

Small steps to a better life

Be as active as possible. Once you get into regular physical activities – even by starting small at first – your health will benefit in many ways.

Select a goal. Once you have achieved this goal, progress to the next one ... and keep going!



Walking

I want to

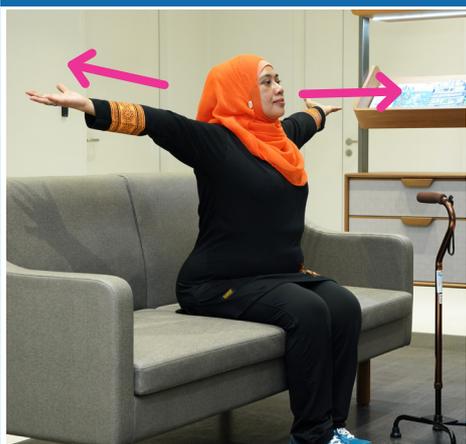
- Walk along my corridor or backyard for **5 to 10 minutes** in the morning and evening. (You may use your walking aid.)
- Take the lift and walk around my void deck, or walk a few blocks down **at least once a day**. (You may use your walking aid.)
- Walk for **10 minutes continuously**. Rest for **5 minutes** and then walk for another **10 minutes**.



Sitting time

I want to

- Stretch my arms and legs after **every 1 hour** of sitting.
- Stand up and walk around for **1 minute, for every 1 hour** of sitting.



Stretches

I want to

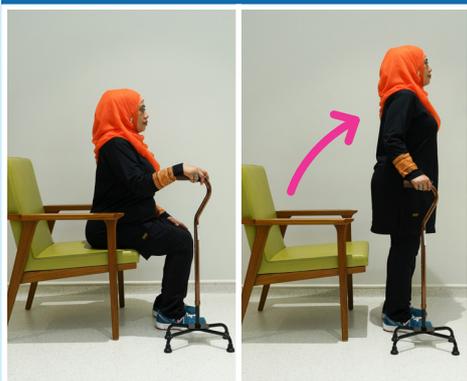
Chest stretch

- Sit in the middle of the chair. Open both arms sideways. Hold for **10 seconds**, repeat **10 times**.



Back thigh stretch

- Sit at the edge of the chair. Straighten one leg and lean forward (like in the picture). Hold for **10 seconds**, repeat **10 times**.



Other simple exercises

I want to

Stand-sit

- Stand and sit **10 times continuously** every morning and night.



Stationary march

- Stand up and march on the spot.
Count **20 to 30 times**. Repeat **twice a day**.
If necessary, do this near a wall or support to help keep your balance.

Pain management

- You should not feel any pain – just very minimal ache – when doing these exercises.
- Pain may be due to various reasons, like weak muscles due to a sedentary lifestyle, or tight muscles due to repetitive work.
- Exercise can help to relieve pain. However, if you have difficulty or pain with these exercises, seek help from an exercise professional or physiotherapist.

Check with your doctor if

- Your general health is good enough to undertake more strenuous exercise.
- You develop giddiness, unusual breathlessness, chest tightness or pain during these exercises.