

# **Physical Activity**

## **A. Mobile**

# How to get the most out of your exercises

Follow closely the exercises recommended here. To enjoy maximum health benefits, your routine must include aerobic, strength and flexibility exercises.

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

## 1. Aerobic exercises

These exercises improve your stamina so that you won't get too breathless when walking, catching a bus or playing with your kids. **Start with 15 to 20 minutes for 2 to 3 days a week.** Gradually increase the speed and duration of your exercise as follows.



### Brisk walking

*You should be able to talk but not sing, while exercising.*

- Progress by adding **5 minutes** every week.  
Do this until you can brisk walk for **30 minutes**.  
Walk as fast as you can.



### Brisk walk with intermittent jogging

- Brisk walk for **30 minutes**.  
During the walk, jog for **20 seconds** before going back to brisk walking.



### Jog and brisk walk

- Brisk walk for **5 minutes** to warm up.  
Jog for **as long as tolerable**. During the jog, alternate with brisk walking.



### Jogging

- By now you should be able to jog for **30 minutes**.  
Go for it! Jog as fast as you can.

*No matter which level you are at, aim to challenge yourself and do your best. Aim for 150 minutes of exercise per week!*

## 2. Strength exercises

These exercises improve your muscle strength so you can lift things easily and feel less tired on your legs. **Aim to do these 2 to 3 days a week!**



### Half squats

- Stand in front of a chair.
- Bend your knees like you are trying to sit down.
- Keep your knees behind the toes, as you lower your buttocks.
- Keep your back straight and lean forward slightly.
- Repeat **10 times**.



### Modified push ups

- Place hands apart on the floor with knees on the ground.
- Keeping your back straight, bend the elbows to lower yourself down, then push up again. Do not arch your back.
- Add 5 repetitions each week!**

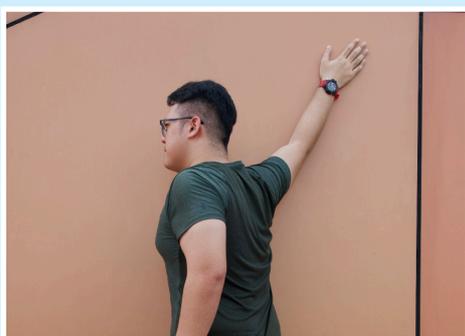


### Push ups

- Place hands apart on the floor with knees level with the floor.
- Keeping your back straight, bend the elbows to lower yourself down, then push up again. Do not arch your back.
- Add 5 repetitions each week!**

## 3. Flexibility exercises (stretches)

Flexibility is important for all activities. Stretches can be done daily, anytime, even at work!  
For each exercise, **hold the stretch for 20 seconds and repeat 3 to 5 times.**



### Chest stretch

- Start by placing your palm on the wall. Slowly rotate yourself away from the wall, without moving your palm.
- Repeat on the other side.**



### Back shoulder stretch

- Cross one of your arms over the other shoulder.
- Make sure your body doesn't rotate as you pull your elbow across. **Repeat with the other arm.**

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### Back thigh stretch

- Start with toes pointing forward. Place one foot on a chair. Lean forward slowly while keeping your back straight. Repeat **on the other side**.



### Front thigh stretch

- Start by bending your leg up backwards. Pull your foot with your hand. Feel the stretch along your front thigh. Repeat **on the other leg**.



### Calf stretch

- Do this against a wall or back of a chair. Start with one leg straightened and the other leg bent. Make sure both heels are on the ground. Lean forward and feel the stretch on the calf muscles. Repeat **on the other leg**.

### Check with your doctor if

- Your heart condition is stable enough for exercise.
- You develop giddiness, unusual breathlessness, chest tightness or pain during these exercises.

### Want to learn more exercises?

You can also log on to [healthhub.sg](http://healthhub.sg) and watch the “7 easy exercises to an active lifestyle” video ([www.healthhub.sg/programmes/71/healthy-ageing-exercise](http://www.healthhub.sg/programmes/71/healthy-ageing-exercise)).