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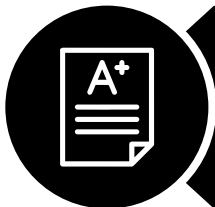
Mental health benefits of exercise



It's a brain-health booster - exercise promotes quicker learning and better memory



Reduces stress and anxiety - exercises can lighten your mood and dull your pain



Boosts decision-making skills



Improves concentration, multitasking and planning

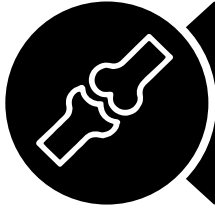


Helps you sleep more restfully

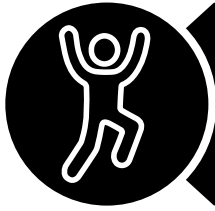


Improves self-esteem and self-image

Physical health benefits of exercise



**Helps maintain healthy bones,
muscles and joints**



Increases your energy



**Enhances your immune system to help fight
bacteria and viruses**



Improves coordination and motor skills



**Helps reduce the risk of developing
chronic diseases**



Improves your circulation



**Helps to achieve and maintain
a healthy body weight**

What exercise can I do in isolation?

- Core strengthening
- Stretching
- Balance
- Hand and wrist strengthening
- Lower body strengthening

Before you start exercising

Do not start with high intensity or long duration. Start with low intensity and short duration. Gradually increase the intensity and duration as you feel comfortable. Always warm up before exercising and cool down afterwards. Listen to your body and stop if you feel any pain or discomfort.

Work within your limits.

How hard should I exercise?

Start with low intensity and gradually increase the intensity as you feel comfortable. Aim for a heart rate of 140-160 beats per minute. Use the talk test: you should be able to talk comfortably while exercising. Stop if you feel any pain or discomfort.

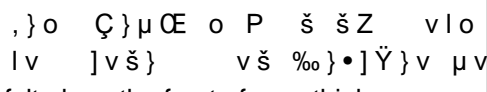
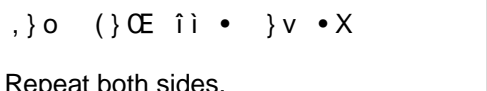
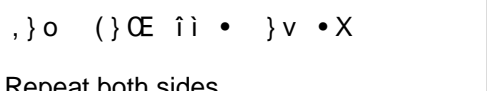
Breathing exercises

dZ]• Z o%• l %o oμvP• Á oo À vŸo š v o ŒX dZ]•] PŒ u •Z}Á• Ç}μ šZ

z}μ v } šZ]• À ŒÇ Z}μŒ šZ š Ç}μ Œ Á l X
/š]• o•}]u%}Œš vš š} •]š }μš]v Z]Œ v u Œ Z }v šZ •%}šlÁ ol šZŒ}μP
D]vš]v P}} }μPZ Ÿ<μ © X

Stretching

	<p>CHILD POSE</p> <p>^š Œ Ÿ v P] v Œ Á o % } •] Ÿ } v U • o } A Ç } μ Œ } © } u š } Á Œ • Ç } μ Œ (š μ v Ÿ • š Œ š Z] • (o š o } v P Ç } μ Œ I v , } o (} Œ î i • } v •</p>
	<p>CAT AND CAMEL</p> <p>^š Œ Ÿ v P] v Œ Á o % } •] Ÿ } v U Œ towards the ceiling like an angry cat.</p> <p>Then, arch your back the opposite] Œ Ÿ } v • • Z } Á v X , } o Z % } •] Ÿ } v (} Œ ñ • } v • X Z % š Z % } •] Ÿ } v ð Ÿ u • X</p>

	<p>THIGH STRETCH - SIDELYING</p> <p>Lie on your side.</p>  <p>felt along the front of your thigh.</p>  <p>Repeat both sides.</p>
	<p>SIDELYING TRUNK ROTATION</p> <p>Lay on your side with knees bent and arms out-stretched in front of your body. Slowly twist your upper body to the side and rotate your back as shown.</p>  <p>Repeat both sides.</p>

	<p>HIP/BOTTOM STRETCH</p> <p>^]«vP]v Z]œU œ}•• }v o P }v the other as shown.</p> <p>' všoÇ o v (}œÁ œ μvÿo •šœ š Ç}μœ šZ]PZ }(šZ œ}•• o PX ,) seconds.</p> <p>Repeat both sides.</p>
	<p>SEATED HAMSTRING STRETCH</p> <p>^]«vP]v Z]œU œ •š Ç}μœ Z o G}}œ Á]šZ Ç}μœ lv •šœ]PZšX ' (}œÁ œ μvÿo •šœ š Z]• (oš lv lšZ]PZX ,}o (}œ îi • }v •X</p> <p>Repeat on both sides.</p>

	<p>NECK STRETCH - HAND ON HEAD</p> <p>Place your hand on the top of your head and gently press down. Move your head towards one side with the help of your hand for light over pressure, then return to the center and repeat on the other side.</p> <p>Repeat both sides.</p>
	<p>UPPER BACK STRETCH</p> <p>Tuck your chin to your chest and join your hands behind your back. Lift your arms and chest towards the ceiling, holding for 15-20 seconds.</p>
	<p>TRICEPS STRETCH</p> <p>With one elbow bent and your hand on your shoulder, use your other hand to gently push your elbow up towards the ceiling. Repeat on the other side.</p> <p>Repeat both sides.</p>

	<p>STANDING CALF STRETCH</p> <p>Standing in front of a wall, step forward with one leg.</p> <p>< % }š Z (š % }]v Ÿ v P (}œ Á œ back leg straight.</p> <p>> v]v š} š Z Á o o μ v Ÿ o P v š o • felt along the back of your back leg.</p> <p>, } o (}œ î i • } v • X</p> <p>Repeat both sides.</p>
	<p>GROIN STRETCH - STANDING</p> <p>Standing with your feet spread wide apart.</p> <p>Slowly lean towards one side keeping your other knee straight.</p> <p>z } μ • Z } μ o (o • š œ š Z o } v P Ç } thigh.</p> <p>, } o (}œ î i • } v • X</p> <p>Repeat both sides.</p>

Balance

E}š W ^š v v Œ Z]Œ }Œ Œ]o (}Œ • (šÇ ÁZ v }}vP šZ o v Æ Œ

	<p>HEEL TOE STAND</p> <p>Place the heel of one foot so it is touching the toes of the other foot.</p> <p>< %o Ç}μŒ o v]v šZ]• %o}•]Ÿ ,}o šZ]• %o}•]Ÿ}v (}Œ í u]vμš X Z %o š Á]šZ }%o%o}•]š (}}š %o}•]Ÿ</p>
	<p>SINGLE LEG STAND</p> <p>Stand on one leg and maintain your balance.</p> <p>,}o (}Œ í u]vμš Á]šZ Z o PX</p>

	<p>SINGLE LEG - CLOCKS</p> <p>^š v]vP }v }v o PX /u P]v o šZ G}}œ •μœœ}μv]vP Ç}μœ (}}</p> <p>dZ vU o]PZšoÇ š}μ Z %}}•]Ÿ}v í with your non-stance foot.</p> <p>dZ v œ šμœv šZ š o P š } šZ •š %}}•]Ÿ}v X</p> <p>E ÆšU š}μ Z %}}•]Ÿ}v î v œ šμ }vŸvμ šZ}• oo šZ Á Ç š} %}}•</p> <p>Stop if you get to a number you can't do.</p>
	<p>FOOT TAPS</p> <p>Place a cup in front of you as shown.</p> <p>>]L }v (}}š v š %}}]š }v šZ š} cup.</p> <p>Lower your foot back down and repeat with your alternate foot.</p> <p>Z %}} š íi Ÿu • }v Z (}}š X</p>

	<p>HEEL TOE WALK</p> <p>Take steps so that your heel strikes the ground and is touching the toes of the other foot.</p> <p>Take steps so that your heel strikes the ground and is touching the toes of the other foot.</p> <p>Take steps so that your heel strikes the ground and is touching the toes of the other foot.</p>
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Challenge yourself

Take steps so that your heel strikes the ground and is touching the toes of the other foot.

Upper limb strengthening

	<p>WALL PUSH UPS</p> <p>Standing at a wall, place your arms out in front of you with your elbows straight.</p> <p>↓</p> <p>↑</p> <p>Z % š í ì Ÿ u • X</p>
<p>Challenge yourself</p> <p>↓</p> <p>↑</p>	
<p>Level 1</p>	<p>DIPS IN CHAIR</p> <p>↓</p> <p>↑</p> <p>Z % š í ì Ÿ u • X</p>
<p>Level 2</p>	<p>DIPS OFF CHAIR</p> <p>↓</p> <p>↑</p> <p>Z % š í ì Ÿ u • X</p>

Lower limb strengthening

<p>Level 1</p>	<p>BRIDGING</p> <p>Lie on your back with knees bent and your feet</p> <p>G š }v šZ X</p> <p>^ (μ ì Ç } μ Œ } © } u v o] L] š } + š Z</p> <p>, } o (} Œ ñ r í i • } v • U š Z v o } Á Œ } Á</p> <p>Z % o š í i Ÿ u • X</p>
<p>Level 2</p>	<p>SINGLE LEG BRIDGE</p> <p>Lie on your back with one leg bent and foot</p> <p>G š }v šZ v }v o P • š Œ] P Z š X</p> <p>>] L Ç } μ Œ } © } u } + š Z X</p> <p>, } o (} Œ ñ r í i • } v • U š Z v o } Á Œ } Á</p> <p>Z % o š í i Ÿ u • Z o P X</p>
<p>Challenge yourself</p> <p>W o Ç } μ Œ Œ u • Œ } • • Ç } μ Œ Z • š (} Œ o] L] v P Ç } μ Œ } © } u X d Z] • Á] o o u</p> <p>Remember: DO NOT hold your breath.</p>	
<p>Standing exercises</p> <p>E } š W Z } o } v š } Z] Œ } Œ Œ] o (} Œ • (š Ç Á Z v }] v P • š v] v P Œ Œ] •</p>	

	<p>STANDING MARCHING</p> <p>tZ]o •š v]vP o]L Ç}μœ Iv μ%o]v c Ç}μœ Z]‰U šZ v o}Á œ]š I š} šZ Z %o š Á]šZ }šZ œ o P v }vŸvμ (í u]vμš X</p>
<p>Level 1</p>	<p>STANDING HEEL RAISES</p> <p>tZ]o •š v]vP œ]• μ%o }v Ç}μœ š} Ç}μœ Z o• }+ šZ Pœ}μv X ,}o (}œ ñ • }v •X Z %o š í ÿ u •X</p>
<p>Level 2</p>	<p>STANDING HEEL RAISES - SINGLE LEG</p> <p>While standing on one leg, raise up on your š} • v o]L Ç}μœ Z o }+ šZ P œ}μv ,}o (}œ ñ • }v •X Z %o š í ÿ u • }v Z •] X</p>

	<p>SIT TO STAND</p> <p>^]«vP }v Z]œ Á]šZ œu• }μš •šœ up.</p> <p>/(v Ç}μ v μ• œu œ •š š} Z o Z % š í ì Ÿu •X</p>
	<p>FORWARD LUNGE</p> <p>Standing with feet shoulder-width apart, take a step forward and lower yourself down to the ground as shown.</p> <p>Z % š í ì Ÿu • }v }šZ •] •X</p>
	<p>SIDE LUNGE</p> <p>Standing with feet shoulder-width apart, step one foot to the side and lower yourself down to the ground as shown.</p> <p>Z % š í ì Ÿu • }v }šZ •] •X</p>

	<p>SQUAT</p> <p>Stand with feet shoulder-width apart.</p> <p>Lower your body by bending at your hips.</p> <p>Push back up to standing.</p> <p>Repeat 10-15 times.</p>
	<p>WALL SIT</p> <p>Leaning against a wall, slide your body down until your thighs are parallel to the floor.</p> <p>Hold for 30 seconds.</p> <p>Repeat 3-5 times.</p>
	<p>JUMPING JACKS</p> <p>Jump with your feet together and arms out to the sides.</p> <p>Jump with your feet apart and arms overhead.</p> <p>Repeat 10-15 times.</p>

	<p>SQUAT JUMPS</p> <p>Start in a wide stance with your hands on your hips and squat down.</p> <p>and jump into the air.</p> <p>As you land lower yourself back down into the</p>
	<p>JOG ON THE SPOT</p>
<p>Challenge yourself</p>	
<p>Remember:</p>	