



Just make sure you are safely prepared by following a few easy steps to exercise safely...



Fresubin® PRO Drink

NEW



Vanilla

Hazelnut

Neutral

More Flavours to Discover!

Apricot-Peach, Tropical Fruits and Cappuccino coming soon...

Food for special medical purposes, to be used under medical supervision



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Discover More on



- + Recipes Booklet
- + Tips & Tricks
- + Memory Game

Fresubin.com/prosupport

Use the code for online Fresubin PRO Support content.



Fresubin.com/prodrink

Explore the online content of the Fresubin PRO Drink for detailed information.



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Be Safe!

Exercise is good for everyone, no matter what age you are.





Wear comfortable clothes and footwear.

Prepare a safe place with:

- Good lighting.
- No tripping hazards.



Use a safe support if needed.

Such as:

- A sturdy chair
- Kitchen worktop



Start small and build up gradually.

- Increase the duration, frequency and intensity of activity day by day.



Recognize your physical limits through self-monitoring:

- Heart rate
- Breathing
- Sense of effort



Stop exercise immediately if you experience:

- Chest discomfort
- Dizziness
- Blurred vision or fainting
- Severe pain
- Fatigue
- Shortness of breath



Minimise risks by getting a health screen.

Consult your doctor before starting:

- If you have a chronic disease.
- If you haven't been active for a long period.



Tip:

Do a session of **10-15** minutes of balance exercises twice a week and try to implement it into a training routine.



Use the square code to watch the video

Balance



It is important to be always confident and safe while walking as it helps to avoid the risk of falls. These exercises will help you to gain more safeness in everyday life.

Side stepping

A good balance helps to improve safety while walking and could avoid falls.



1. Stand tall with your support in front of you.
2. Keep your feet and hips facing forwards.
3. Take one leg to the side and step.
4. Repeat from side to side.

Heel-to-toe walking

In many day-to-day activities, having a good balance is very important. This helps to improve your posture and straighten up your walk.



1. You can use a chair as an optional support.
2. Look ahead and straighten your posture.
3. Start walking in a straight line placing one foot in front of the other and repeat for 10 steps.
4. Turn around carefully and repeat in the other direction.

One leg stands

Standing on one foot can be a real challenge. Use a chair if needed for better balance.



1. Stand tall, close to your support, holding with one hand.
2. Balance on one leg and focus on staying upright with a good posture.
3. Hold for 10–15 seconds.
4. Repeat twice on each side.