



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



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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:**

Repeat the strength exercises  
8-12 times and try to implement  
it into a training routine.



Use the square code  
to watch the video

# Strength



*The following exercises are  
centred on strength and making  
you stronger in general by  
increasing your muscle power.*

## Sit to Stand

Aim of this exercise is to strengthen the muscles in the legs.



1. Sit near the front of a chair, with your feet parallel and pointing forward.
2. Lean forward with a straight back, then stand up, using your hands if required.
3. Move your arms forward until they are parallel to the ground.
4. Move back, so your legs touch the chair then slowly sit back down.

## Wall push-ups

The aim of this exercise is to strengthen the muscles in the arms and shoulders.



1. Face a clear wall, about arms length away feet shoulder-width apart.
2. Lean your body forward and place your palms flat against the wall.
3. Bend your elbows and move your upper body towards the wall, keeping your feet steady and your back straight.
4. Slowly push yourself back, straightening your arms.

## Arm curls

This exercise helps to improve your strength and lifting common household items.



1. Stand or sit tall in a chair with a weight in each hand, palms facing inwards, shoulders relaxed, and elbows close to your body.
2. Keep your feet shoulder-width apart flat on the floor.
3. Slowly lower the weight back down towards your thighs, so your arms are at your sides again.