

LEVEL 1 – FOUNDATION

These exercises suit people who:

- Walk slowly
- Use a walking aid
- Feel unsteady while walking and picking things up from the ground
- Have medical conditions that limit activity
- Get some help with housework and other activities such as shopping.

It is important to exercise safely. A physiotherapist can help you decide how to start exercising safely. A little bit of exercise more often may work best.

Fitness exercise

- Try and be physically active for 5 minutes every hour, such as walking once round your whole house or living area.
- Put some music on for motivation.
- Use the television advertisement breaks to exercise.

Strength and balance exercises

Do these exercises three to five times per day.

- Stand up and sit back down from your chair 10 times.
- Use the kitchen bench for stability and rise up onto your toes.
- Stand at your kitchen sink and march on the spot for 1 minute.



SAFE

EXERCISE AT HOME

EXERCISE EXAMPLE - LEVEL 1

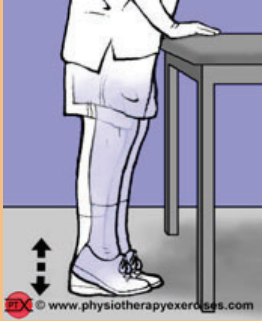
Examples of exercises for this level are shown on the next page. Remember to exercise safely. If you need assistance, a physiotherapist can help you decide how to start exercising safely. A little bit of exercise more often may work best at first.

You can print these out and place where you can see them (e.g. your fridge). You can record your exercises on the calendar.

For more exercise ideas, see the *Safe Exercise at Home* website for links to video / YouTube videos of suitable exercises.

The information on the *Safe Exercise at Home* website and in this booklet are not intended to replace individual health professional care. Please contact your doctor, physiotherapist or exercise professional if you have concerns of questions about your exercise program.

Bilateral calf raises



Aim

To strengthen your calf muscles.

Instructions

Stand with your feet together holding onto something steady like your kitchen bench. Start with your heels on the ground. Rise up onto your toes. Lower your heels back to the ground. Repeat 5-10 times per set.

Standing up and sitting down



Aim

To improve sit to stand ability.

Instructions

Sit on a chair or bed with your feet underneath your knees. Practice standing up and sitting down. Use your hands to assist you to stand up if necessary. Make sure your weight is spread equally through both legs. Repeat 5-10 times per set.

Stand with narrow base of support



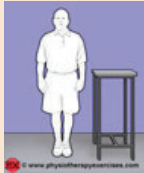


Aim

To improve standing balance.

Instructions

Have a stable support nearby, so you can use your hands if you need to. Stand with your feet together. Practice maintaining the position for up to 30 seconds. If this is too difficult stand with your feet further apart.

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							