



SingHealth
Community Hospitals

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STAY
Home
AND STAY
Active

SPENDING TIME INDOORS DOES NOT MEAN THAT YOU HAVE TO STOP EXERCISING. IN FACT, A GOOD WORKOUT CAN HELP RELIEVE CABIN FEVER AND MAKE YOU FEEL BETTER!

Ever since the start of the COVID-19 pandemic, we have been encouraged to stay home to help curb the spread of the virus. However, spending long hours indoors can lead you to adopt a sedentary lifestyle.

According to the World Health Organization, adults should engage in at least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous activity, or an equivalent mix of moderate- and vigorous-intensity activity, each week.

There are many benefits to regular exercise, especially for the elderly. These include a lower risk of chronic diseases such as diabetes and hypertension, improvement in balance and coordination, increased energy levels, and maintenance of a healthy weight. In addition, exercising can reduce stress and anxiety, which contributes to mental well-being. Exercising regularly also helps delay the onset of frailty, a condition often associated with ageing.

Mr Jason Lai Chung-Chun, Senior Physiotherapist at Sengkang Community Hospital (one of the three hospitals managed by SingHealth Community Hospitals), shares six simple exercises that can be done at home with just a chair or wall. These are not only suitable for seniors, but are also great break-time workouts for people working from home.

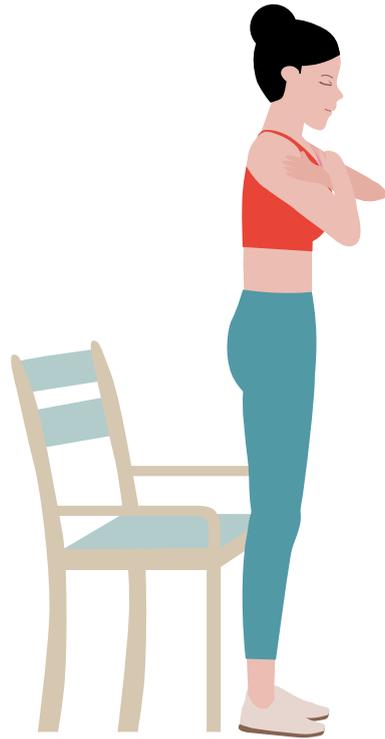
6 EXERCISES* TO TRY AT HOME

To improve balance and strengthen legs

Exercise 1



- 1 Sit up straight and cross your arms, resting your hands on opposite shoulders.



- 2 Stand up fully without hand support for 10 seconds before sitting down.

Exercise 2



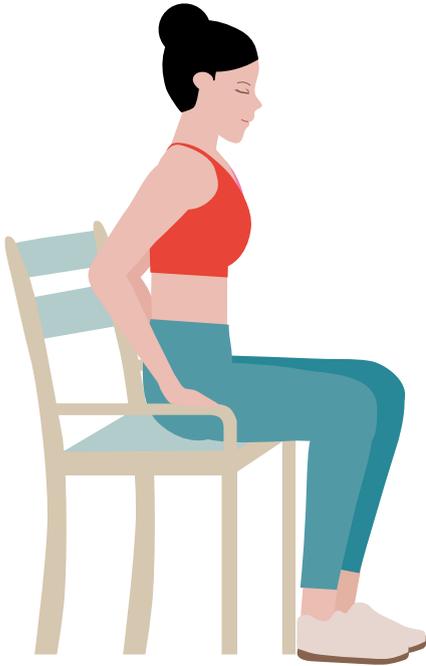
- 1 Hold on to a stable chair and raise your left leg at 90 degrees.



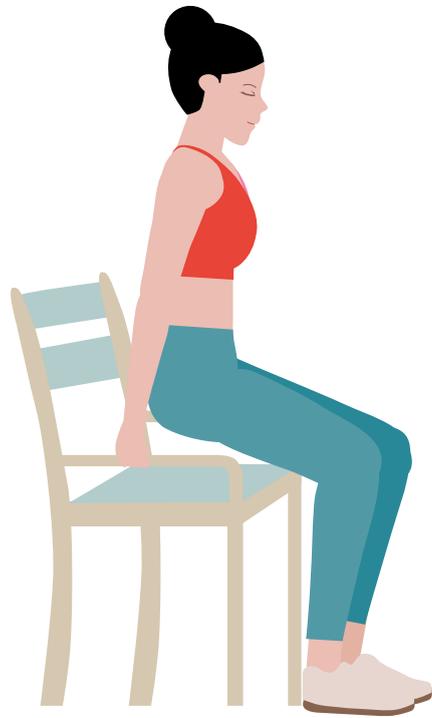
- 2 Put your left leg down and raise your right leg. Alternate and repeat 8 to 10 times.

To strengthen upper limbs

Exercise 1

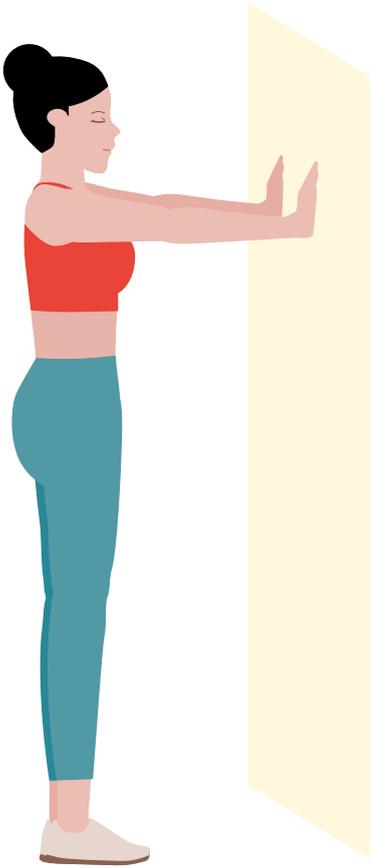


1 Sit up straight with your feet on the ground and hold on to the armrests.



2 Use your arms to push your body up, keeping your elbows straight, and hold for 5 seconds.

Exercise 2



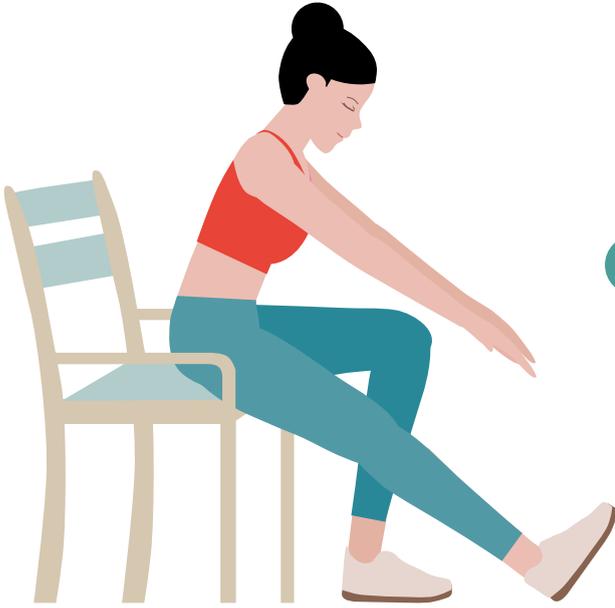
- 1** Put your palms on a wall at 90 degrees and at shoulder width apart.



- 2** Lean your body forward without bending your hip and knee.
- 3** Push your body back up.

To improve flexibility

Exercise 1

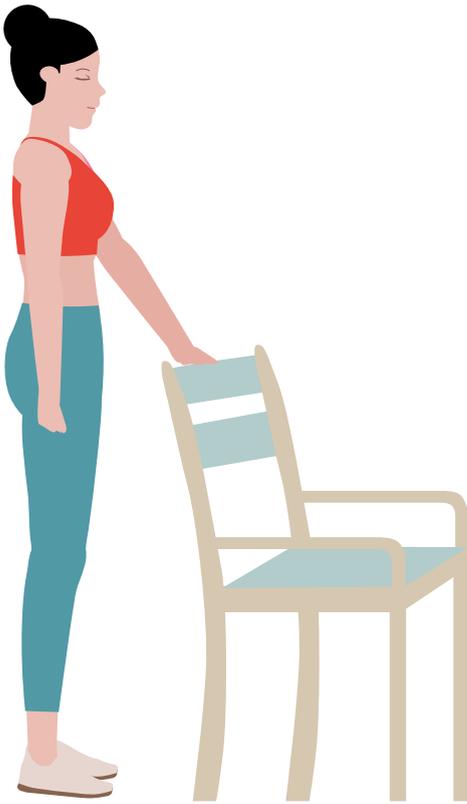


- 1** Sit with one leg stretched out and the other leg bent.



- 2** Bend your body forward and use both arms to touch the ankle of your straightened leg.
- 3** Hold for 10 seconds.

Exercise 2



1 Hold on to a stable chair.



2 Bend your knee and hold on to your ankle for 10 seconds. Drive your bent knee straight down, instead of lifting it upward.

**Repeat all the exercises 5 to 8 times to complete one set. Seniors are recommended to do two to three sets a day. For exercises that require a chair, use a stable one with armrests.*

COMMON HOUSEHOLD ITEMS AS EXERCISE EQUIPMENT

Besides a stable chair with armrests, these items serve as effective and eco-friendly alternatives to aid you during your home workout:

1. Water bottles

Fill up water bottles to use as weights.



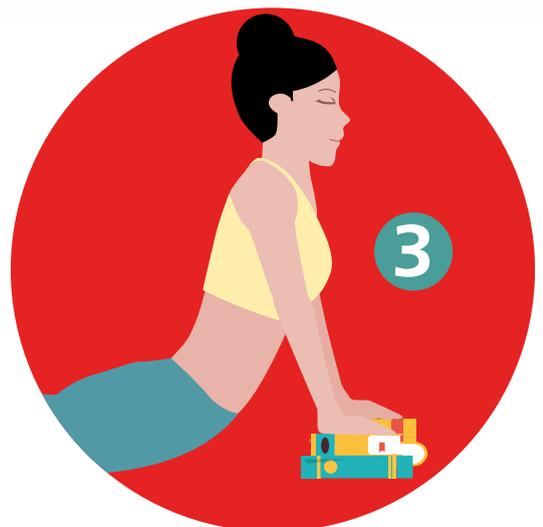
2. Towels

If you do not have an elastic band, try a towel. You can loop them around your feet or hold them shoulder-width apart for a better stretch. Rolled-up towels are also a good substitute for yoga mats, providing cushioning for your knees while absorbing perspiration.



3. Books

Thicker books can be stacked to replace yoga blocks.



4. Boxes

These are useful for inclined planks, or step-up and step-down exercises. Ensure that the boxes are sturdy and can withstand your weight safely.



THINGS TO TAKE NOTE OF WHEN EXERCISING AT HOME

- Warm up before exercising and cool down after it to reduce the risk of injury
- Wear loose and comfortable clothes
- For beginners, start slow and gradually increase the intensity and frequency of your workouts
- Listen to your body and do not overexert yourself
- If you experience any discomfort or pain before or during the exercise, you should stop the activity, and consult a therapist or doctor