

# Stay at Home

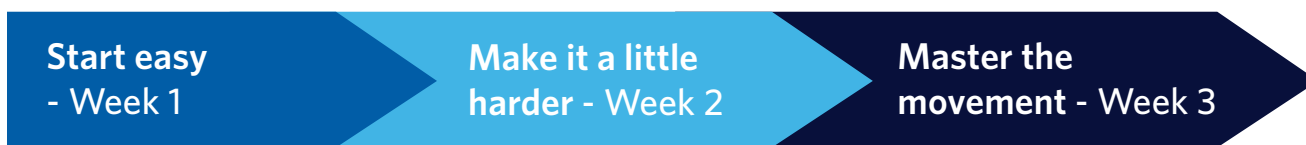
## Exercise Program for Older Adults

Regular physical exercise is important for healthy aging and given the current global situation, exercise is of increased importance. The closure of local recreation facilities, and public health messaging to stay home and practice physical distancing makes it challenging to get enough daily exercise. However, the home environment can easily be adapted to meet older adults, daily exercise needs. With the implementation of this four-week progressive exercise program, that incorporates fundamental movement skills, older adults can improve mental and physical health during this period of self-isolation.

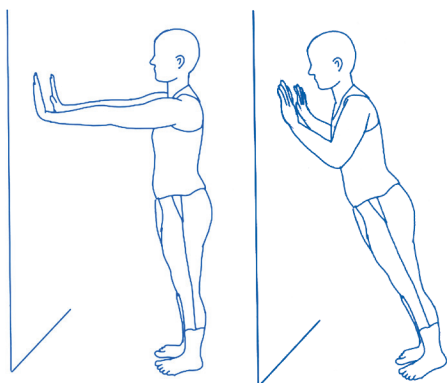
**Fundamental movement skills** are the building blocks of physical movement and include; pushing, pulling, squatting, hinging, carrying and walking.

***Disclaimer:** Before starting an exercise program, it is always wise to consult with your doctor. This is especially important if you have any underlying conditions that might be worsened with exercise.*

**When beginning an exercise program, it is better to:**

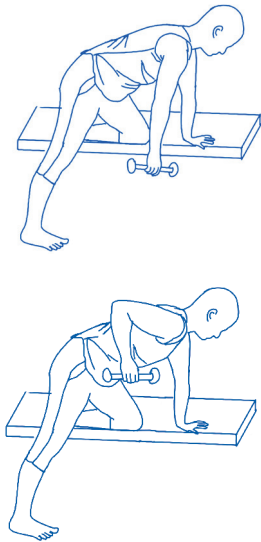


### Exercise #1 - Push



Exercise	Start Easy	Make it a Little Harder	Master the Movement
<b>Push</b> Repeat 2 to 3 times	Remain vertical and perform 10 <b>push-ups</b> against a tall object (wall)	Move more horizontal and perform 10 <b>push-ups</b> against a medium height object (kitchen counter, arm of your couch)	Move to the floor and perform 10 <b>push-ups</b> on the ground, pivot from your knees

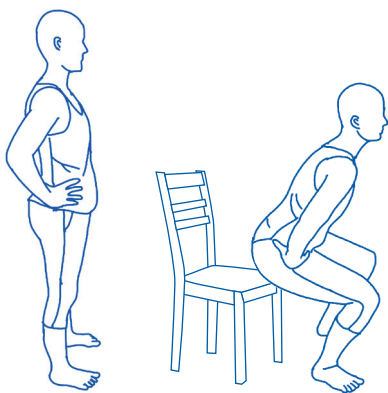
## Exercise #2 - Pull



Exercise	Start Easy	Make it a Little Harder	Master the Movement
<b>Pull</b> Repeat 2 to 3 times	Lean against a vertical surface (wall) and <b>pull</b> a light object towards your shoulder 10 times	Lean against your kitchen counter and <b>pull</b> a 2L jug* (or similar handled object) with water added towards your shoulder 10 times	Lean against your couch arm and <b>pull</b> a heavier or bigger water filled jug towards your shoulder 10 times

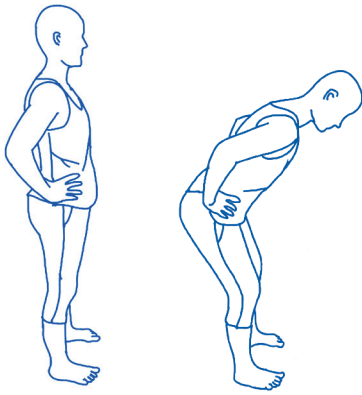
\* A milk or laundry detergent jug is ideal. The weight of the jug can be adjusted by increasing or decreasing the amount of water (1L = 1Kg (2.2lbs))

## Exercise #3 - Squat



Exercise	Start Easy	Make it a Little Harder	Master the Movement
<b>Squat</b> Repeat 2 to 3 times	Stand tall, perform <b>squat</b> movement 10 times with your butt resting on a tall and firm chair, then stand up	Stand tall, and perform <b>squat</b> movement, 10 times to a softer and lower chair, then stand up	Stand tall, and perform <b>squat</b> movement, 10 times, while holding the water jug or shopping bag filled with canned goods in front of you, and then stand up

# Exercise #4 - Hinge



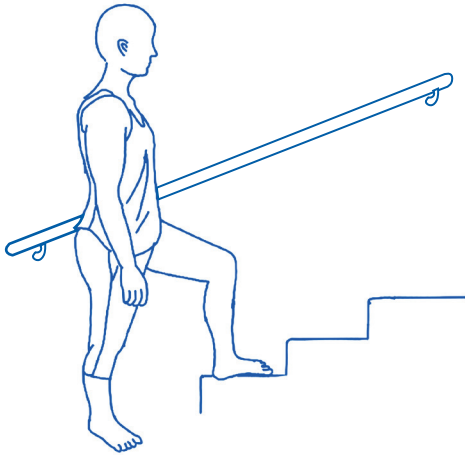
Exercise	Start Easy	Make it a Little Harder	Master the Movement
<b>Hinge</b> Repeat 2 to 3 times	Stand tall, <b>bend forward at the waist</b> with a chair for support, then straighten, repeat 10 times	Stand tall holding a 2L water-filled milk jug in front of you, and <b>bend forward at the waist</b> , then straighten, repeat 10 times	Stand tall, holding a 4L water-filled milk jug in front of you, <b>bend forward at the waist</b> , then straighten, repeat 10 times

# Exercise #5 - Carry



Exercise	Start Easy	Make it a Little Harder	Master the Movement
<b>Carry</b> Repeat 2 to 3 times	Stand tall, <b>carry</b> in each hand a shopping bag, each filled with 3 cans of food, walk forward for 10 steps	Stand tall, <b>carry</b> in each hand a shopping bag, each filled with 6 cans of food, in each bag, walk forward for 20 steps	Stand tall, hold a heavier object (4L milk jug filled with water) in one hand, and walk forward for 10 steps, and then switch hands walking another 10 steps

# Exercise #6 - Walk



Exercise	Start Easy	Make it a Little Harder	Master the Movement
<b>Walk</b>	Stand tall, <b>walk</b> purposefully for 10 minutes around your home.	Stand tall, <b>walk</b> purposefully for 20 minutes around your home. Turn on some music and march faster!	Stand tall, using a railing for balance only <b>walk</b> up a flight of stairs (8-10 steps) and back down repeat. Progress until you achieve 10 min

## Tips

- It is wise to consult with your physician and/or personal health care provider prior to beginning any new exercise program.
- These six exercises should be performed one after another.
- Take a short rest between each type and then move to the next exercise group.
- Repeat the first five exercises two to three times, depending on fitness level, and finish with the walk as the last exercise.
- This program should take you about 30 minutes to complete.
- Household objects that you can use include: milk or laundry jugs that are progressively filled with water, or sturdy shopping bags with objects added. Ensure objects and lids are secured for safety, and that household furniture is positioned to avoid movement and/or tipping.
- Start progressively into the exercises. Build slowly within a session and between sessions/days. After the sessions, move gently until you feel fully recovered.
- Slight exertion should be felt during and following the exercises. Stop the exercises if sharp pains and/or sensations occur during the exercise or if you feel persistent discomfort afterwards.
- These exercises are intended to offer suggestions, guidance and progression during the current pandemic and periods of physical distancing.

These simple exercises, for those who had low levels of participation or fitness, will assist with your physical and mental health and prepare your body for returning to your normal daily routine outside the home, once the pandemic health restrictions are lifted.

