

Advanced Exercises

Ageing Well - You Can Do It!

Tips to maintain good health and gain independence.



CFS 1 to 3

(Clinical Frailty Scale 1 to 3)

Well done! You are among those who are managing well and may even be among the fittest.

You should continue to maintain your general health by keeping active, energetic, and motivated!



Exercises for You:

Stay Active, Stay Strong, Stay Steady!

Exercise is important for you to stay active, strong and steady as you grow older.

Staying active helps you to have enough stamina to perform daily activities, such as walking to the market and standing to cook.

Staying strong helps you to be able to carry out daily tasks easily, such as carrying groceries and lifting the mattress to change bed sheets.

Doing strengthening exercises can improve your muscle strength.

Staying steady helps you to maintain your balance and prevents falls. Doing balance exercises can improve your stability.

Read on to learn how to improve your overall physical health.

STAY ACTIVE



Intensity:
Advanced
(increase gradually)



Aim to achieve
150 minutes of
moderate-intensity
exercises each week.



Aim to do strength
and balance exercises
at least 2 to 3 times
a week.

STAY STRONG

- ◆ For the exercises below, lift and lower yourself or the weights slowly.
- ◆ Aim to do each exercise 8 to 15 times, 2 to 3 sets well before progressing to the next level.

- ◆ If you feel any pain during the exercises, slow down or do fewer repetitions. If the pain does not go away, stop the exercise and seek medical advice.



Intensity:
Advanced
(increase gradually)

ARM LIFT



Lift a 500ml water bottle above your shoulder.

Slowly lower the water bottle.

SIT TO STAND



Hold two 500ml to 1000ml water bottles close to your chest.

Stand up fully from a steady chair.

HEEL RAISES



Lightly hold on to a stable object.

Stand on one leg and lift your heel.

Hold for 10 seconds.

Slowly lower your heel.

STAY STEADY

- ◆ Do these exercises near a stable support and with supervision if needed.
- ◆ You should feel slightly wobbly during the exercise but should not feel like you are about to fall. When you are more confident, try not to hold on for support to make the exercise more difficult.
- ◆ It is normal to take a step to recover your balance.
- ◆ Do these exercises at least 3 times a week.



Intensity:
Advanced
(increase gradually)

HEEL TOE STAND



Stand close to a stable support, lightly hold on, if needed.

Place one foot directly in front of the other, take steps forward.

Aim to do for 5 minutes slowly and with control.

For added challenge, walk backwards in the same manner.

ONE LEG STAND



Stand close to a stable support, lightly hold on, if needed.

Lift up one leg. Move your head left/right or up/down 10 times.

Aim to do 10 times on each side.

Other Exercises

Consult your doctor or physiotherapist for guidance in building up your exercise.



Do Level 3 Advanced Exercises at least 2 to 3 times a week. Progress to other exercises if you find these too easy.



Participate in ActiveSG gyms and HPB community exercise programmes within your neighbourhoods.



Participate in ActiveSG exercises online.



Scan this QR code to learn more about ActiveSG Master's Club Exercises



Interested to know more? Scan this QR code to find out a greater variety of exercises.

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