

Foundation Exercises

Ageing Well - You Can Do It!

Tips to maintain good health and gain independence.



CFS 6 and above

(Clinical Frailty Scale $>= 6$)

You need help with all outside activities and often at least one personal care activity at home (e.g. bathing, dressing, walking, toileting, or feeding self).

It is important that you to keep a healthy and active lifestyle to maintain your current frailty status and to plan for future care needs.



Exercises for Seniors:

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:
Low
(increase gradually)



Stand and walk for at least 1 to 2 minutes every 30 minutes of sitting



March on the spot or go for daily walks for 10 to 20 minutes

Use a walking aid and rest in-between if needed



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. Repeat at least 2 times a week.
- ◆ 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:
Low
(increase gradually)

ARM LIFT



Lift a 500ml water bottle towards your shoulder, bending at the elbow.

Slowly lower the water bottle.

SIT TO STAND



Stand up from a stable chair, use your arms for support if needed.

HEEL RAISES



Hold on to a stable object.

Lift your heels and stand on your toes. Slowly lower your heels.

STAY STEADY

- ◆ Do these exercises with a stable support and supervision, if needed.
- ◆ You will 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:
Low
(increase gradually)

HEEL TOE STAND



Lightly hold on to a stable support, stand with one foot in front of the other.

Aim to maintain for 10 seconds, 10 times on each side.

ONE LEG STAND



Lightly hold on to a stable support, lift up one leg.

Aim to maintain for 10 seconds, 10 times on each side.

Other Exercises

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



You may do the “7 Easy Sit Down Exercises” or Level 1 Foundation Exercises at least 2 - 3 times a week.



Progress to “7 Easy Exercises to an Active Lifestyle”, if you are able to.



NHGP
Physiotherapy
Services:
Stay Active, Stay
Strong and Stay
Steady!



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

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