

Intermediate Exercises

Ageing Well - You Can Do It!

Tips to maintain good health and gain independence.



CFS 4 and 5

(Clinical Frailty Scale 4 and 5)

While you remain independent in all the daily activities and personal care at home, a common complaint you may have is being “slowed down”, and/or being tired during the day.

You may need help with at least one of the high order activities (e.g. finances, transportation, heavy housework, medications, shopping, walking outside alone, or meal preparation).

It is not too late to reverse frailty. You can enhance your fitness level (and improve the CFS score) 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:
Intermediate
(increase gradually)



Incorporate physical activities into your daily or weekly routine



Walk more to visit friends or to run errands



Gradually increase your walking pace so that you feel slightly breathless but are still able to hold a conversation



Aim for 30 minutes of walking or 10,000 steps per day

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 pain during the exercise, slow down or do fewer repetitions. If the pain does not go away, stop the exercise and seek medical advice.
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Intensity:
Intermediate
(increase gradually)

ARM LIFT



Lift a 500ml water bottle above your shoulder.

Slowly lower the water bottle.

SIT TO STAND



Stand up from a stable chair.

Try not to use your hands for support.

HEEL RAISES



Hold onto a stable object.

Lift your heels and stand on your toes.

Hold for 10 seconds.

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:
Intermediate
(increase gradually)

HEEL TOE STAND



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

Stand with one foot in front of the other.

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

ONE LEG STAND



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

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.



Do Level 2
Intermediate
Exercises at least
2 to 3 times a week.



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



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exercises.

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