

# Stay Active, Stay Strong, Stay Steady!

**Level 3 – I aim to maintain optimal function and an active lifestyle!**

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

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

Staying strong ensures you are able to carry out daily tasks easily, such as carrying groceries or lifting the bed to change bed sheets. Doing strengthening exercises will improve your muscle strength.

Staying steady ensures you maintain your balance and prevents falls. Doing balance exercises will improve steadiness on your feet.

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

# Stay Active, Stay Strong, Stay Steady!

**Level 3 – I aim to maintain optimal function and an active lifestyle!**

## Stay Active

- Aim to achieve 150 minutes of moderate-intensity exercises each week
- Aim to do strength and balance exercises at least 2-3 times a week.

## Stay Strong and Steady



Video: ActiveSG  
Masters Club  
Exercises

- Do **Level 3 Advanced Exercises** (Page 3) at least 2-3 times a week. Progress to other exercises if these are too easy.
- Participate in ActiveSG gyms and HPB community exercise programmes within your neighbourhoods.
- Participate in ActiveSG exercises online.
- Scan QR codes for video and handout links.



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

# Stay Active, Stay Strong, Stay Steady!

## Level 3 Advanced Exercises

### Stay Strong

For the exercises below, lift and lower yourself or the weight in a controlled manner.

Aim to do each exercise **8-15 times, 2-3 sets** well before progressing to the next level.

If you feel pain during the exercise, slow down or do less repetitions. If pain persists, stop exercise and seek medical advice.

#### Arm Lift



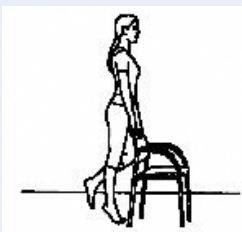
Lift a 500 ml water bottle above your shoulder.  
Slowly lower the water bottle.

#### Sit to Stand



Hold two 500-1000ml 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 Active, Stay Strong, Stay Steady!

## Level 3 Advanced Exercises

### Stay Steady

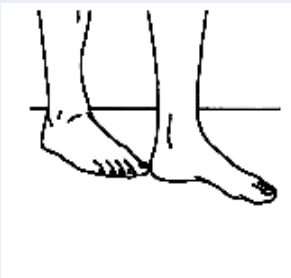
Do these exercises near a stable support and with supervision if needed.

You should feel slightly wobbly during the exercise but should not feel like you are -about to fall. Try not to rely on holding on for support if possible.

It is normal to take a step to recover your balance.

Do these exercises at least **3 times a week**.

#### Heel toe walk



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.