


Staying Active

Staying active is one of the best ways to make sure you can continue with your regular activities and remain independent.

While it is generally not necessary to see a healthcare provider before beginning everyday physical activities that are light or moderate intensity, we encourage you to talk with your healthcare provider about your health and exercise during your regular visits.




MEDICAL DISCLAIMER: This set of exercises has been reviewed by the physiotherapy team at Humber River Health and are intended to supplement the individual instruction given to you.

To reduce your risk of injury, always follow the instructions written here as well as the specific instructions from your physiotherapist before you perform the exercise. Only do the exercises your physiotherapist has recommended. Some exercises may not be suitable for you. If you have any questions or concerns, contact your physiotherapist.

Physiotherapist name:

Telephone number:



If any of the exercises add to your pain or shortness of breath, stop and rest. Do less next time. Talk with your doctor or healthcare provider.



Did you know?

- Being immobile can increase a person's dependence on their caregiver, cause disability, and increase their risk of falling.
- Lying in bed all day can lead to muscle loss, weakness, and decreased independence in just a few days.
- Taking part in even small amounts of activity can:



SKIN: Prevent skin breakdown



HEART: Improve blood pressure and circulation



MUSCLES/BONES: Improve strength, decrease pain, and strengthen bones.



LUNGS: Improve breathing, help to clear lungs, and help fight infection.



MEMORY/MOOD: Improve sleep and mood, and decrease risk of confusion



NUTRITION: Improve appetite and lower choking risk when eating.

EXERCISES

General Instructions

- Do only the exercises you feel safe and comfortable doing. If necessary, begin with a few of the exercises several times a day. Over time, add more exercises until you are doing all of them.
- Breathe normally - do not hold your breath.

For exercises 1 to 4:

- Use a firm chair with armrests and sit tall throughout the exercise.



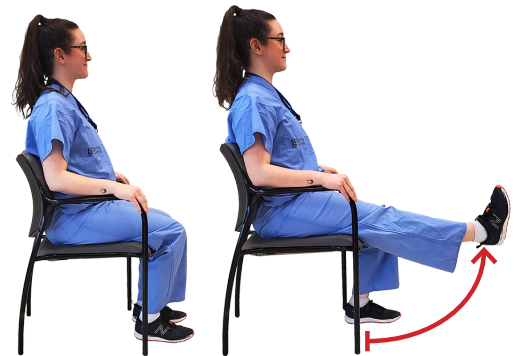
1 Seated Knee Extension

- Straighten one leg at a time, as far as you can.
- Hold for 2 to 3 seconds, then relax.
- Repeat with the other leg.

REPS: Do this exercise 3 to 5 times with each leg.

Too easy? Slowly do more. Try to:

- Repeat this exercise up to 15 times.
- Hold for up to 10 seconds.
- Add an ankle weight or wear a heavy boot.



2 Hip Flexion

- March on the spot by alternately raising your knees up off the chair and slowly lowering your feet back onto the floor.

REPS: March on the spot for 5 to 10 seconds, then rest.

Too easy? Slowly do more. Try to:

- Repeat this exercise up to 15 times.
- March for 2 minutes without resting.



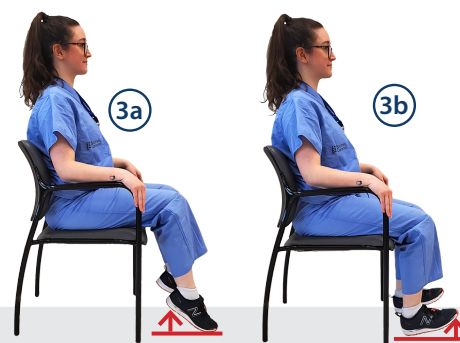
3 Ankle + Toe Raises

- 3a Keep your **toes** on the floor. Lift the heels of both feet as high as you can. Hold for 3 to 5 seconds, then relax.
- 3b Keep your **heels** on the floor. Lift the toes of both feet as high as you can. Hold for 3 to 5 seconds, then relax.

REPS: Do this exercise 2 to 3 times.

Too easy? Slowly do more. Try to:

- Repeat this exercise up to 15 times.
- Alternate - Lift your toes of one foot while lifting the heel of the other foot. Switch or do this standing (see Level 2 handout).



4 Buttocks Lifts/Sit-to-Stand

- 4a Sit on a chair placed against the wall. Sit close to the front of the chair. If you use a walker, put it in front of you, with the brakes locked.
- Place your feet flat on the floor, close to the chair, shoulder-width apart. Place your hands on the armrests.
- 4b Lean forward, pushing through your hands, and lift your buttocks up off the chair slightly.

REPS: Do this exercise 1 time.

Too easy? Slowly do more. Try to:

- 4c Stand for 5 seconds. Use your walker for support, if needed. Slowly sit down. Repeat 2 to 3 times.
- Repeat this exercise up to 15 times.
 - Place your hands on your thighs instead of the armrests.
 - Use your arms less until you can stand without using your arms at all.



**For exercises 5 and 6:**

- Stand tall, with feet shoulder-width apart.
- Use a support, such as a counter or chair, to help maintain balance. You can use the support less as you start to feel more safe and confident.

5 Squats

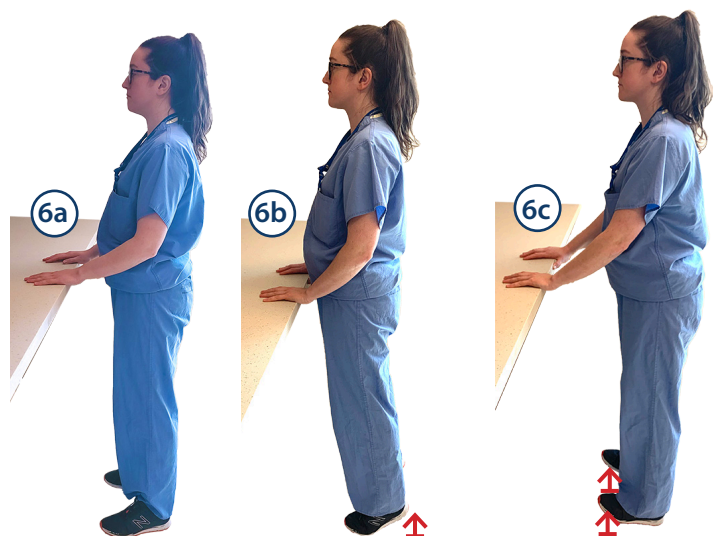
- 5a** Stand facing a counter or sink, with your feet shoulder-width apart. Place a chair behind you.
- 5b** Slowly lower your body down to the chair by bending at your knees and hips. Keep your back straight.
- Straighten your knees to return to the standing position.

REPS: Do this exercise 10 times.

**6 Standing Heel + Toe Raises**

- 6a** Stand beside a counter or sink, with your feet shoulder-width apart.
- Keep your **toes** on the floor. Lift the heels of both feet as high as you can. Hold for 3 to 5 seconds, then relax.
- 6b**
- Next, keep your **heels** on the floor. Lift the toes of both feet as high as you can.
- 6c** Hold for 3 to 5 seconds, then relax.

REPS: Do this exercise 10 times, alternating between heel raises and toe raises.



Too easy? Slowly do more. Try to add ankle weights for more resistance

WALKING PROGRAM

General Instructions

- Walk for 30 minutes at a faster pace than normal, 3 to 5 times a week.
- If you cannot walk for 30 minutes at a time, start with 5 to 10 minutes. Slowly Increase this time, as tolerated. Rest for 30 minutes between walking sets.

Try to keep a moderate level of intensity when exercising

Intensity, or activity level, is the amount of effort that you need to do a certain exercise or activity. A **moderate** level of intensity will make you breathe harder and increase your heart rate.

Try to exercise hard enough where you are able to maintain conversation, but not too strenuous that you are gasping for air.

If you are able to sing, you can increase intensity.



Community Supports and Resources for Staying Active

Ask your health care professional if they can refer you to a community program or specialized service. You can also look online:

Parks and Recreation Fun Guide (search "Older Adult")

<https://www.toronto.ca/data/parks/funguide/brochures.html#>

Canadian Physical Activity Toolkit for Older Adults

<https://www.gov.nl.ca/cssd/files/healthyliving-pdf-older-adult-physical-activity-toolkit.pdf>

Healthline

<http://www.thehealthline.ca>

23 and 1/2 hours: What is the single best thing we can do for our health? (video)

<https://youtu.be/aUalnS6HIGo>

INSTRUCTIONS: Record the date and the number of reps you did for each activity.

Staying Active Program Home Exercise Log

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See pages 2 to 4 for the description and demonstration of the above exercises.

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