

Heart & Lung Function (Sitting)

<p><u>W3C Narration:</u> This is an instructional video demonstrating an exercise routine. To ensure the safety and accuracy in doing the following exercises, people with impaired vision should attempt these exercises under the guidance of medical professionals, or while accompanied by carers or family members.</p>
<p><u>Female VO:</u> 'Stay Active at Home'</p>
<p><u>W3C Narration :</u> The title 'Stay Active at Home, Let's Get Moving' appear on the screen.</p>
<p><u>W3C Narration :</u> An elderly is exercising under the guidance of two physiotherapists at home.</p>
<p><u>Female VO:</u> There are seven home-based exercise videos in the 'Stay Active at Home' series. Each has a different training objective and is guided by physiotherapists to improve common physical conditions. Let's get moving at home!</p>
<p><u>W3C Narration :</u> On the right hand side of the screen, a cartoon depicting a person does exercise on a chair, while the words 'Heart & Lung Function (Sitting)' appear on the left hand side.</p>
<p><u>Female VO:</u> Heart & Lung Function (Sitting)</p>
<p><u>W3C Narration :</u> The words 'Enhance Physical Fitness' appear in the top left corner of the screen. An elderly lady is bending forward to mop the floor at home. The female physiotherapist approaches and greets her.</p>
<p><u>Physiotherapist says:</u> Watch your posture, Grandma. Bending forward to mop the floor can easily hurt your back.</p>
<p><u>Grandma says:</u> I know I should keep my back straight. But I easily get tired. I can hardly co-ordinate my limbs these days, let alone keep my back straight.</p>
<p><u>Physiotherapist says:</u> Maintaining a good heart and lung function is key to prevent physical deterioration. Why don't I teach you some home-based aerobic exercise to enhance your heart and lung function and limb coordination? You will be able to tackle home chores more easily then.</p>
<p><u>W3C Narration :</u></p>

Exercise precautions are listed on the screen.

Female VO:

Before we start, here are a few things you should note: If you have chronic illnesses or have received a total hip replacement surgery, please seek medical advice before you exercise. If you feel unwell, stop exercising and consult a doctor immediately. If you can sit steadily and move around on a chair without any help or assistive devices, then this set of exercise is suitable for you.

W3C Narration :

The screen shows items needed for these exercises.

Female VO:

You will need the following items:
Sports shoes to protect your feet and prevent fall.

Female VO:

A sturdy chair with a backrest and cannot easily tip over.

W3C Narration :

On the screen, the male physiotherapist places a sturdy chair with its backrest against a wall before sitting down.

Female VO:

For safety reason, it is suggested to place the chair against a wall during exercise. Do not use foldable chairs or chairs with wheels.

W3C Narration :

On the right hand side of the screen, a cartoon depicting a person does exercise on a chair, while the words 'Heart & Lung Function (Sitting)' appear on the left hand side.

Female VO:

Heart & Lung Function (Sitting)
This set of exercise can improve your heart and lung function and limb coordination.
There are 2 levels: normal and advanced, each level takes about five minutes to complete.

W3C Narration :

The screen shows a home environment where two physiotherapists and an elderly lady are each sitting on a sturdy chair. They are about to start the exercise demonstration.

Female VO:

Ok, let's start!
Let's sit a bit near the edge of the chair and sit steadily. Make sure your whole buttocks are on the chair.
Great, let's warm up first. Just follow us. 3, 2, 1 Let's move!

W3C Narration :

The words '1) Arm Swings and Steps' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, none of which is marked complete. Two physiotherapists demonstrate 'Arm Swings and Steps' and the elderly lady follows their actions.

First, arms by your side, bend your elbows at 90 degrees. Palms facing inwards, clench your fists gently. Step on the spot while staying seated, and swing your arms gently, in sync with your legs, as if to mimic a jogging motion.

The first grid of the progress bar will be coloured green once a set is finished.

Female VO:

Swing your arms and step with ease as if you're jogging.

Step in place gently.

Sit upright and look straight ahead.

Swing your arms back and forth while stepping in place.

Remember to keep breathing normally.

Beginners may exercise with company.

Female VO:

Get ready for the next move 'Side Arm Raises'

W3C Narration :

The words '2) Side Arm Raises' appear in the top left corner of the screen.

There is a progress bar in the top right corner indicating 12 steps, one of which is marked complete.

Two physiotherapists demonstrate 'Side Arm Raises' and the elderly lady follows them. First, follow the beat and keep stepping in place. Hands by your side, raise your arms with your elbows straight, as if you are drawing a big circle. Keep your palms facing upwards and clap above your head. Then, lower your hands. Keep your elbows straight with your palms facing down until they are by your sides. Repeat four times.

The second grid of the progress bar will be coloured green once a set is finished.

Female VO:

Step in place gently. With your elbows straight, raise your arms up to the side.

Your palms should face up when your hands are in the air. Lower your arms with your palms facing down.

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Female VO:

And we'll change to 'Steps & Forearm Rolls'

W3C Narration :

The words '3) Steps & Forearm Rolls' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, two of which are marked complete. Two physiotherapists demonstrate 'Steps & Forearm Rolls' and the elderly lady follows their actions. First, step with the beat, alternating your foot four times in total. At the same time, raise your fists level with your chest and move your forearms in a circular motion at the same time. Then keep your forearms moving in a circular motion while turning to your right. Keep

your eyes on your hands. Step left foot after the right foot four times in total. Turn back and face forward and now lift your forearms just above eye level, still moving in a circular motion. Keep your eyes on your hands and your left and right foot stepping for four times in total. Now turn to your left with your forearms turning in a circular motion around each other and your eyes on your hands while stepping left and right again for four times in total. Repeat twice.

The third grid of the progress bar will be coloured green once a set is finished.

Female VO:

Make a fist and roll your forearms around each other. Your eyes should follow where your hands are. Turn your body as far as possible to each side to enhance flexibility.

Female VO:

Great, our next move is 'Turns & Claps'

W3C Narration :

The words '4) Turns & Claps' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, three of which are marked complete.

Two physiotherapists demonstrate 'Turns & Claps' and the elderly lady follows their actions. First, follow the beat and turn to your right and clap. At the same time, tap your left toes forward. Turn your body to face forward, left leg stepping back and clap again. Then turn to your left and clap. At the same time, tap your right toes forward. Turn your body to face forward, right leg stepping back and clap again. Repeat four times.

The fourth grid of the progress bar will be coloured green once a set is finished.

Female VO:

Point your toes forward and tap. Turn your body. Clap and tap your toes. Remember to turn your body and tap your toes at the same time but not on the same side. Return to the center and clap. Alternate toe taps.

Female VO:

And now change to 'Diagonal Claps'

W3C Narration :

The words '5) Diagonal Claps' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, four of which are marked complete.

Two physiotherapists demonstrate 'Diagonal Claps' and the elderly lady follows their actions. First, follow the beat and raise your hands to your right diagonally and clap. At the same time, tap your left toes forward. Look straight ahead. Turn your body to face forward, left leg stepping back and clap again. Then raise your hands to your left diagonally and clap. At the same time, tap your right toes forward. Look straight ahead. Turn your body to face forward, right leg stepping back and clap again. Repeat four times.

The fifth grid of the progress bar will be coloured green once a set is finished.

Female VO:

Tap your toes.

Raise your arms in a diagonal fashion to above one shoulder and clap.

Look straight ahead. Remember to clap and tap your toes at the same time but not on the same side. Raise your arms diagonally as far as above the shoulder as you can, and clap. Alternate toe taps.

Female VO:

And now move on to 'Palm Pushes (Front)'

W3C Narration :

The words '6) Palm Pushes (Front)' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, five of which are marked complete. Two physiotherapists demonstrate 'Palm Pushes (Front)' and the elderly lady follows their actions. First, follow the beat and push your right palm out from your chest until your arm is straight. Make a fist with your left hand, and place it to your side, with the palm facing up. At the same time, tap your left heel forward. With your left leg, step back, and lower your right hand. Then, make a fist with both hands and keep them at your waist with palms facing upwards. Now to do the same on the other side, push your left palm out from your chest until your arm is straight. Make a fist with your right hand, and place it to your side, with the palm facing up. At the same time, tap your right heel forward with your right leg, step back, and lower your left hand. Then, make a fist with both hands and keep them at your waist with palms facing upwards. Repeat four times.

The sixth grid of the progress bar will be coloured green once a set is finished.

Female VO:

Remember to push your palm and tap your heel at the same time but not on the same side. Gently tap the floor with your heel, with your toes pointing upwards. Don't put all the pressure on your knees. Try to keep your elbow straight when thrusting your palm and make a fist with the other hand and keep it at waist level.

Female VO:

Now let's change to 'Palm Pushes (Up & Down)'

W3C Narration :

The words '7) Palm Pushes (Up & Down)' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, six of which are marked complete. Two physiotherapists demonstrate 'Palm Pushes (Up & Down)' and the elderly lady follows their actions. First, follow the beat. Keeping your right arm straight, lift your right arm straight up with your palms facing upwards and fingers pointing inwards. Keeping your left arm straight, push your left palm downwards with the fingers pointing forward. At the same time, tap your left heel forward.

Move back into the starting position. Make a fist with both hands and keep them at your waist with both palms facing upwards. Now to do this again on the other side. Keeping your left arm straight, lift your left arm straight up with palms facing upwards and fingers pointing inwards. Keeping your right arm straight, push your right palm downwards with the fingers pointing forward. At the same time, tap your right heel forward. Repeat four times.

The seventh grid of the progress bar will be coloured green once a set is finished.

Female VO:

Gently tap the floor with your heel. Remember to push your palm down and tap your heel at the same time and on the same side.
Push one palm up with the fingers pointing inwards, push the other palm down with the fingers pointing forward.

Female VO:

'Chest Stretches & Arm Lifts'

W3C Narration :

The words '8) Chest Stretches & Arm Lifts' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, seven of which are marked complete.

Two physiotherapists demonstrate 'Chest Stretches & Arm Lifts' and the elderly lady follows their actions. First, follow the beat.

Tap your right hand on your left thigh and left hand on your right thigh. Step sideways with your left foot. Then, fist facing downwards, with elbows bent about 90 degrees at shoulder level. Pull your shoulders and arms to stretch the front of your chest.

Move back into a normal sitting position. Tap your right hand on your left thigh and left hand on your right thigh. Step sideways with your left foot. Keeping your hands crossed over, raise both arms diagonally, keeping your elbows straight and both palms facing upwards.

Move back into a normal sitting position. Tap your right hand on your left thigh and left hand on your right thigh. Step sideways with your right foot. Then, fist facing downwards, with elbows bent about 90 degrees at shoulder level. Pull your shoulders and arms to stretch the front of your chest.

Move back into a normal sitting position. Tap your right hand on your left thigh and left hand on your right thigh. Step sideways with your right foot. Keeping your hands crossed over, raise both arms diagonally, keeping your elbows straight and both palms facing upwards. Move back into a normal sitting position. Tap your right hand on your left thigh and left hand on your right thigh. Repeat two times.

The eighth grid of the progress bar will be coloured green once a set is finished.

Female VO:

Cross your arms and tap your thighs. Step sideways with one foot. Return foot to centre then step again.

The same leg should step sideways twice before changing to the other leg. It's alright if you cannot catch up in the beginning. You may practise the moves with your arms or your legs first. Combine the moves when you are familiar with them.

Female VO:

Now change to 'Knee Lifts & Thigh Taps'

W3C Narration :

The words '9) Knee Lifts & Thigh Taps' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, eight of which are marked complete.

Two physiotherapists demonstrate 'Knee Lifts & Thigh Taps' and the elderly lady follows them. First, follow the beat to lift your left knee and tap the left thigh with your right hand.

Your left hand should hold onto the edge of the chair. Lower your left leg with both hands on the edges of the chair. Lift your right knee and tap the right thigh with your left hand. Your

right hand should hold onto the edge of the chair. Lower your right leg with both hands on the edges of the chair. Repeat four times.

The ninth grid of the progress bar will be coloured green once a set is finished.

Female VO:

Lift one knee and tap the thigh. Maintain your balance by holding onto the chair with the other hand. Keep your back straight when you lift your knee.

Female VO:

Next we'll do 'Arm and Knee Lifts'

W3C Narration :

The words '10) Arm and Knee Lifts' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, nine of which are marked complete. Two physiotherapists demonstrate 'Arm and Knee Lifts' and the elderly lady follows their actions. First, follow the beat to lift your left knee and raise your right hand with the elbow straight. Your left hand should hold onto the edge of the chair. Lower your left leg with both hands on the edges of the chair. Lift your right knee and raise your left hand with the elbow straight. Your right hand should hold onto the edge of the chair. Lower your right leg with both hands on the edges of the chair. Repeat four times.

The tenth grid of the progress bar will be coloured green once a set is finished.

Female VO:

Lift one knee and raise one arm. Hold the chair with the other hand. Remember to lift your knee and hold the chair on the same side. Straighten your elbow while lifting your arm. Just exercise within your capacity. Take your time and do not push yourself too hard.

Female VO:

The next move is 'Side Arm Raises'

W3C Narration :

The words '11) Side Arm Raises' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, ten of which are marked complete. Two physiotherapists demonstrate 'Side Arm Raises' and the elderly lady follows their actions. First, follow the beat and keep stepping in place. Hands by your side, raise your arms with your elbows straight, as if you are drawing a big circle. Keep your palms facing upwards and clap above your head. Then, lower your hands. Keep your elbows straight with your palms facing down until they are by your sides. Repeat four times.

The eleventh grid of the progress bar will be coloured green once a set is finished.

Female VO:

Slowly relax and adjust your breathing. Your palms should face up when your hands are in the air. Slowly breathe in.

Lower your arms with your palms facing down. Breathe out slowly. It's alright if you cannot catch up in the beginning, Just keep on stepping slowly.

Female VO:

Our last move is 'Arm Swings & Steps'

W3C Narration :

The words '12) Arm Swings & Steps' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, eleven of which are marked complete. Two physiotherapists demonstrate 'Arm Swings & Steps' and the elderly lady follows their actions. First, arms by your side, bend your elbows at 90 degrees. Palms facing inwards, clench your fists gently. Step on the spot while staying seated, and swing your arms gently, in sync with your legs, as if to mimic a jogging motion.

The twelfth grid of the progress bar will be coloured green once a set is finished.

Female VO:

Swing your arms and step with ease as if you're jogging. Breathe in through your nose and breathe out through your mouth to let your body slowly cool down. Slow down your stepping. Keep it up! Great job, everyone.

W3C Narration :

Two physiotherapists and the elderly lady continue to step.

Female VO:

If you feel tired now, you may do some stretching and take some rest. If you are not tired and your capability allows, you can move on to the Advanced level with us. 3,2,1 Let's get moving.

W3C Narration :

The words '1) Arm Swings & Steps' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, none of which is marked complete. Two physiotherapists demonstrate 'Arm Swings & Steps' and the elderly lady follows their actions.

First, arms by your side, bend your elbows at 90 degrees. Palms facing inwards, clench your fists gently. Step on the spot while staying seated, and swing your arms gently, in sync with your legs, as if to mimic a jogging motion.

The first grid of the progress bar will be coloured green once a set is finished.

Female VO:

Swing your arms back and forth naturally while stepping in place. 12345678, remember to keep breathing normally.

Female VO:

Now change to 'Side Arm Raises'

W3C Narration :

The words '2) Side Arm Raises' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, one of which is marked complete.

Two physiotherapists demonstrate 'Side Arm Raises' and the elderly lady follows them. First, follow the beat and keep stepping in place. Hands by your side, raise your arms with your elbows straight, as if you are drawing a big circle. Keep your palms facing upwards and clap above your head. Then, lower your hands. Keep your elbows straight with your palms facing down until they are by your sides. Repeat eight times.

The second grid of the progress bar will be coloured green once a set is finished.

Female VO:

Step in place gently. With your elbows straight, raise your arms up to the side. Your palms should face up when your hands are in the air. Lower your arms with your palms facing down.
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Female VO:

And we'll change to 'Steps & Forearm Rolls'

W3C Narration :

The words '3) Steps & Forearm Rolls' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, two of which are marked complete. Two physiotherapists demonstrate 'Steps & Forearm Rolls' and the elderly lady follows their actions. First, step with the beat, alternating your foot four times in total. At the same time, raise your fists level with your chest and move your forearms in a circular motion at the same time. Then keep your forearms moving in a circular motion while turning to your right. Keep your eyes on your hands. Step left foot after the right foot four times in total. Turn back and face forward and now lift your forearms just above eye level, still moving in a circular motion. Keep your eyes on your hands and your left and right foot stepping for four times in total. Now turn to your left with your forearms turning in a circular motion around each other and your eyes on your hands while stepping left and right again for four times in total. Repeat twice.

The third grid of the progress bar will be coloured green once a set is finished.

Female VO:

Make a fist and roll your forearms around each other. Your eyes should follow your hands as they move. It's alright if you cannot catch up in the beginning. You may practise the moves with your arms or your legs first. Combine the moves when you are familiar with them.

Female VO:

Great, our next move is 'Turns & Claps'

W3C Narration :

The words '4) Turns & Claps' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, three of which are marked complete. Two physiotherapists demonstrate 'Turns & Claps' and the elderly lady follows their actions. First, follow the beat and turn to your right and clap. At the same time, tap your left toes forward. Turn your body to face forward, left leg stepping back and clap again. Then turn to your left and clap. At the same time, tap your right toes forward. Turn your body to face forward, right leg stepping back and clap again.

Repeat eight times.

The fourth grid of the progress bar will be coloured green once a set is finished.

Female VO:

Turn your body and clap, tap your toes. Return to center and clap. Remember to turn your body and tap your toes at the same time but not on the same side. 12345678

It's alright if you cannot catch up in the beginning, just do it slowly.

Female VO:

And now change to 'Diagonal Claps'

W3C Narration :

The words '5) Diagonal Claps' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, four of which are marked complete.

Two physiotherapists demonstrate 'Diagonal Claps' and the elderly lady follows their actions. First, follow the beat and raise your hands to your right diagonally and clap. At the same time, tap your left toes forward. Look straight ahead. Turn your body to face forward, left leg stepping back and clap again. Then raise your hands to your left diagonally and clap. At the same time, tap your right toes forward. Look straight ahead. Turn your body to face forward, right leg stepping back and clap again. Repeat eight times.

The fifth grid of the progress bar will be coloured green once a set is finished.

Female VO:

Raise your arms diagonally to above your shoulder and tap your toes. Remember to clap and tap your toes at the same time but not on the same side. Stretch your arms as far above your shoulder as you can and clap. Alternate toe taps.

Female VO:

And now let's move on to 'Palm Pushes (Front)'

W3C Narration :

The words '6) Palm Pushes (Front)' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, five of which are marked complete.

Two physiotherapists demonstrate 'Palm Pushes (Front)' and the elderly lady follows their actions. First, follow the beat and push your right palm out from your chest until your arm is straight. Make a fist with your left hand, and place it to your side, with the palm facing up. At the same time, tap your left heel forward. With your left leg, step back, and lower your right hand. Then, make a fist with both hands and keep them at your waist with palms facing upwards. Now to do the same on the other side, push your left palm out from your chest until your arm is straight. Make a fist with your right hand, and place it to your side, with the palm facing up. At the same time, tap your right heel forward. With your right leg, step back, and lower your left hand. Then, make a fist with both hands and keep them at your waist with palms facing upwards. Repeat eight times.

The sixth grid of the progress bar will be coloured green once a set is finished.

Female VO:

Gently tap the floor with your heel, with your toes pointing upwards. Don't put all the pressure on your knees. Try to keep your elbow straight when thrusting your palm. Make a fist with the other hand and keep it at waist level. Remember push your palm and tap your heel at the same time but not on the same side.

Female VO:

Now let's change to 'Palm Pushes (Up & Down)'

W3C Narration :

The words '7) Palm Pushes (Up & Down)' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, six of which are marked complete. Two physiotherapists demonstrate 'Palm Pushes (Up & Down)' and the elderly lady follows their actions. First, follow the beat. Keeping your right arm straight, lift your right arm straight up with your palms facing upwards and fingers pointing inwards. Keeping your left arm straight, push your left palm downwards with the fingers pointing forward. At the same time, tap your left heel forward.

Move back into the starting position. make a fist with both hands and keep them at your waist with both palms facing upwards. Now to do this again on the other side. Keeping your left arm straight, lift your left arm straight up with palms facing upwards and fingers pointing inwards. Keeping your right arm straight, push your right palm downwards with the fingers pointing forward. At the same time, tap your right heel forward. Repeat eight times.

The seventh grid of the progress bar will be coloured green once a set is finished.

Female VO:

Gently tap the floor with your heel.

Push one palm up with the fingers pointing inwards, push the other palm down with the fingers pointing forward. Remember to push your palm down and tap your heel at the same time and on the same side.

Female VO:

'Chest Stretches & Arm Lifts'

W3C Narration :

The words '8) Chest Stretches & Arm Lifts' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, seven of which are marked complete.

Two physiotherapists demonstrate 'Chest Stretches & Arm Lifts' and the elderly lady follows their actions. First, follow the beat.

Tap your right hand on your left thigh and left hand on your right thigh. Step sideways with your left foot. Then, fist facing downwards, with elbows bent about 90 degrees at shoulder level. Pull your shoulders and arms to stretch the front of your chest.

Move back into a normal sitting position. Tap your right hand on your left thigh and left hand on your right thigh. Step sideways with your left foot. Keeping your hands crossed over, raise both arms diagonally, keeping your elbows straight and both palms facing upwards.

Move back into a normal sitting position. Tap your right hand on your left thigh and left hand on your right thigh. Step sideways with your right foot. Then, fist facing downwards, with elbows bent about 90 degrees at shoulder level. Pull your shoulders and arms to stretch the front of your chest.

Move back into a normal sitting position. Tap your right hand on your left thigh and left hand on your right thigh. Step sideways with your right foot. Keeping your hands crossed over, raise both arms diagonally, keeping your elbows straight and both palms facing upwards. Move back into a normal sitting position. Tap your right hand on your left thigh and left hand on your right thigh. Repeat four times.

The eighth grid of the progress bar will be coloured green once a set is finished.

Female VO:

Cross your arms and tap your thighs. Step sideways with one foot. Return foot to centre then step again. When you pull your elbows backwards, one of your feet should step sideways and then raise your arms sideways. The same leg should step sideways twice before changing to the other leg.

Female VO:

Now change to 'Knee Lifts & Thigh Taps'

W3C Narration :

The words '9) Knee Lifts & Thigh Taps' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, eight of which are marked complete. Two physiotherapists demonstrate 'Knee Lifts & Thigh Taps' and the elderly lady follows them. First, follow the beat to lift your left knee and tap the left thigh with your right hand. Your left hand should hold onto the edge of the chair. Lower your left leg with both hands on the edges of the chair. Lift your right knee and tap the right thigh with your left hand. Your right hand should hold onto the edge of the chair. Lower your right leg with both hands on the edges of the chair. Repeat eight times.

The ninth grid of the progress bar will be coloured green once a set is finished.

Female VO:

Lift one knee and tap the thigh. Maintain your balance by holding onto the chair with the other hand. Keep your back straight when you lift your knee. Don't push yourself too hard. Just exercise within your capacity.

Female VO:

Next we'll do 'Arm and Knee Lifts'

W3C Narration :

The words '10) Arm and Knee Lifts' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, nine of which are marked complete. Two physiotherapists demonstrate 'Arm and Knee Lifts' and the elderly lady follows their actions. First, follow the beat to lift your left knee and raise your right hand with the elbow straight. Your left hand should hold onto the edge of the chair. Lower your left leg with both hands on the edges of the chair. Lift your right knee and raise your left hand with the elbow straight. Your right hand should hold onto the edge of the chair. Lower your right leg with both hands on the edges of the chair. Repeat eight times.

The tenth grid of the progress bar will be coloured green once a set is finished.

Female VO:

Lift one knee and raise one arm. Hold the chair with the other hand. Remember to lift your knee and hold the chair on the same side. Straighten your elbow while lifting your arm.

Female VO:

Now change to 'Side Arm Raises'

W3C Narration :

The words '11) Side Arm Raises' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, ten of which are marked complete. Two physiotherapists demonstrate 'Side Arm Raises' and the elderly lady follows their actions. First, follow the beat and keep stepping in place. Hands by your side, raise your arms with your elbows straight, as if you are drawing a big circle. Keep your palms facing upwards and clap above your head. Then, lower your hands. Keep your elbows straight with your palms facing down until they are by your sides. Repeat four times. The eleventh grid of the progress bar will be coloured green once a set is finished.

Female VO:

Your palms should face up when your hands are in the air. Slowly breathe in. Lower your arms with your palms facing down. Breathe out slowly. It's alright if you cannot catch up in the beginning, just keep on stepping slowly.

Female VO:

And the last one is 'Arm Swings & Steps'

W3C Narration :

The words '12) Arm Swings & Steps' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 12 steps, eleven of which are marked complete. Two physiotherapists demonstrate 'Arm Swings & Steps' and the elderly lady follows their actions. First, arms by your side, bend your elbows at 90 degrees. Palms facing inwards, clench your fists gently. Step on the spot while staying seated, and swing your arms gently, in sync with your legs, as if to mimic a jogging motion. The twelfth grid of the progress bar will be coloured green once a set is finished.

Female VO:

Swing your arms and step with ease as if you're jogging. Relax slowly and regulate your breath. Breathe in through your nose and breathe out through your mouth to let your body slowly cool down. Slow down your stepping. Great, we're done.

W3C Narration :

Two physiotherapists and the elderly lady continue to step.

Female VO:

Well done! We've finished all of them. Just keep on stepping to regain your normal breath. Then you may do some stretching. Drink enough water to replenish your fluid loss after exercise. This set of exercise is a bit challenging, So it's totally fine if you can't catch up in the beginning. Just practise more and you'll make it. You can repeat this exercise according to your capability, aiming at ten minutes in total. It will be even more fun if you exercise with your family.

W3C Narration :

Two physiotherapists, the elderly lady and the elderly man are smiling at the camera in high spirits.

W3C Narration :

The logos of the Department of Health and Elderly Health Service appear on the screen.

W3C Narration :

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