

Heart & Lung Function (Standing)

<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 exercises while standing, while the words 'Heart & Lung Function (Standing)' appear on the left hand side.</p>
<p><u>Female VO:</u> Heart & Lung Function (Standing)</p>
<p><u>W3C Narration:</u> The words 'Improve balance and enhance physical fitness' appear in the top left corner of the screen. An elderly lady seems unhappy after looking at the windows at home. The female physiotherapist approaches and greets her.</p>
<p><u>Physiotherapist says:</u> Grandma, since it's raining, I don't think we can go hiking today. Don't be upset, we can still exercise at home. This can still enhance your heart and lung function and improve your coordination. You don't always have to exercise at a park or go hiking Let me teach you some aerobic exercise in standing position which can also help improve your balance.</p>
<p><u>W3C Narration:</u> Exercise precautions are listed on the screen.</p>
<p><u>Female VO:</u> 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 move around freely and steadily without any help or assistive devices, then this set of exercise is suitable for you.</p>

<p><u>W3C Narration:</u> The screen shows items needed for these exercises.</p> <p><u>Female VO:</u> You will need the following items: Sports shoes to protect your feet and prevent fall.</p>
<p><u>W3C Narration:</u> On the right hand side of the screen, a cartoon depicting a person exercises while standing, while the words 'Heart & Lung Function (Standing)' appear on the left hand side.</p> <p><u>Female VO:</u> Heart & Lung Function (Standing) This set of exercise can improve your heart and lung function, limb coordination and balance. It will only take about four minutes to complete the whole set.</p>
<p><u>W3C Narration:</u> The screen shows a home environment where two physiotherapists and an elderly lady are standing with shoulder-width apart. They are about to start the exercise demonstration.</p> <p><u>Female VO:</u> Stand with your feet shoulder-width apart. Stand still. Are you ready? Great, let's warm up first. Just follow us. 321, let's move!</p>
<p><u>W3C Narration:</u> 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 9 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 in standing, 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.</p> <p><u>Female VO:</u> Swing your arms and step with ease as if you're jogging. Step in place gently. Stand 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.</p>
<p><u>Female VO:</u> Get ready for the next move 'Side Arm Raises'</p> <p><u>W3C Narration:</u> 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 9 steps, one of which is marked complete.</p>

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. Raise your arms up to the side with your elbows straight
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 9 steps, two of which are marked complete. Two physiotherapists demonstrate 'Steps & Forearm Rolls' and the elderly lady follows them. 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. Look straight ahead 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. Turn your body as far as possible to each side to enhance flexibility.

Roll your forearms in front of your forehead.

Female VO:

'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 9 steps, three of which are marked complete.

Two physiotherapists demonstrate 'Turns & Claps' and the elderly lady follows them. First, follow the beat and turn to your right and clap. At the same time, tap your left toes sideways. Turn your body to face forward, draw your left leg back and clap again. Then turn to your left and clap. At the same time, tap your right toes sideways. Turn your body to face forward, draw your right leg 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:

Tap your toes to the side, keep the other leg straight. Remember to turn your body and tap with your toes at the same time but not on the same side. Stand upright and your eyes should follow where your hands are. Well done, carry on. Return to center and clap.

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 9 steps, four of which are marked complete.

Two physiotherapists demonstrate 'Diagonal Claps' and the elderly lady follows them. First, follow the beat and raise your hands to your right diagonally and clap. At the same time, tap your left toes sideways. Look straight ahead. Turn your body to face forward, draw your left leg back and clap again.

Then raise your hands to your left diagonally and clap. At the same time, tap your right toes sideways. Look straight ahead. Turn your body to face forward, draw your right leg 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:

Raise your arms diagonally to above your shoulder and clap. Gently tap your toes to the side. Keep the other leg straight
Look straight ahead. Return to the center and clap. Remember to keep breathing normally. Don't hold your breath.

Female VO:

And now let's change 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 9 steps, five of which are marked complete.

Two physiotherapists demonstrate 'Palm Pushes (Front)' and the elderly lady follows them. 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:

Try to keep your elbow straight when thrusting your palm. Make a fist with the other hand and keep it at waist level. Gently tap the floor with your heel, with your toes pointing upwards. Remember to push your palm and tap your heel at the same time but not on the same side. Draw your hand back to make a fist by your waist.

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 9 steps, six of which are marked complete. Two physiotherapists demonstrate 'Palm Pushes (Up & Down)' and the elderly lady follows them. First, follow the beat. Keeping your right arm straight, lift your right arm straight up with 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:

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

Female VO:

Get ready for the next move 'Side Arm Raises'

W3C Narration:

The words '(8) Side Arm Raises' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 9 steps, seven of which are 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 eighth grid of the progress bar will be coloured green once a set is finished.

Female VO:

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.

<p>It's alright if you cannot catch up in the beginning, Just keep on stepping slowly.</p>
<p><u>Female VO:</u> And the last one is 'Arm Swings & Steps'</p> <p><u>W3C Narration:</u> The words '9) Arm Swings & Steps' appear in the top left corner of the screen. There is a progress bar in the top right corner indicating 9 steps, eight of which are marked complete. Two physiotherapists demonstrate 'Arm Swings & Steps' and the elderly lady follows them. First, arms by your side, bend your elbows at 90 degrees. Palms facing inwards, clench your fists gently. Step on the spot in standing, and swing your arms gently, in sync with your legs, as if to mimic a jogging motion. The ninth grid of the progress bar will be coloured green once a set is finished.</p> <p><u>Female VO:</u> 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. Great job, everyone. We're done.</p>
<p><u>W3C Narration:</u> Two physiotherapists continue to step.</p> <p><u>Female VO:</u> Well done! We've finished all of the moves. 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.</p>
<p><u>W3C Narration:</u> Two physiotherapists, the elderly lady and the elderly man are smiling at the camera in high spirits.</p>
<p><u>W3C Narration:</u> The logos of the Department of Health and Elderly Health Service appear on the screen.</p>
<p><u>W3C Narration:</u> The Department of Health owns the copyright of this film. The film is produced solely for non-commercial use. It should not be rented, sold or otherwise used for profit making purposes.</p>