

General Exercise for the Elderly

Narration

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.

Description of visuals

A cartoon illustration of an elderly man and woman appears from the centre of the screen, holding the title "General Exercise for the Elderly". The names of the nine structured exercises are displayed around the screen, and the logos of the "Department of Health" and "Elderly Health Service" are displayed at the bottom of the screen.

Description of visuals

Transition to the next scene showing the precautions.

Precautions:

The exercise demonstrated in this video is suitable for those who can walk independently outdoor without walking aids. This exercise can be performed both indoor and outdoor. One should perform the exercise according to his/her ability and progress gradually.

If you do not have regular exercise habit or have been diagnosed with chronic diseases, consult healthcare professionals before starting exercise.

Elderly should pay attention to his/her own health conditions. If you have any discomfort, for example: fever, chest pain, severe body pain, dizziness, nausea, unstable blood pressure or blood glucose level before or during exercise, you are not suitable to do exercise. You should stop immediately and consult healthcare professionals.

If you are a new learner to this exercise program or have balance problem, according to this video clip instruction, you are advised to hold onto a stable and not easily tilted chair for support during exercise for fall prevention and to exercise with accompany.

Please consult healthcare professionals first if you have any questions.

Description of visuals

A cartoon illustration of an elderly man and woman appears from the center of the screen, holding the title "General Exercise for the Elderly (GEFE)". The names of the nine structured exercises are displayed around the screen.

Description of visuals

The scene changes. The title "Benefits of Exercising" appears at the center of the screen.

The scene changes. Mr. Cheung Kwok Keung, an actor, is talking to the audience as he takes a walk in the park.

<u>Cheung Kwok Keung</u> Many elderly say they frequently experience physical ailments, such as deteriorating physical fitness, joint pains, muscle weakness, unsteady gait, poor balance and sometimes leading to the risk of falling.
<u>Description of visuals</u> Transition to the next scene. Cheung stops walking and continues to talk to the audience.
<u>Cheung Kwok Keung</u> In fact, regular exercise can slow down the aging process and also improve physical fitness, lowering the risk of falling. Exercise can also reduce the chances of developing chronic diseases, relieve stress and improve our mental health. It is great to exercise with friends, not only as a means to bond, but also to expand our social network.
<u>Description of visuals</u> Transition to the next scene. Cheung continues to walk in the park as he talks to the audience, and then he comes to a stop. He is greeted by Mr. Li, a physiotherapist, who enters the scene from the right.
<u>Cheung Kwok Keung & Mr. Li</u> The World Health Organization recommends that older adults should do at least 150 minutes of moderate intensity aerobic physical activity each week. But what is moderate intensity aerobic physical activity? Let's ask our physiotherapist, Mr. Li. Hello! Mr. Li.
<u>Mr. Li</u> Hello! Moderate intensity aerobic physical activity means that there is an increase in heart rate and breathing rate during exercise. One should find it "somewhat hard" but still able to talk during exercise.
<u>Description of visuals</u> Transition to the next scene, Li continues to talk to the audience.
<u>Mr. Li</u> In addition, if a person has the physical fitness level, they could choose to perform 75 minutes or above of vigorous intensity aerobic physical activity throughout the week or an equivalent combination of moderate and vigorous aerobic physical activity. Both will have the same benefits.
<u>Description of visuals</u>

Transition to the next scene. Cheung and Li are conversing while sitting on a park bench.
<u>Cheung Kwok Keung</u> Should the 150 minutes moderate intensity aerobic physical activity be performed in one day or gradually over the week?
<u>Mr. Li</u> Sure. The aerobic physical exercise can be done in shorter sessions throughout the week. In addition, strengthening exercises should be done at least 2 days a week and should start with balance and fall prevention exercises to practice at least 3 days per week.
<u>Description of visuals</u> Transition to the next scene. Cheung is walking on the waterfront of the park while talking to the audience.
<u>Cheung Kwok Keung</u> If you can't achieve the recommended physical activity due to health limitations, that's fine, please do not force yourself. Do the most you are able to, within your abilities and physical constraints. Don't overwork yourself beyond your limits. Gradually increase the intensity and amount of physical activity and you will begin to see the benefits.
<u>Description of visuals</u> The title "Introduction to General Exercise for the Elderly" is displayed on the screen.
<u>Description of visuals</u> The scene changes. Mr. Cheung Kwok Keung, an actor, and Mr. Li, a physiotherapist, is having a conversation while standing in the park.
<u>Cheung Kwok Keung & Mr. Li</u> Mr. Li, what exactly is General Exercise for the Elderly?
<u>Description of visuals</u> Transition to the next scene. The screen shows alternate close-up shots of Cheung and Li. Cheung is facing Li, who is explaining to the audience.
<u>Mr. Li</u> General Exercise for the Elderly is an exercise program specifically designed for elderly. The routine includes nine forms of exercises. Practice the routine three times a week, half an hour per session,

repeating the routine three to four times per session.
<u>Description of visuals</u> Transition to the next scene. Cheung and Li are both facing the camera.
<u>Mr. Li</u> The routine helps to improve body coordination, balance, soft tissue flexibility and muscle strength.
<u>Description of visuals</u> The screen displays the title "Exercise precautions", and then a cartoon illustration of an elderly man and woman appears at the center of the screen, holding an information board with details on "Exercise precautions". Cheung explains these exercise precautions.
<u>Cheung Kwok Keung</u> As some diseases or drugs can affect heart and lung functions, elderly with chronic diseases should take care when exercising. Seek professional medical advice prior to following this exercise regime. If you experience fever, chest pain, severe aches or pains, dizziness, nausea, vomiting, shortness of breath, unstable blood pressure or blood glucose level, please do not carry on exercising.
<u>Description of visuals</u> Transition to the next scene. Cheung, wearing a set of sportswear, is eating a pre-workout snack at the park waterfront.
<u>Cheung Kwok Keung</u> First, take care not to work out on an empty stomach. Eat a small snack first.
<u>Description of visuals</u> Transition to the next scene. Cheung sits on a chair by the park waterfront. After tying his shoelaces, he stands up and performs a stretching exercise. People passing by are walking and running along the waterfront.
<u>Cheung Kwok Keung</u> If you are too full either, rest for an hour before exercising. Put on a set of comfortable sportswear, and you're ready to go.
<u>Narration</u> This is an instructional video demonstrating an exercise routine. To ensure the safety and accuracy

<p>in doing the following exercises, people with impaired vision should attempt these exercises under the guidance of healthcare professionals, or while accompanied by carers or family members.</p>
<p><u>Description of visuals</u></p> <p>The title "Warm-up and Stretching Exercises" is shown.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. The weather is sunny. Li and six elderly men and women are standing on the grass in the park, facing the camera. Everybody is dressed in sportswear. Li is standing at the front as he explains the importance of warming up.</p>
<p><u>Mr. Li</u></p> <p>Remember to warm up before exercising, as warming up can reduce overloading of your heart and lungs and reduce your risk of injury. Warm up exercises should be performed for 5-10 minutes. You can step on the spot or walk. After warming up, we can start the General Exercise for Elders routine!</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. The title "Neck Side Bending" is shown.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. Li and the six elderly demonstrate the first movement of the warm up exercise.</p>
<p><u>Mr. Li</u></p> <p>Let's do a neck warm up exercise first. Look forward, bend your head towards your left shoulder, and hold for 10 seconds. 1-2-3-4-5-6-7-8-9-10. Return to the neutral position. Then, bend your head towards your right and hold for 10 seconds. 1-2-3-4-5-6-7-8-9-10. Return to neutral position. Repeat this exercise 5 times</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. The title "Neck Rotation" is shown.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. Li and the six elderly demonstrate the second movement of the warm up exercise.</p>
<p><u>Mr. Li</u></p> <p>Let's do the second warm up exercise. Turn your head to the left and hold for 10 seconds. 1-2-3-4-</p>

5-6-7-8-9-10. Return to neutral position. Then, turn your head to the right and hold for 10 seconds. 1-2-3-4-5-6-7-8-9-10. Return to the neutral position. This exercise should be repeated 5 times.
<u>Description of visuals</u> Transition to the next scene. The title “Shoulder Stretch” is shown.
<u>Description of visuals</u> Transition to the next scene. Li and the six elderly demonstrate the third movement of the warm up exercise.
<u>Mr. Li</u> Now, we perform the third warm up exercise. Put your right hand on the left shoulder, support your right elbow with your left hand, and then push the arm towards yourself as far as possible, and hold for 10 seconds. 1-2-3-4-5-6-7-8-9-10. Relax. Now put your left hand on your right shoulder, support your left elbow with your right hand, then push the arm towards yourself as far as possible, and hold for 10 seconds. 1-2-3-4-5-6-7-8-9-10. This exercise should be repeated 5 times.
<u>Description of visuals</u> Transition to the next scene. The title “Forearm Stretch” is shown.
<u>Description of visuals</u> Transition to the next scene. Li and the six elderly demonstrate the fourth movement of the warm up exercise.
<u>Mr. Li</u> Let’s do the next exercise. Lock your fingers together, then turn and push your palm forward, keep your elbows straight and hold for 10 seconds. 1-2-3-4-5-6-7-8-9-10. Return to the starting position. Repeat this exercise 5 times.
<u>Description of visuals</u> Transition to the next scene. The title “Shoulder Rolls” is shown.
<u>Description of visuals</u> Transition to the next scene. Li and the six elderly demonstrate the fifth movement of the warm up exercise.
<u>Mr. Li</u> Let’s do the fifth warm up exercise. First, put both hands on your shoulders, lift the elbows and

<p>rotate backward for 10 times. 1-2-3-4-5-6-7-8-9-10. Then repeat 10 times in the forward direction. 1-2-3-4-5-6-7-8-9-10. Relax. This exercise should be performed 30 times forward and 30 times backward.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. The title “Chest Expansion” is shown.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. Li and the six elderly demonstrate the sixth movement of the warm up exercise.</p>
<p><u>Mr. Li</u></p> <p>Now, let’s do the next warm up exercise. Lift up both arms as far as possible. Breathe in through the nose at the same time, hold for 5 seconds, 1-2-3-4-5. Breathe out through the mouth when putting your arms down. Let’s repeat. Lift up both arms, then breathe in, 2-2-3-4-5. Breathe out when you put your arms down. Repeat this exercise 5 times</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. The title “Ankle Rotation” is shown.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. Li is standing with his left hand holding onto the back of a chair. An elderly is sitting on another chair adjacent to Li. Li and the elderly demonstrate the seventh movement of the warm up exercise.</p>
<p><u>Mr. Li</u></p> <p>Let’s do the next warm-up exercise. Hold onto a sturdy and stable rail or furniture when doing this exercise. If you cannot stand steadily, do this exercise while sitting. Firstly, lift your right foot off the ground, and turn the foot anti-clockwise 10 times, 1-2-3-4-5-6-7-8-9-10. Then turn the foot clockwise 10 times, 1-2-3-4-5-6-7-8-9-10. Put the right foot down, then lift your left foot off the ground. Turn the foot clockwise 10 times. 1-2-3-4-5-6-7-8-9-10. Then turn your foot anticlockwise, 1-2-3-4-5-6-7-8-9-10. Put your left foot down. Repeat this exercise 30 times in each direction.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. The title “Trunk Side Bend” is shown.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. Li and the six elderly demonstrate the eighth movement of the warm</p>

up exercise.
<p><u>Mr. Li</u></p> <p>Let's do the next warm up exercise. First put your left hand on your waist, raise your right hand above your head. Then bend your body towards left side as much as possible. Hold for 10 seconds, 1-2-3-4-5-6-7-8-9-10. Then return to the starting position. Let's switch hands. Put your right hand on your waist and raise your left hand. Then bend towards your right as much as possible. Hold for 10 seconds. 1-2-3-4-5-6-7-8-9-10. Return to the starting position and repeat this exercise 5 times.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. The title "Inner Thigh Stretch" is shown.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. Li and an elderly are both standing next to a chair, with their left hand holding onto the back of their chairs. Li and the elderly demonstrate the ninth movement of the warm up exercise.</p>
<p><u>Mr. Li</u></p> <p>Let's do the ninth warm up exercise. Hold onto a stable rail or furniture when doing this exercise. Standing with feet apart. Bend your left knee until you feel a stretching sensation in the right inner thigh. Make sure you do not bend your left knee over your toes. Keep this position for 10 seconds. 1-2-3-4-5-6-7-8-9-10. Return to the starting position and repeat by bending your right knee until you feel a stretching sensation in the left inner thigh. Hold for 10 seconds. 1-2-3-4-5-6-7-8-9-10. Return to the starting position. Repeat this exercise 5 times.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. The title "Calf Stretch" is shown.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. Li and an elderly are both standing next to a chair, with both hands holding onto the back of their chairs. Li and the elderly demonstrate the tenth movement of the warm up exercise.</p>
<p><u>Mr. Li</u></p> <p>Let's do the tenth warm up exercise. Hold onto a stable rail or furniture while doing this exercise. Stand in an archer stance. Placing your Left foot in front and right foot at the back, bend your front knee. Make sure not to bend your left knee over your toes. Keep your back knee straight with both heels on the ground, until you feel the stretch in the back calf and hold for 10 seconds, 1-2-3-4-5-</p>

6-7-8-9-10. Step back into a neutral position. Repeat the exercise on the other side until you feel the stretch at the back calf, then hold for 10 seconds, 1-2-3-4-5-6-7-8-9-10. This exercise should be repeated 5 times.

Narration

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Description of visuals

The title "General Exercise for the Elderly Demonstration" is shown.

Description of visuals

Transition to the next scene. The title "Form One, Stepping on the Spot" is shown.

Transition to the next scene. The weather is sunny. Li and six elderly men and women are standing on the grass in the park, facing the camera. Everybody is dressed in sportswear. Li is standing at the front as he demonstrates Form One of GEFE, "Stepping on the Spot".

Mr. Li

We'll now begin Form One of GEFE: "Stepping on the Spot", with feet apart about the width of your shoulders, relax both hands at the side, start stepping slowly, this exercise can be used as a warm-up.

Description of visuals

Transition to the next scene. Cheung elaborates on some points to note. At the same time, the corresponding points are demonstrated by Li and the elderly.

Cheung Kwok Keung

If you have undergone hip replacement surgery, please take care when doing this exercise, do not lift up your thigh too high to avoid the hip angle exceeding 90°. If you want to strengthen lower limb muscles, you can add two sandbags, 1-2 pounds each above each ankle to do this exercise. If you are unable to stand steadily, you can perform the exercise by holding onto the back rest of a sturdy and stable chair with both hands.

Description of visuals

Transition to the next scene. The title "Form Two, Trunk Side Bend with Arms Raised" is shown.

Transition to the next scene. Li and six elderly men and women are standing on the grass as they demonstrate Form Two of GEFE: "Trunk Side Bend with Arms Raised".

<p><u>Mr. Li</u></p> <p>Let's do Form Two "Trunk Side Bend with Arms Raised". First, raise both arms, keep your back straight, bend your body towards the left, then return to centre. Bend your body towards the right and then return to centre. This exercise helps to improve the mobility of your spine.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. On one side of the screen, Cheung elaborates on some points to note. On the other side of the screen, the corresponding points are demonstrated by Li and the elderly.</p>
<p><u>Cheung Kwok Keung</u></p> <p>This exercise is suitable for elders with spinal degeneration. This can help improve back mobility and stretch out the back muscles, improving the flexibility of your spine, and improving mobility and poor posture. However, elders with acute back pain should not do this exercise. If you want to strengthen your upper limbs and upper body, try performing this exercise while holding onto a filled 500ml water bottle in each hand. Raise both arms steadily, keeping your elbows straight, and then bend towards one side. If you can't stand steadily, hold onto the back rest of a sturdy and stable chair while practising this exercise. First, hold the back of a chair with your left hand, then raise your right hand and bend towards the left. Repeat the exercise by holding onto the back rest of chair with your right hand, then raise your left hand and bend towards the right.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. The title "Form Three, Raise Your Arms with Toes Tapping Forward and Backward" is shown.</p> <p>Transition to the next scene. Li and six elderly men and women are standing on the grass as they demonstrate Form Three of GEFE: "Raise Your Arms with Toes Tapping Forward and Backward".</p>
<p><u>Mr. Li</u></p> <p>Now let's do Form Three "Raise Your Arms with Toes Tapping Forward and Backward". First, bend your elbows with both hands touching your shoulders, step your right foot forward, tapping your toes. Raise your arms and then step back to the starting position. Bend your elbows with both hands touching the shoulders, step your right foot back, tapping your toes. Lower your arms, and step back to the starting position. Repeat this exercise on the left side. This exercise can improve your mobility and co-ordination of your arms and legs.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. On one side of the screen, Cheung elaborates on some points to note. On the other side of the screen, the corresponding points are demonstrated by Li and the</p>

elderly.
<p><u>Cheung Kwok Keung</u></p> <p>Strengthening upper limb muscles and decrease the pain caused by shoulder degeneration. Why don't we do it now, hold a 500 ml water bottle (filled with water) in each hand, raise both arms slowly, and then lower both arms. If you cannot stand steadily, hold onto a sturdy and stable chair to perform this exercise. First, hold the back of a chair with your right hand. Bend your left elbow so that your hand touches your left shoulder. Step your right foot forward at the same time, tapping your toes. Then, raise your left arm and step your right foot back to the starting position, lower your left hand and touch your left shoulder while stepping your right foot backward, tapping your toes. Lower your left hand, and step your right foot back to the starting position. Repeat the action with your right hand and left foot.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. The title "Form Four, Shoulder Rotation at The Back" is shown.</p> <p>Transition to the next scene. Li and six elderly men and women are standing on the grass as they demonstrate Form Four of GEFE: "Shoulder Rotation at The Back".</p>
<p><u>Mr. Li</u></p> <p>Let's do Form Four "Shoulder Rotation at The Back". First, place your right hand on your lower back, and then your left hand over on your upper back. Bend your right knee, lift your right heel off the ground, switch hands. Bend your left knee and lift your left heel off the ground. This completes the step. This exercise can improve your upper limb mobility, especially targeting the shoulder joints.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. On one side of the screen, Cheung elaborates on some points to note. On the other side of the screen, the corresponding points are demonstrated by Li and the elderly.</p>
<p><u>Cheung Kwok Keung</u></p> <p>If you want to further enhance shoulder training, hold a towel with both hands. Pull the towel up with the arm placed at the top, and pull the towel down with the arm placed at the bottom. This can help improve flexibility and prevent your shoulders from getting stiff. If you cannot stand steadily, don't worry, hold onto a chair that is sturdy and stable. Hold onto the back of the chair with your left hand, place your right hand on your upper back and lift up your left heel at the same time, bending your knees slightly. Then, place your right hand on your lower back and lift up your right heel at the same time, bending your knees slightly. Repeat this one more time. Holding onto the back of chair with your right hand. Place your left hand on your upper back and lift up your right heel at the same time, bending your knees slightly. Then, place your left hand on your lower</p>

back and lift your left heel at the same time, bending your knees slightly.

Description of visuals

Transition to the next scene. The title "Form Five, Weight Shifting Forward and Backward with Arms Raising and Lowering" is shown.

Transition to the next scene. Li and six elderly men and women are standing on the grass as they demonstrate Form Five of GEFE: "Weight Shifting Forward and Backward with Arms Raising and Lowering".

Mr. Li

Let's do Form Five "Weight Shifting Forward and Backward with Arms Raising and Lowering". Firstly, step forward with your right foot, bending your knees, remember not to bend the knees over your toes.

Keep your left knee straight and heel on the floor. Then, raise your arms and then lower them. Lean back, keeping your back straight, lift your right toes while keeping your heel on the ground. Step back into the starting position. Repeat on the left.

Description of visuals

Transition to the next scene. On one side of the screen, Cheung elaborates on some points to note for. On the other side of the screen, the corresponding points are demonstrated by Li and the elderly.

Cheung Kwok Keung

This exercise is suitable for elderly with degenerative knees, who find it difficult to walk down the stairs. This exercise can strengthen your lower limbs and stretch out your calf muscle. But if there is redness, swelling or increase temperature around your knees, don't do this exercise. If you want to strengthen your arms while doing this exercise, hold a 500 ml water bottle (filled with water) in each hand while doing this step and then raise your arms. This helps to strengthen your upper limb muscles. If you cannot stand steadily, use a sturdy and stable chair while doing this exercise. First, hold onto the back of your chair with your left hand. Step forward with your right foot, bending your knees, placing your right heel on the floor. Keep your left knee straight and heel on the floor. Raise your right hand and then lower it, while shifting your weight backwards then lift your right toes and step back into the starting position. Repeat this exercise with your right hand holding onto the back of the chair.

Description of visuals

Transition to the next scene. The title "Form Six, Raise your Heels from a Semi-squat with Arms Raising and Lowering" is shown.

Transition to the next scene. Li and six elderly men and women are standing on the grass as they demonstrate Form Six of GEFE: “Raise your Heels from a Semi-squat with Arms Raising and Lowering”.

Mr. Li

Let’s do Form Six “Raise your Heels from a Semi-squat with Arms Raising and Lowering”. You must keep your back straight when doing this exercise. Bend your elbows, hands on your shoulders and squat down, knees bent slightly. Do not bend your knees too much if you have knee pains, then raise your arms, and lift your heels off the ground at the same time. Stretch up as high as possible with your arms. Then, bend your elbows, hands on shoulders and squat down, knees bent slightly. Repeat this step once more.

Description of visuals

Transition to the next scene. On one side of the screen, Cheung elaborates on some points to note. On the other side of the screen, the corresponding points are demonstrated by Li and the elderly.

Cheung Kwok Keung

If you feel unsteady when lifting your heels, adjust this exercise according to your own ability. This exercise can help strengthen the muscles around our knees, improving our balance by shifting our weight up and down, strengthening the muscles and improving the mobility of our limbs. If you want to further strengthen the shoulder muscles, you can hold a 500ml water bottle (filled with water) in both hands. Raise both arms, lower your arms and touch your shoulders with both hands. This exercise can strengthen your muscles. For elderly who cannot stand steadily, use a sturdy and stable chair to perform this step. First, hold onto the back of your chair with your left hand, keeping your back straight, bending your right elbow with your right hand touching your right shoulder, bend both knees slightly at the same time to shift your weight down slightly. Then, raise your right hand, straightening both knees and lifting both heels off the ground, lower both heels. Bend your elbow with your right hand touching your right shoulder, bend both knees at the same time, shifting your weight down slightly. Put down your right hand and straighten both your knees. Repeat the exercise with your right hand holding onto the back of the chair.

Description of visuals

Transition to the next scene. The title "Form Seven, Trunk Rotation with Arms Raised" is shown. Transition to the next scene. Li and six elderly men and women are standing on the grass as they demonstrate Form Seven of GEFE: “Trunk Rotation with Arms Raised”.

Mr. Li

Now, let’s do Form Seven “Trunk Rotation with Arms Raised”. First, raise both arms together with

<p>your fingers interlocked, turn your neck and your back towards the left and then lift your right leg to the side.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. On one side of the screen, Cheung elaborates on some points to note. On the other side of the screen, the corresponding points are demonstrated by Li and the elderly.</p>
<p><u>Cheung Kwok Keung</u></p> <p>Take care not to lift your leg too high. Try to turn your body both ways as far as possible. If you find it hard to balance, keep your toes on the ground until you've practiced this exercise.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. Li explains the benefits of practicing Form Seven.</p>
<p><u>Mr. Li</u></p> <p>Doing this exercise regularly can help to improve the mobility and flexibility of your spine, and it can also help to improve your balance.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. On one side of the screen, Cheung elaborates on some points to note. On the other side of the screen, the corresponding points are demonstrated by Li and the elderly.</p>
<p><u>Cheung Kwok Keung</u></p> <p>If you want to strengthen your hip muscles, you can tie a sandbag above your ankle, and then lift your leg to the side. This will help to strengthen your external lateral hip muscles and improve the way you walk. If you cannot stand steadily, hold onto a sturdy and stable chair to do this step. First, hold onto the back rest of the chair with your left hand, raise your right arm and then turn your neck and your back towards the left, lift up your right leg to the side, put down your right hand and right leg, turning your neck and your back back to the neutral position. Repeat this exercise by holding onto the back of your chair with your right hand.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. The title "Form Eight, Backward Knee Bend with Arms Raised" is shown.</p> <p>Transition to the next scene. Li and six elderly men and women are standing on the grass as they demonstrate Form Eight of GEFE: "Backward Knee Bend with Arms Raised".</p>
<p><u>Mr. Li</u></p>

Let's do Form Eight "Backward Knee Bend with Arms Raised". When doing this exercise, keep your back straight, shift your weight towards your left leg, and raise both arms. Lift and bend your right knee backwards, hold this position without leaning forward. Lower your arms and feet and return to the starting position, repeat this exercise on the left.

Description of visuals

Transition to the next scene. On one side of the screen, Cheung elaborates on some points to note. On the other side of the screen, the corresponding points are demonstrated by Li and the elderly.

Cheung Kwok Keung

This exercise can help improve your balance standing on one leg. If you find it difficult to keep your balance, keep your toes touching the ground for now. And then later on, try to lift your leg up when you are able to. If you want to strengthen your knees, you can wrap a sandbag above your ankle when you practice. This can strengthen the muscles at the back of your thigh and protect your knee joints. If you cannot stand steadily, do the exercise by holding onto a sturdy and stable chair. First, hold onto the back of your chair with your left hand, raise your right arm and shift your weight towards your left leg, bend your right knee backward and keep your back straight. Don't lean forward. Repeat this exercise by holding onto the back of your chair with your right hand.

Description of visuals

Transition to the next scene. The title "Form Nine, Throw for Blessings" is shown.

Transition to the next scene. Li explains the exercise using an exercise ball. Elderly men and women are sitting in a circle as they demonstrate Form Nine of GEFE: "Throw for Blessings".

Mr. Li

Form Nine - "Throw for Blessings". By playing this game with others, this exercise becomes more fun and also allows teamwork building. This Ball game can be played alone or with others. Alternatively, you can sit in a circle with a few others. Then the ball can be thrown and bounced to pass to others sitting in the circle.

Description of visuals

Transition to the next scene. On one side of the screen, Cheung elaborates on some points to note. On the other side of the screen, solo and group play options of the game are demonstrated by the elderly.

Cheung Kwok Keung

When playing this game alone, you can throw the ball up, then catch the ball with both hands, or you can dribble the ball. If there is more than one player, the players can throw the ball to each

<p>other for fun. This Ball game can last for about 5-10 minutes, but take care not to over exert yourself or make the game too vigorous. Stop immediately if you feel any discomfort.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. Li is standing in the park facing the camera. He elaborates on some points to note while exercising. Behind him, the elderly are performing cool down and stretching exercises.</p>
<p><u>Mr. Li</u></p> <p>Hello everyone, please take note that, when you exercise, remember to breathe at a steady pace as you normally do. While exercising, if you experience any shortness of breath, dizziness or chest pain, you should stop exercising immediately and seek professional medical attention.</p>
<p><u>Narration</u></p> <p>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 healthcare professionals, or while accompanied by carers or family members. For the detailed instructions on how to perform each exercise, please refer to “General Exercise for the Elderly Demonstration”.</p>
<p><u>Description of visuals</u></p> <p>The title “General Exercise for the Elderly Practice Mode” is displayed. A cartoon illustration of an elderly man and woman appears in the centre of the screen, holding a sign that says: "Remember to warm up before exercising". Li explains the instructions.</p>
<p><u>Mr. Li</u></p> <p>Remember to warm up before exercising. Let’s exercise together for three cycles.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. The title “The First Cycle” is shown.</p>
<p><u>Mr. Li</u></p> <p>The first cycle.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. The title “Form One, Stepping on the Spot” is shown. Li and the elderly practise Form One of GEFE, “Stepping on the Spot”, in the park.</p>

<p><u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 ◦</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “Form Two, Trunk Side Bend with Arms Raised” is shown. Li and the elderly practise Form Two of GEFE, “Trunk Side Bend with Arms Raised”, in the park.</p>
<p><u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 ◦</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “Form Three, Raise Your Arms with Toes Tapping Forward and Backward” is shown. Li and the elderly practise Form Three of GEFE, “Raise Your Arms with Toes Tapping Forward and Backward”, in the park.</p>
<p><u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 ◦</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “Form Four, Shoulder Rotation at The Back" is shown. Li and the elderly practise Form Four of GEFE, “Shoulder Rotation at The Back”, in the park.</p>
<p><u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 ◦</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “Form Five, Weight Shifting Forward and Backward with Arms Raising and Lowering” is shown. Li and the elderly practise Form Five of GEFE, “Weight Shifting Forward and Backward with Arms Raising and Lowering”, in the park.</p>
<p><u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 ◦</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “Form Six, Raise your Heels from a Semi-squat with Arms Raising and Lowering” is shown. Li and the elderly practise Form Six of GEFE, “Raise your Heels from a Semi-squat with Arms Raising and Lowering”, in the park.</p>

<p><u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 ◦</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “Form Seven, Trunk Rotation with Arms Raised” is shown. Li and the elderly practise Form Seven of GEFE, “Trunk Rotation with Arms Raised”, in the park.</p>
<p><u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 ◦</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “Form Eight, Backward Knee Bend with Arms Raised” is shown. Li and the elderly practise Form Eight of GEFE, “Backward Knee Bend with Arms Raised”, in the park.</p>
<p><u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 ◦</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “Form Nine, Throw for Blessings” is shown. Li and the elderly practise Form Nine of GEFE, “Throw for Blessings”, in the park.</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “The Second Cycle” is shown.</p>
<p><u>Mr. Li</u> The second cycle.</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “Form One, Stepping on the Spot” is shown. Li and the elderly practise Form One of GEFE, “Stepping on the Spot”, in the park.</p>
<p><u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 ◦</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “Form Two, Trunk Side Bend with Arms Raised” is shown. Li and the elderly practise Form Two of GEFE, “Trunk Side Bend with Arms Raised”, in the park.</p>

<p><u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 ◦</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “Form Three, Raise Your Arms with Toes Tapping Forward and Backward” is shown. Li and the elderly practise Form Three of GEFE, “Raise Your Arms with Toes Tapping Forward and Backward”, in the park.</p>
<p><u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 ◦</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “Form Four, Shoulder Rotation at The Back” is shown. Li and the elderly practise Form Four of GEFE, “Shoulder Rotation at The Back”, in the park.</p>
<p><u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 ◦</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “Form Five, Weight Shifting Forward and Backward with Arms Raising and Lowering” is shown. Li and the elderly practise Form Five of GEFE, “Weight Shifting Forward and Backward with Arms Raising and Lowering”, in the park.</p>
<p><u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 ◦</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “Form Six, Raise your Heels from a Semi-squat with Arms Raising and Lowering” is shown. Li and the elderly practise Form Six of GEFE, “Raise your Heels from a Semi-squat with Arms Raising and Lowering”, in the park.</p>
<p><u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 ◦</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “Form Seven, Trunk Rotation with Arms Raised” is shown. Li and the elderly practise Form Seven of GEFE, “Trunk Rotation with Arms Raised”, in the park.</p>

<p><u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 。</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “Form Eight, Backward Knee Bend with Arms Raised” is shown. Li and the elderly practise Form Eight of GEFE, “Backward Knee Bend with Arms Raised”, in the park.</p>
<p><u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 。</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “Form Nine, Throw for Blessings” is shown. Li and the elderly practise Form Nine of GEFE, “Throw for Blessings”, in the park.</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “The Third Cycle” is shown.</p>
<p><u>Mr. Li</u> The third cycle.</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “Form One, Stepping on the Spot” is shown. Li and the elderly practise Form One of GEFE, “Stepping on the Spot”, in the park.</p>
<p><u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 。</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “Form Two, Trunk Side Bend with Arms Raised” is shown. Li and the elderly practise Form Two of GEFE, “Trunk Side Bend with Arms Raised”, in the park.</p>
<p><u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 。</p>
<p><u>Description of visuals</u> Transition to the next scene. The title “Form Three, Raise Your Arms with Toes Tapping Forward and</p>

Backward” is shown. Li and the elderly practise Form Three of GEFE, “Raise Your Arms with Toes Tapping Forward and Backward”, in the park.
<u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 。
<u>Description of visuals</u> Transition to the next scene. The title “Form Four, Shoulder Rotation at The Back” is shown. Li and the elderly practise Form Four of GEFE, “Shoulder Rotation at The Back”, in the park.
<u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 。
<u>Description of visuals</u> Transition to the next scene. The title “Form Five, Weight Shifting Forward and Backward with Arms Raising and Lowering” is shown. Li and the elderly practise Form Five of GEFE, “Weight Shifting Forward and Backward with Arms Raising and Lowering”, in the park.
<u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 。
<u>Description of visuals</u> Transition to the next scene. The title “Form Six, Raise your Heels from a Semi-squat with Arms Raising and Lowering” is shown. Li and the elderly practise Form Six of GEFE, “Raise your Heels from a Semi-squat with Arms Raising and Lowering”, in the park.
<u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 。
<u>Description of visuals</u> Transition to the next scene. The title “Form Seven, Trunk Rotation with Arms Raised” is shown. Li and the elderly practise Form Seven of GEFE, “Trunk Rotation with Arms Raised”, in the park.
<u>Mr. Li</u> 1-2-3-4 , 2-2-3-4..... , 8-2-3-4 。
<u>Description of visuals</u> Transition to the next scene. The title “Form Eight, Backward Knee Bend with Arms Raised” is

shown. Li and the elderly practise Form Eight of GEFE, “Backward Knee Bend with Arms Raised”, in the park.
<p><u>Mr. Li</u></p> <p>1-2-3-4 , 2-2-3-4…… , 8-2-3-4 °</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. The title “Form Nine, Throw for Blessings” is shown. Li and the elderly practise Form Nine of GEFE, “Throw for Blessings”, in the park.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. A cartoon illustration of an elderly man and woman appears in the centre of the screen, holding a sign that says: “Remember to cool down after exercising”. Li explains the instruction.</p>
<p><u>Mr. Li</u></p> <p>Remember to cool down after exercising.</p>
<p><u>Description of visuals</u></p> <p>The title “Cool down and Stretching Exercises” is shown.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. The group of elderly, dressed in sportswear, perform cool-down exercises in the park. Flowers and trees can be seen in the background. Cheung does a voice-over explanation.</p>
<p><u>Cheung Kwok Keung</u></p> <p>Don’t stop abruptly after exercising. Instead, slow to a steady pace gradually, until your breathing and heart rate return to normal. Do 5-10 minutes cool-down exercise first, like stepping on the spot or walking. Then, do some stretching exercises which will help relieve muscle fatigue, and allow your body, joints and muscles to relax and recover.</p>
<p><u>Description of visuals</u></p> <p>The title “General Exercise for the Elderly Enhance Mode” is shown.</p>
<p><u>Description of visuals</u></p> <p>Transition to the next scene. Cheung is dressed in sportswear and is standing at the center of the screen. As he explains the exercise modifications, the corresponding scenes of Li and the six elderly</p>

demonstrating the exercises in the park are shown.
<u>Cheung Kwok Keung</u> “General Exercise for the Elderly” can be used to target the elderly’s physical condition, by using equipment to enhance training effects. For improving shoulder weakness, focus on Forms 3, 4, 5 and 6. For improving knee degeneration, focus on Forms 5, 6, 7 and 8. For improving spine degeneration focus on Forms 2 and 7.
<u>Description of visuals</u> The title “ Summary” is shown.
<u>Description of visuals</u> Transition to the next scene. Li and Cheung are standing at the park waterfront, dressed in sportswear. They are having a conversation.
<u>Cheung Kwok Keung</u> Getting older can give rise to minor ailments, such as joint pain, joint stiffness, reduced physical strength and endurance, unsteadiness, leading to the risk of having a fall; constipation, et cetera. Exercising regularly can reduce the occurrence of these problems.
<u>Description of visuals</u> Transition to the next scene. Li, with his back facing the waterfront, explains the benefits of exercise. As he does so, the scene transitions; a cartoon illustration of an elderly man and woman holding a notice board appear in the center of the screen. The notice board displays “Ways to Incorporate Physical Activity Into your Daily Life” and Li explains these points.
<u>Mr. Li</u> To get the beneficial effects of exercising, exercise regularly. A healthy lifestyle requires regular exercise. For example, exercise in the morning with some friends, or get off the bus one stop earlier and walk to your destination, a short walk after lunch or dinner also works. These examples can help maintain a habit of exercising.
<u>Description of visuals</u> Transition to the next scene. The title "General Exercise for the Elderly (GEFE)" and the names of the nine structured exercises are displayed. The logos of the "Department of Health" and "Elderly Health Service" are displayed at the bottom of the screen.
<u>Description of visuals</u>

The logos of the "Department of Health" and "Elderly Health Service" are displayed in the centre of the screen.

Description of visuals

Transition to the next scene. The following text is shown: "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."