

## **Stay Active at Home - Heart & Lung Function (Sitting)**

There are seven home-based exercise videos in the 'Stay Active at Home' series  
Each video has a different training objective  
and is guided by physiotherapists  
to improve common physical conditions

Let's get moving at home!

Heart & Lung Function (Sitting)

Watch your posture, Grandma

Bending forward to mop the floor can easily hurt your back

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

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

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

You will need the following items:

Sports shoes to protect your feet and prevent fall

A sturdy chair with a backrest and cannot easily tip over

For safety reason, place the chair against a wall during exercise

Do not use foldable chairs or chairs with wheels

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

OK, let's start!

Let's sit near the edge of the chair and sit steadily

Make sure your buttocks are on the chair

Great, let's warm up first

Just follow us

Swing your arms and step with ease as if you are 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

Get ready for the next move 'Side Arm Raises'

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

1 2 3 4 5 6 7 8

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

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

Great, our next move is 'Turns & Claps'

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

And now change to 'Diagonal Claps'

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 above the shoulder as you can, and clap

Alternate toe taps

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

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

Make a fist with the other hand and keep it at waist level

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

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

'Chest Stretches & Arm Lifts'

Cross your arms and tap your thighs

Step sideways with one foot. Return foot to center then step again

The same leg should step sideways twice before changing to the other leg

It is 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  
Now change to 'Knee Lifts & Thigh Taps'  
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  
Next we'll do 'Arm and Knee Lifts'  
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  
The next move is 'Side Arm Raises'  
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 is alright if you cannot catch up in the beginning  
Just keep on stepping slowly  
Our last move is 'Arm Swings & Steps'  
Swing your arms and step with ease as if you are 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  
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  
Let's get moving!  
Swing your arms back and forth naturally while stepping in place

1 2 3 4 5 6 7 8

Remember to keep breathing normally

Now change to 'Side Arm Raises'

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

Make a fist and roll your forearms around each other

Your eyes should follow your hands as they move

It is 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

Great, our next move is 'Turns & Claps'

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

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It is alright if you cannot catch up in the beginning

Just do it slowly

And now change to 'Diagonal Claps'

Raise your arms diagonally to above your shoulder and clap. 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

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

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

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

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

'Chest Stretches & Arm Lifts'

Cross your arms and tap your thighs

Step sideways with one foot. Return foot to center 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

Now change to 'Knee Lifts & Thigh Taps'

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

Next we'll do 'Arm and Knee Lifts'

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 when stretching upward

Now change to 'Side Arm Raises'

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 is alright if you cannot catch up in the beginning

Just keep on stepping slowly  
And the last one is 'Arm Swings & Steps '  
Swing your arms and step with ease as if you are 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  
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