

Stay Active at Home - Heart & Lung Function (Standing)

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 (Standing)

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

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 exercise is suitable for you

You will need the following items:

Sports shoes to protect your feet and prevent fall

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

Stand with your feet shoulder-width apart

Stand still. Are you ready?

Great, let's warm up first

Just follow us

Let's move!

Swing your arms and step with ease as if you are 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

Get ready for the next move 'Side Arm Raises'

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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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

Turn your body as far as possible to each side

To enhance flexibility

Roll your forearms in front of your forehead

'Turns & Claps', 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

And now change to 'Diagonal Claps'

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

And now, let's change to 'Palm Pushes (Front)'

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

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

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

Get ready for the next move 'Side Arm Raises'

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

And the last one is 'Arm Swings & Steps '

Swing your arms and step with ease as if you are jogging

Breathe in through your nose

Breathe out through your mouth

To let your body slowly cool down

Slow down your stepping

Great job, everyone !

We're done

Well done! We've finished all 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