

# Stepper

## How to use a stepper

1. Hold onto a sturdy handrail firmly with both hands.
2. Step onto the pedal one foot at a time, keeping your back straight.
3. Begin by shifting your weight onto your right leg and relaxing your left leg. This will lower the right pedal and raise the left pedal.
4. When the right pedal is about to reach its lowest position, shift your weight over to your left leg and relax your right leg.
5. Repeat steps 3 and 4, stepping with your left and right leg alternately at a steady pace.
6. Do not step too fast. Start with a slow pace and increase the pace gradually.
7. Breathe normally during exercise.
8. The recommended exercise duration is about 10 to 15 minutes.



## Safety guidelines for using a stepper

1. Before using this exercise equipment for the first time, speak to a member of staff.
2. The stepper is not suitable for persons with: severe lower limb pain, lower limb deformity, unhealed fracture(s) or joint dislocation(s), recent lower limb injuries or poor balance.
3. If you suffer from chronic diseases, such as heart disease, diabetes or conditions causing pain in the lower limbs, consult a doctor or physiotherapist before using the stepper.
4. Wear comfortable and suitable clothing, such as cotton clothing and socks, sport shoes, etc.
5. Do not exercise on an empty stomach as you may be more likely to exhaust yourself. Likewise, do not exercise on a full stomach, which may cause indigestion.
6. Perform 5 to 10 minutes of warm up / cool down and stretching exercises before and after using the stepper.
7. When exercising, keep your back straight and hold onto the handrail firmly so as to prevent accidents.
8. Exercise in a slow and controlled manner, do not exercise too fast or too vigorous.
9. If you suffer from arthritis of the knee(s), do not set the stepper resistance too high. If you start to feel pain in the knee joints, stop using the stepper for the time being.
10. Stop immediately and seek help from healthcare professionals if you develop the following symptoms: chest pain, intense or worsening pain, headache, dizziness, nausea, vomiting, knee pain, muscle cramps, etc.
11. Take care not to fall over when getting on and off the stepper.
12. If you fall down from the stepper, keep calm and seek help from a member of staff nearby. Do not rush to stand up immediately.



**Hold onto a sturdy handrail firmly with both hands.**



**Shift your weight onto your right leg and relaxing your left leg.**

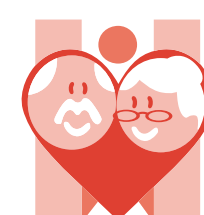


Department of Health

Elderly Health Service, Department of Health

Website : [www.elderly.gov.hk](http://www.elderly.gov.hk)

Elderly Health Infoline : **2121 8080**



Elderly Health Service



Revised in March 2023