



# Safe exercise at home

## EXERCISE EXAMPLES (LEVEL 1 - FOUNDATION)

Level 1 exercises suit those who:

- feel unsteady turning or reaching out
- walk slowly
- use a walking aid
- have medical conditions that limit activity
- get assistance with housework and other activities such as shopping.

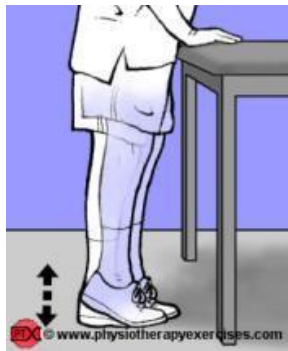
Some examples of exercises for this level are shown below. Remember it is important to [exercise safely](#). If you need assistance, a physiotherapist can help. The *Safe exercise at home* website also has tips on [how hard you should work](#) and [how to stay motivated](#).

A little bit of exercise more often may work best - instead of half an hour in one session, you can do three 10 minute sessions spread throughout the day.

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### Bilateral calf raises

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#### Client`s aim

To strengthen your calf muscles.

#### Client`s instructions

Position yourself standing with your feet together holding onto something steady like your kitchen bench. Start with your heels on the ground. Finish with your heels off the ground.

## Standing up and sitting down



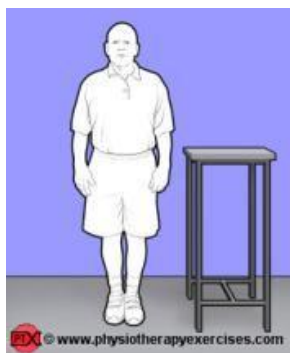
### Client`s aim

To improve your ability to stand up or sit down.

### Client`s instructions

Position yourself sitting on a chair or bed with your feet underneath your knees. Practice standing up and sitting down. Ensure that your shoulders and knees move forward while you move between sitting and standing, and your weight is borne equally through both legs. Use your hands to assist you to stand up if necessary.

## Stand with narrow base of support



### Client`s aim

To improve your ability to stand and balance.

### Client`s instructions

Position yourself standing with your feet together and a stable support nearby. Practice maintaining the position. Ensure that hand support is used if you feel unsteady. If this is too difficult stand with your feet further apart.

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							

*The information on the “Safe exercise at home” website is not intended to replace individual health professional care. If you have any concerns or questions about what you can safely do, you should seek professional advice from your doctor, physiotherapist, or other health professional with expertise in exercise prescription.*