FRESENIUS KABI

PRO SUPPORT

Exercises

Let's feel better, stronger, happier!

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Improved mood, well-being, physical independence... Regular exercise brings an overall better quality of life.

And it's never too late to start!

Reverse muscle loss with exercise

Adequate nutrition, in combination with exercise can help protect against muscle loss.

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Just make sure you are safely prepared by following a few easy steps to exercise safely...

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Be Safe!

Exercise is good for everyone, no matter what age you are.

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Wear comfortable clothes and footwear.

Prepare a safe place with:

- Good lighting.
- No tripping hazards.

Use a safe support if needed.

Such as:

- A sturdy chair
- Kitchen worktop

Start small and build up gradually.

- Increase the duration, frequency and intensity of activity day by day.

Recognise your physical limits through self-monitoring:

- Heart rate
- Breathing
- Sense of effort

Stop exercise immediately if you experience:

- Chest discomfort
- Dizziness
- Blurred vision or fainting
- Severe pain
- Fatigue
- Shortness of breath

Minimise risks by getting a health screen.

Consult your doctor before starting:

- If you have a chronic disease.
- If you haven't been active for a long period.

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Tip:

Repeat the strength exercises ***8–12*** times and try to implement it into a training routine.

Strength

The following exercises are centred on strength and making you stronger in general by increasing your muscle power.

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Sit to Stand

Aim of this exercise is to strengthen the muscles in the legs.

1. Sit near the front of a chair, with your feet parallel and pointing forward.
2. Lean forward with a straight back, then stand up, using your hands if required.
3. Move your arms forward until they are parallel to the ground.
4. Move back, so your legs touch the chair then slowly sit back down.

Wall push-ups

The aim of this exercise is to strengthen the muscles in the arms and shoulders.

1. Face a clear wall, about arms length away feet shoulder-width apart.
2. Lean your body forward and place your palms flat against the wall.
3. Bend your elbows and move your upper body towards the wall, keeping your feet steady and your back straight.
4. Slowly push yourself back, straightening your arms.

Arm curls

This exercise helps to improve your strength and lifting common household items.

1. Stand or sit tall in a chair with a weight in each hand, palms facing inwards, shoulders relaxed, and elbows close to your body.
2. Keep your feet shoulder-width apart flat on the floor.
3. Slowly lower the weight back down towards your thighs, so your arms are at your sides again.

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Tip:

Do a session of *10–15* minutes of balance exercises twice a week and try to implement it into a training routine.

Balance

It is important to be always confident and safe while walking as it helps to avoid the risk of falls. These exercises will help you to gain more safeness in everyday life.

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Side stepping

A good balance helps to improve safety while walking and could avoid falls.

1. Stand tall with your support in front of you.
2. Keep your feet and hips facing forwards.
3. Take one leg to the side and step.
4. Repeat from side to side.

Heel-to-toe walking

In many day-to-day activities, having a good balance is very important. This helps to improve your posture and straighten up your walk.

1. You can use a chair as an optional support.
2. Look ahead and straighten your posture.
3. Start walking in a straight line placing one foot in front of the other and repeat for 10 steps.
4. Turn around carefully and repeat in the other direction.

One leg stands

Standing on one foot can be a real challenge. Use a chair if needed for better balance.

1. Stand tall, close to your support, holding with one hand.
2. Balance on one leg and focus on staying upright with a good posture.
3. Hold for 10–15 seconds.
4. Repeat twice on each side.

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Tip:

Do a session of ***10–15*** minutes of balance exercises twice a week and try to implement it into a training routine.

Flexibility

Flexibility is important at all ages. For example, when you have to stretch to tie your shoes or put on socks or grab something from the top shelf. The next exercises will help to improve your ability on all these common tasks.

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Chest

Stretching chest muscles helps to improve your posture.

1. You can do this stretch while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold arms to your sides at shoulder height, with palms facing down.
4. Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a stretch or slight discomfort.
5. Do as much as you can. Hold the position for 10–30 seconds.

Neck

To relieve tension in your neck try out this stretch and think of this exercise whenever you feel stiff.

1. You can do this stretch while standing or sitting in a sturdy chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Slowly turn your head and look sideways above your shoulders. Try to keep your head straight and avoid tilting your chin.
4. Hold the position for 10–15 seconds.
5. Turn your head to the left and hold the position for 10–15 seconds.

Lower legs

The aim of this exercise is to strengthen the muscle in your lower legs.

1. Sit securely towards the edge of a sturdy, armless chair.
2. Feet shoulder-width apart and facing forward. Stretch one leg out in front of you.
3. Lift your foot slightly off from the floor, with ankle bent and toes facing up.
4. Tilt your ankle down. Toes facing down, then up.
5. Bend ankle to point toes up and hold for 10–30 seconds.