



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



Fresubin® PRO Drink

NEW



Vanilla

Hazelnut

Neutral

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Food for special medical purposes, to be used under medical supervision



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Explore the online content of the Fresubin PRO Drink for detailed information.



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Be Safe!

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





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.



Recognize 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.



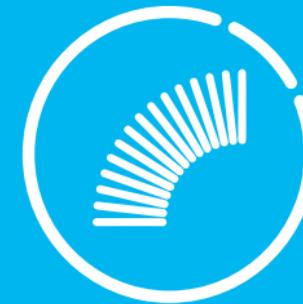
Tip:

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



Use the square code to watch the video

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.

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.