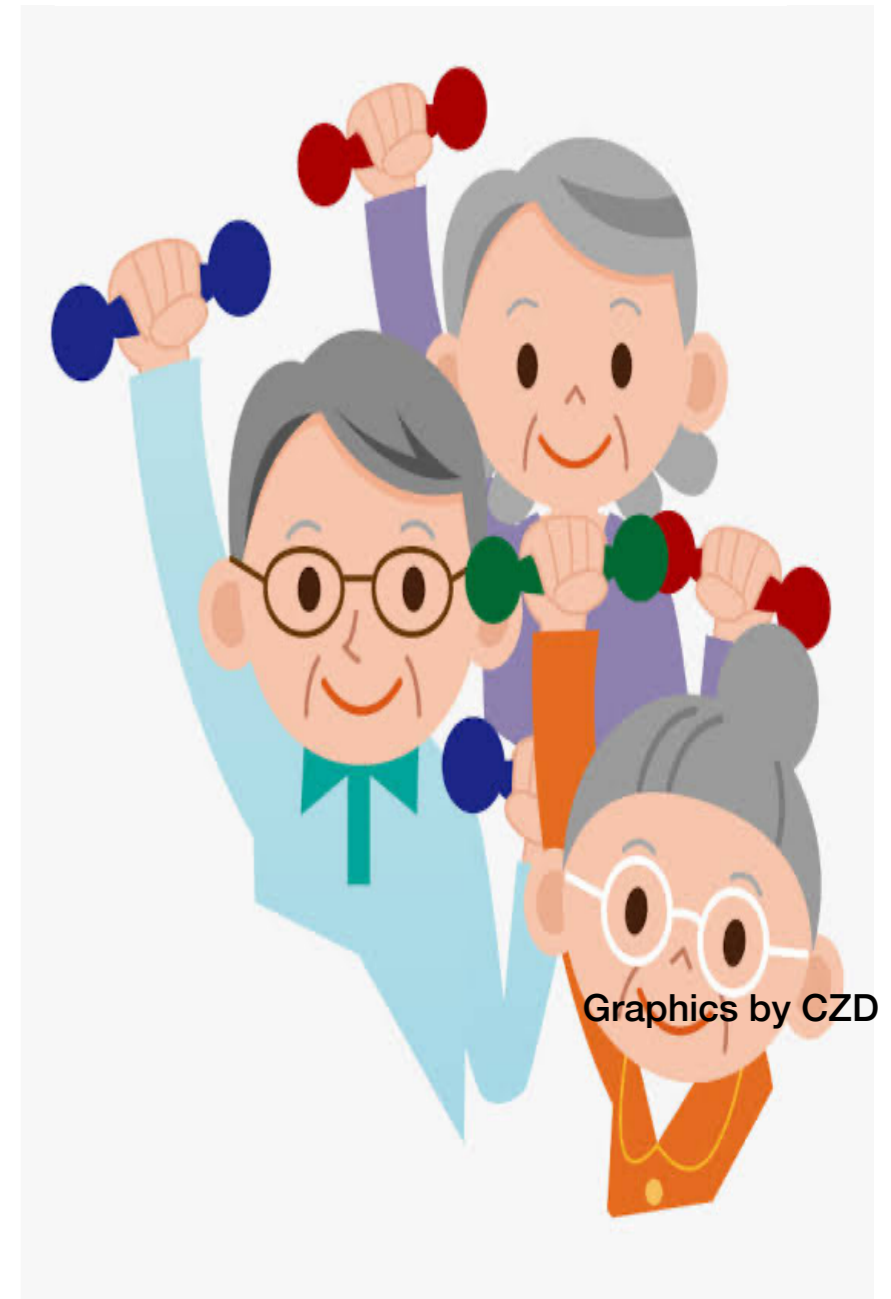


Home Exercises for the Elderly During the Lockdown and Beyond

Philippine College of Geriatric Medicine
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Benefits of Exercises

- > Improves your strength. This helps you stay independent
- > It improves your balance. This prevents falls
- > It makes you energetic
- > It prevents or controls diseases, such as heart disease, diabetes or osteoporosis among others
- > It can improve your mood and fight off depression
- > It can improve cognitive function (how your brain works)

Warm Up

JOG IN PLACE

- a. Jog for 20-30 seconds
- b. Swing your arms while jogging
- b. Do three sets to complete the warm-up



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Exercise Proper



1. SQUAT

- Squat while holding the back of the chair
- Squat three times per set
- Do ten sets



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Exercise Proper

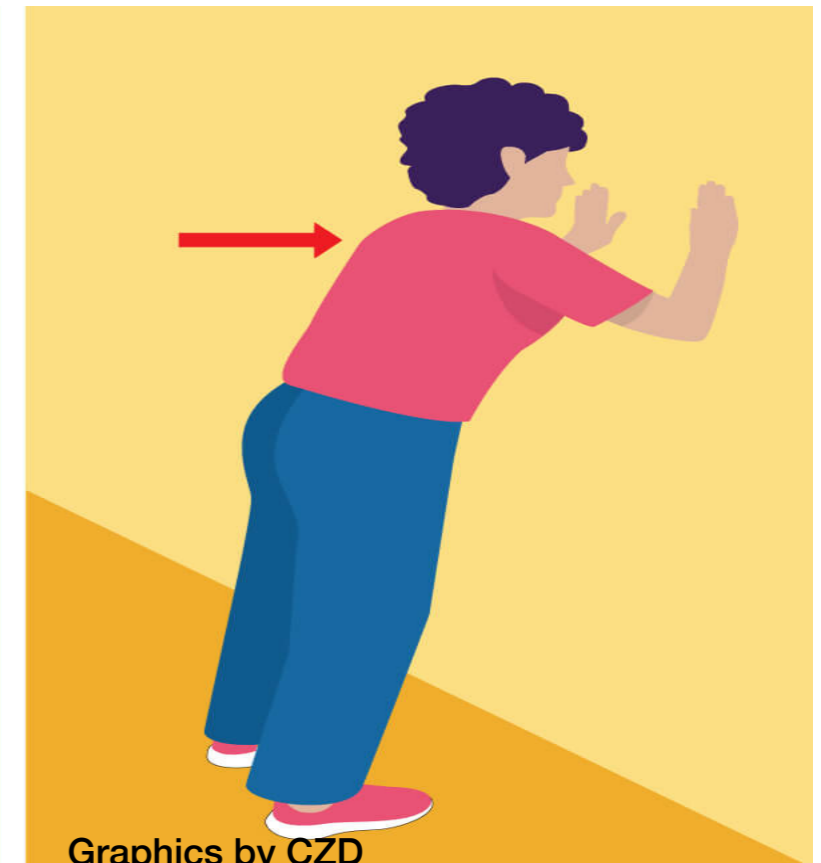
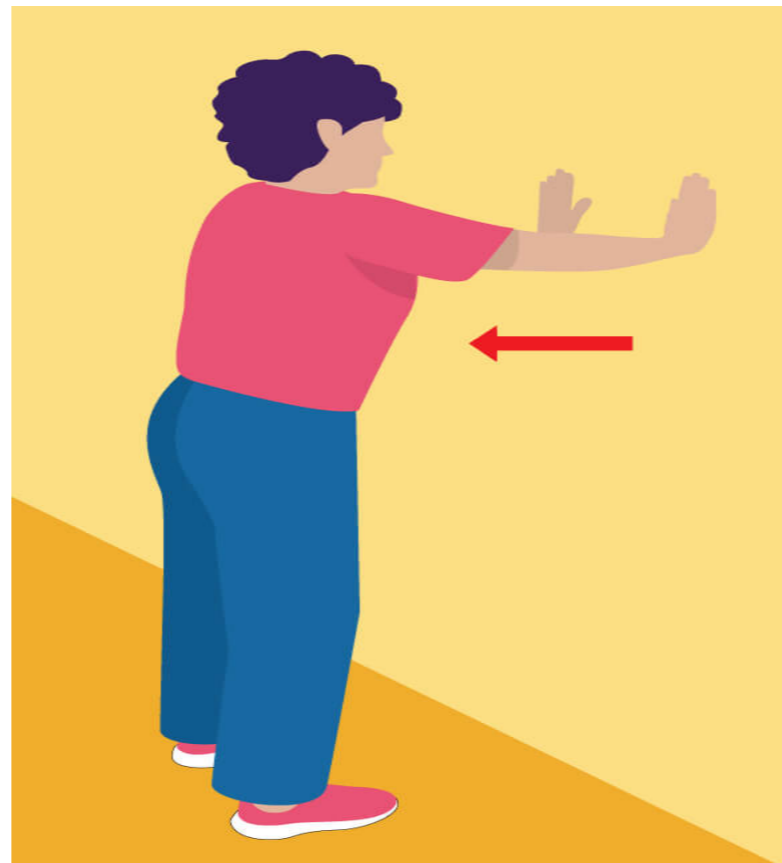


2. WALL PUSHING

a. Arms and legs in high position

b. Push against the wall as if pushing a car for ten seconds

c. Do five sets

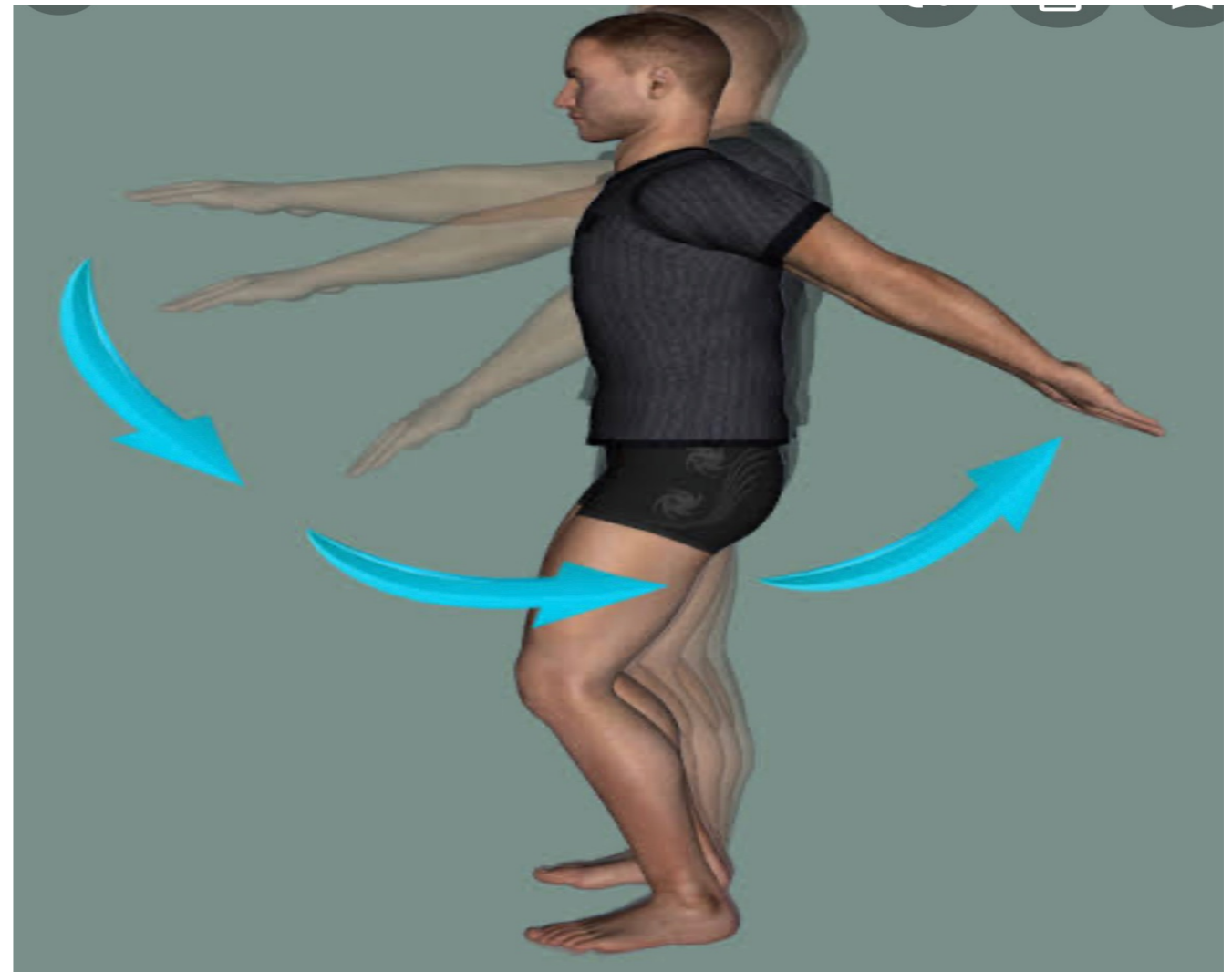


Exercise Proper



3. ARMS SWING

- Swing both arms forward and backward
- Do five cycles per set
- Do ten sets





Balance Calisthenics

- These exercises should be done daily to obtain their best results
- It is advisable to seek approval from your physician especially if there are disturbances of balance such as vertigo, Meniere's disease, and other similar conditions
- The elderly patient must have someone close by to support or to assist for fall prevention



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1. **STORK POSITION** is one of the simplest techniques to improve balance.

- a. Stand with one leg with both arms at your side and your shoulders relaxed
- b. Try to balance for 30 seconds
- c. Do the same maneuver using the other leg for another 30 seconds
- d. Repeat once or twice daily
- e. Gradually increase until you can balance for a maximum of two minutes each leg



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2. NOSE TOUCHER

- a. Stand with your right leg approximately two feet directly in front of your left leg with your knees bent slightly
- b. In this position, touch your nose with your right index finger
- c. Do this for 30 seconds
- d. Do the same with the other side
- e. Repeat four times
- f. The more in line your feet are, the more challenging the technique becomes



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3. HEEL RAISERS

- a. Stand behind a chair and tiptoe on both feet
- b. Stay for ten seconds
- c. Slowly descend while exhaling
- d. Do these ten times per set



Other Tips for the Elderly



- Move. Be active. Do something in the confines of your home
- Learn something new. We are never too old to learn something
- Drink as much water as possible. Hydrate!
- Get a lot of sunshine!

Stay under the sun for 20 minutes preferably in the mid morning and late afternoon