

GET A SUPER START WITH A SUPER WARM-UP

Keep safe while exercising! Remember to drink plenty of water and only exercise before meals, or at least 2 hours after a heavy meal. Do not exercise when you are unwell, and stop exercising immediately if you feel giddiness or pain. Also, do remove any hazardous objects and loose furniture that might endanger you or get in the way.

1



Stretch out your left hand and reach towards your head.

2



Stretch your neck by gently holding it down to your left shoulder for 5 seconds. Repeat steps 1 and 2 on the right side.

3



Sweep your arms like an aeroplane towards the ceiling while breathing in, and straighten your knees. Repeat x2.

4



Sweep your arms towards the floor while breathing out, and straighten your knees. Repeat x2.

5



Lean on your right leg and bend the right knee, straightening your left foot. Repeat on the other side.

6



With your right hand on hip and left hand showing the number 3, take two steps to the left.

7



Strike a pose, still showing the number 3!

8



Take two steps back to the right. Perform steps 6 to 8 once more, showing the number 2!

9



Imagine you are holding a ball between your left and right palms, and bob up and down!

10



Turn to the left and push an imaginary wall. Repeat on the right side.

11



Take a big stretch and reach towards the sky.

12



Hug both your elbows behind your head and lean towards the left. Repeat on the right side.

In collaboration with



Learn how you can stay well to stay strong at healthhub.sg/staywell

