

What **exercises** are appropriate for me?

If the patient is a wheelchair user, skip Step 1 and proceed to Step 2

Step 1: Determine mobility level

1. On your own, do you have any difficulty standing up from a seated position without using your arms?	Yes	No
2. On your own, do you have any difficulty walking for about 1 bus stop (~400m) without resting and using walking aids?	Yes	No
3. On your own, do you have any difficulty climbing up 10 steps without resting, using handrails or walking aids?	Yes	No
4. On your own, do you have any difficulty getting up from the floor without using furniture or other aids?	Yes	No



Step 2: Determine activity level

1. Sedentary	Seldom exercise
2. Semi-active — some exercise	30 minutes, 3 times per week, at less than moderate intensity (can talk but can't sing), for past 3 months
3. Active — regular exercise	30 minutes, 3 times per week, at moderate intensity (can talk but can't sing) to high intensity (can only say a few words) for past 3 months

Step 3: Get relevant handouts

Count how often you answer 'Yes'

Full mobility
'Yes' 0 or 1 time

Limited mobility
'Yes' 2 or more times

What **exercises are appropriate** for me?

If the patient is a wheelchair user, skip Step 1 and proceed to Step 2

Step 3: Get relevant handouts

	Full mobility	Limited mobility	Wheelchair users
Sedentary	1A	1B	1C
Semi - active	2A	2B	2C
Active	3A	3B	3C

- This assessment tool is designed for use by individuals as a guide to calibrate their physical activity based on their mobility and activity levels
- Complete steps 1 to 3 to identify the relevant category of handouts for the individual

Physical Activity

A. Mobile

Small steps towards getting active everyday

Once you get into regular physical activities – even by starting small at first – your health will benefit in many ways.

Select a goal. Once you have achieved this goal, progress to the next one ... and keep going!



Take at least 10,000 steps every day

Gradually increase your daily step count. You can use a pedometer (step-counter) or download an app to calculate the number of steps you take per day.

I want to

- Achieve **3,000 steps** on most days
- Achieve **5,000 steps** on most days
- Achieve **10,000 steps** on most days



Use the stairs

Find it hard to increase your activity level? Choose the stairs instead of the escalator or elevator to enjoy a fitness boost.

I want to

- Climb **the stairs or escalator**, whenever possible
- Climb **1 or 2 floors** every day
- Climb at least **3 to 4 floors** every day, if tolerable
- Achieve **10,000 steps** on most days



Limit sitting time

Break up long sitting hours by not sitting continuously for more than 1 hour.

I want to

- Stretch my arms and legs after **1 hour** of sitting
- Stand up and walk around for **1 minute**, for every **1 hour** of sitting

Check with your doctor if

- Your general health is good enough to undertake more strenuous exercise.
- You develop giddiness, unusual breathlessness, chest tightness or pain during these exercises.

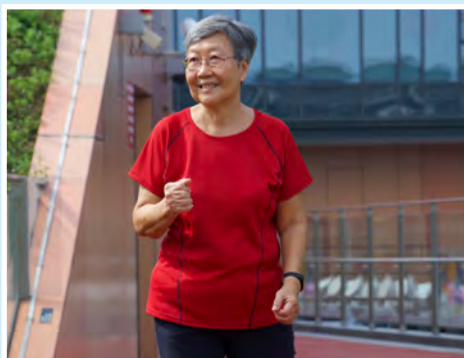
How to get the most out of your exercises

Follow closely the exercises recommended here. To enjoy maximum health benefits, your routine must include aerobic, strength and flexibility exercises.

Select a goal. Once you have achieved this goal, progress to the next one ... and keep going!

1. Aerobic exercises

These exercises improve your stamina so that you won't get too breathless when walking, catching a bus or playing with your kids. **Start with 15 to 20 minutes for 2 to 3 days a week.** Gradually increase the speed and duration of your exercise as follows.



Brisk walking

You should be able to talk but not sing, while exercising.

- Progress by adding **5 minutes** every week.
Do this until you can brisk walk for **30 minutes**.
Walk as fast as you can.



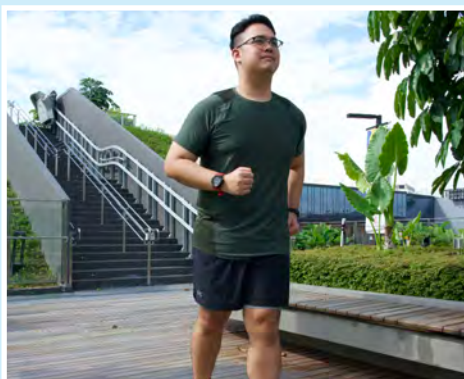
Brisk walk with intermittent jogging

- Brisk walk for **30 minutes**.
During the walk, jog for **20 seconds** before going back to brisk walking.



Jog and brisk walk

- Brisk walk for **5 minutes** to warm up.
Jog for **as long as tolerable**. During the jog, alternate with brisk walking.



Jogging

- By now you should be able to jog for **30 minutes**.
Go for it! Jog as fast as you can.

No matter which level you are at, aim to challenge yourself and do your best. Aim for 150 minutes of exercise per week!

2. Strength exercises

These exercises improve your muscle strength so you can lift things easily and feel less tired on your legs. **Aim to do these 2 to 3 days a week!**



Half squats

- Stand in front of a chair.
- Bend your knees like you are trying to sit down.
- Keep your knees behind the toes, as you lower your buttocks.
- Keep your back straight and lean forward slightly.
- Repeat **10 times**.



Modified push ups

- Place hands apart on the floor with knees on the ground.
- Keeping your back straight, bend the elbows to lower yourself down, then push up again. Do not arch your back.
- Add 5 repetitions each week!**

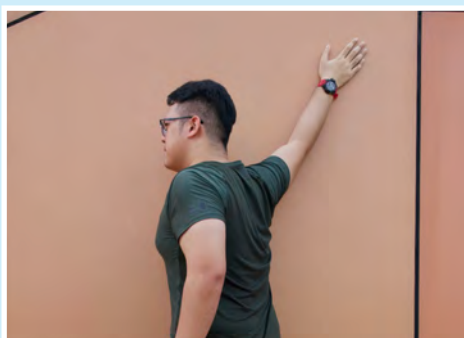


Push ups

- Place hands apart on the floor with knees level with the floor.
- Keeping your back straight, bend the elbows to lower yourself down, then push up again. Do not arch your back.
- Add 5 repetitions each week!**

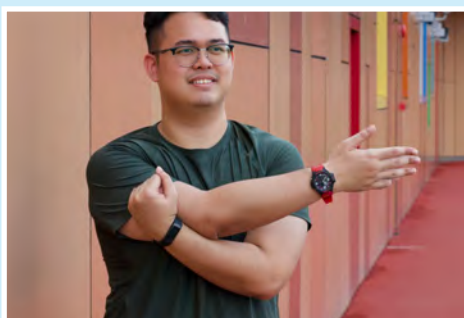
3. Flexibility exercises (stretches)

Flexibility is important for all activities. Stretches can be done daily, anytime, even at work!
For each exercise, **hold the stretch for 20 seconds and repeat 3 to 5 times.**



Chest stretch

- Start by placing your palm on the wall. Slowly rotate yourself away from the wall, without moving your palm.
- Repeat on the other side.**



Back shoulder stretch

- Cross one of your arms over the other shoulder.
- Make sure your body doesn't rotate as you pull your elbow across. **Repeat with the other arm.**

Flexibility is important for all activities. Stretches can be done daily, anytime, even at work!

For each exercise, hold the stretch for 20 seconds and repeat 3 to 5 times.



Back thigh stretch

- Start with toes pointing forward. Place one foot on a chair. Lean forward slowly while keeping your back straight. Repeat **on the other side.**



Front thigh stretch

- Start by bending your leg up backwards. Pull your foot with your hand. Feel the stretch along your front thigh. Repeat **on the other leg.**



Calf stretch

- Do this against a wall or back of a chair. Start with one leg straightened and the other leg bent. Make sure both heels are on the ground. Lean forward and feel the stretch on the calf muscles. Repeat **on the other leg.**

Check with your doctor if

- Your heart condition is stable enough for exercise.
- You develop giddiness, unusual breathlessness, chest tightness or pain during these exercises.

Want to learn more exercises?

You can also log on to [healthhub.sg](http://www.healthhub.sg) and watch the “7 easy exercises to an active lifestyle” video (<http://www.healthhub.sg/programmes/71/healthy-ageing-exercise>).

Exercise safely

Congratulations on exercising regularly for the past 3 months! Continue to achieve **150 minutes of moderately intense exercises each week**. Vary your exercises and progress gradually.

Remember to

- Wear comfortable clothing and appropriate footwear
- Check your feet for wounds before and after exercising
- Keep hydrated
- Bring along some healthy snacks or sugar-containing sweets in case your blood sugar goes too low
- Exercise at a cooler time
- Exercise with family and friends

Your exercise routine should consist of aerobic, strength and flexibility exercises.

Select a goal. Once you have achieved this goal, progress to the next one ... and keep going!

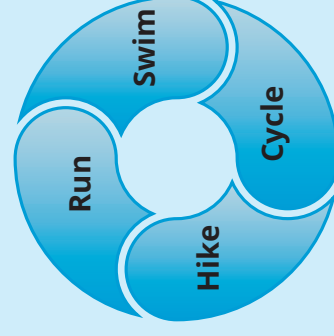
Balance exercises are recommended for older adults, especially those at risk of falls. However, as these materials are for all age groups with diabetes, the focus is on aerobic, strength and flexibility exercises.

1. Aerobic exercises

If the activity is new for you, always start at a low intensity and pace. Progress slowly because you are working on different groups of muscles and your body needs some time to be conditioned.

It is good to have different activities and variations so you work different muscles and keep them in good shape! This also helps to regulate your blood sugar level when you get more muscles involved.

Try different types of aerobic exercises such as swimming, cycling or simply go for a hike.



2. Strength exercises

These exercises improve your muscle strength so you can lift things easily or feel less tired on your legs.

Aim for 10 to 30 repetitions for these exercises, 2 to 3 times a week.

Upper body exercises



Forward and backward crawl

- Start with hands and knees on the floor. Crawl forward, then backwards. Move **20 steps forwards**, then go **backwards the same number of times**.



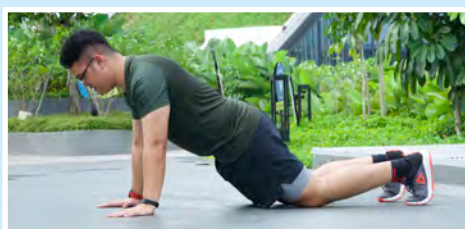
Alternating arm in push up position

- Place hands apart on the floor with knees on the ground. Do not arch your back. Tap the opposite shoulder with your palm.



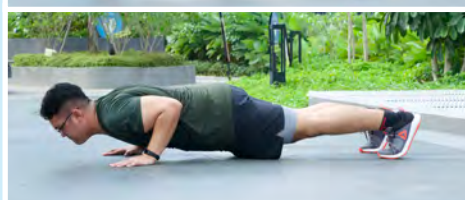
Modified push ups

- Place hands apart on the floor with knees on the ground. Keeping your back straight, bend the elbows to lower yourself down, then push up again. Do not arch your back.



Push ups

- Place hands apart on the floor with knees level with the floor. Keeping your back straight, bend the elbows to lower yourself down, then push up again. Do not arch your back.



Lower body exercises



Squats

- Stand with feet shoulder-width apart. Lower your upper body as if you are taking a seat. Then come back up again. **Start with 10 repetitions, 2 to 3 times a week. Add 5 repetitions each week!**

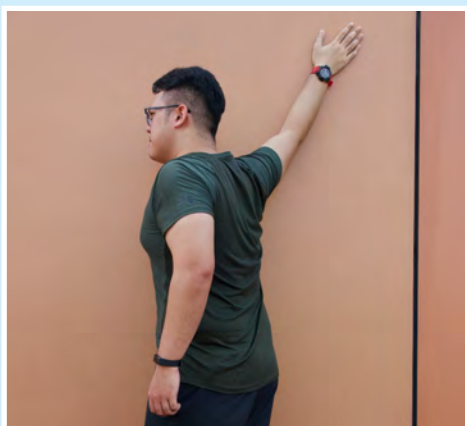


Forward lunge

- Stand with feet shoulder-width apart. Take a step forward, and allow both knees to bend. Alternate the legs. **Start with 10 repetitions, 2 to 3 times a week. Add 5 repetitions each week!**

3. Flexibility exercises (stretches)

Flexibility is important for daily activities. Stretches can be done daily, anytime, even at work! For each exercise, **aim to hold the stretch for 20 to 30 seconds and repeat 3 to 5 times.**



Chest stretch

- Start by placing your palm on the wall. Slowly rotate yourself away from the wall, without moving your palm. **Repeat on the other side.**



Back shoulder stretch

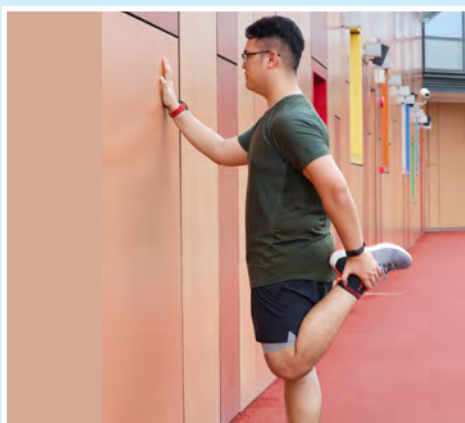
- Cross one of your arms over the other shoulder. Make sure your body doesn't rotate as you pull your elbow across. **Repeat with the other arm.**

Flexibility is important for all activities. Stretches can be done daily, anytime, even at work!
For each exercise, **aim to hold the stretch for 20 to 30 seconds and repeat 3 to 5 times.**



Back thigh stretch

- Start with toes pointing forward. Place one foot on a chair. Lean forward slowly while keeping your back straight.
- Repeat on the other side.**



Front thigh stretch

- Start by bending your leg up backwards. Pull your foot with your hand. Feel the stretch along your front thigh.
- Repeat on the other leg.**



Calf stretch

- Do this against a wall or back of a chair. Start with one leg straightened and the other leg bent. Make sure both heels are on the ground. Lean forward and feel the stretch on the calf muscles.
- Repeat on the other leg.**

Check with your doctor if

- Your heart condition is stable enough for exercise.
- You develop giddiness, unusual breathlessness, chest tightness or pain during these exercises.

Physical Activity

B. Limited Mobility

Small steps to a better life

Be as active as possible. Once you get into regular physical activities – even by starting small at first – your health will benefit in many ways.

Select a goal. Once you have achieved this goal, progress to the next one ... and keep going!



Walking

I want to

- Walk along my corridor or backyard for **5 to 10 minutes** in the morning and evening. (You may use your walking aid.)
- Take the lift and walk around my void deck, or walk a few blocks down **at least once a day**. (You may use your walking aid.)
- Walk for **10 minutes continuously**. Rest for **5 minutes** and then walk for another **10 minutes**.



Sitting time

I want to

- Stretch my arms and legs after **every 1 hour** of sitting.
- Stand up and walk around for **1 minute, for every 1 hour** of sitting.

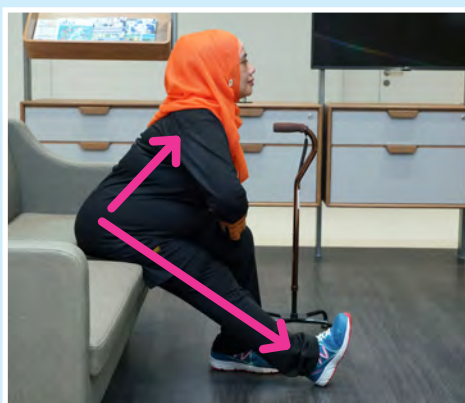


Stretches

I want to

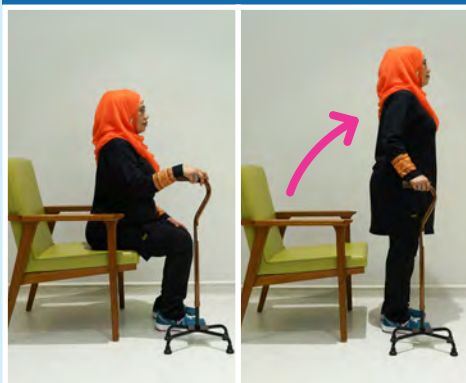
Chest stretch

- Sit in the middle of the chair. Open both arms sideways. Hold for **10 seconds**, repeat **10 times**.



Back thigh stretch

- Sit at the edge of the chair. Straighten one leg and lean forward (like in the picture). Hold for **10 seconds**, repeat **10 times**.

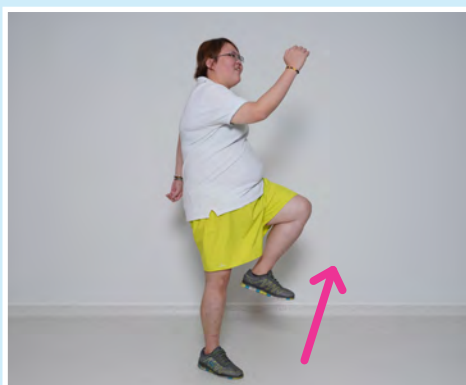


Other simple exercises

I want to

Stand-sit

- Stand and sit **10 times continuously** every morning and night.



Stationary march

- Stand up and march on the spot.
Count **20 to 30 times**. Repeat **twice a day**.
If necessary, do this near a wall or support to help keep your balance.

Pain management

- You should not feel any pain – just very minimal ache – when doing these exercises.
- Pain may be due to various reasons, like weak muscles due to a sedentary lifestyle, or tight muscles due to repetitive work.
- Exercise can help to relieve pain. However, if you have difficulty or pain with these exercises, seek help from an exercise professional or physiotherapist.

Check with your doctor if

- Your general health is good enough to undertake more strenuous exercise.
- You develop giddiness, unusual breathlessness, chest tightness or pain during these exercises.

How to get the most out of your exercises

Follow closely the exercises recommended here. Your routine must include aerobic, strength and flexibility exercises. Balance exercises are recommended for older adults, especially those at risk of falls. However as these materials are for all age groups with diabetes, the focus is on aerobic, strength and flexibility exercises.

1. Sitting exercises



Simple stretches

- Stretch your arms and legs after **every 1 hour of sitting**.



Move more

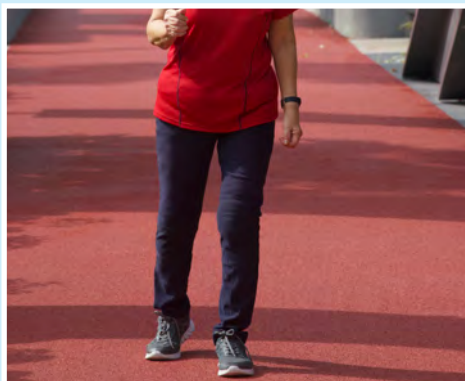
- Stand up and walk around for **1 minute**, for **every 1 hour of sitting**.



Back of upper arm dips

- If possible, try this on a chair with arm rests. Place your hands on the arm rest and push yourself up using your arms. Try not to use your leg muscles to push yourself up. Repeat **12 to 15 times**.

2. Aerobic exercises



Brisk walk

- Walk for **10 to 15 minutes continuously** at least **3 times a week**. You may use your walking aid. Challenge yourself with another **10 minutes of walking after 5 minutes of rest**, if possible.



Cycling

- Using an exercise or pedal bike, **cycle for 10 to 15 minutes daily**.

3. Strength exercises



Stand-sit

- Perform sit-to-stand **10 times continuously** every morning and night.



Stationary march

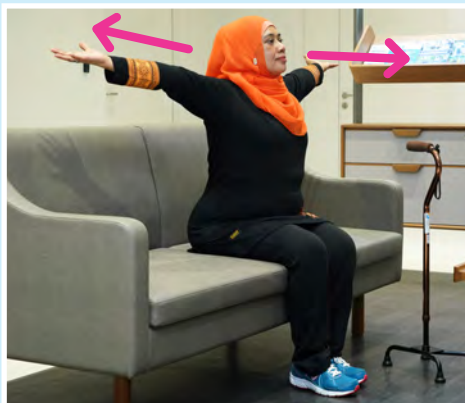
- Stand up and march on the spot. Count **20 to 30 times**. Repeat **twice a day**. *If necessary, do this near a wall or support to help keep your balance.*



Heel raise

- Stand and hold on to a chair. Rise up to the tips of your toes. Repeat **10 times, twice a day**.

4. Flexibility exercises (stretches)



Chest stretch

- Sit in the middle of the chair.
Open both arms sideways.
Hold for **10 seconds**, repeat **10 times**.



Back thigh stretch

- Sit at the edge of the chair.
Straighten one leg and lean forward (like in the picture).
Hold for **10 seconds**, repeat **10 times**.

Pain management

- You should not feel any pain – just very minimal ache – when doing these exercises.
- Pain may be due to various reasons, like weak muscles due to a sedentary lifestyle, or tight muscles due to repetitive work.
- Exercise can help to relieve pain. However, if you have difficulty or pain with these exercises, seek help from an exercise professional or physiotherapist.

Check with your doctor if

- You are allowed to bear weight on your feet.
- You have well-fitted prosthesis.
- You have ulcers or wounds that limit weight bearing or movement.
- Your heart condition is stable enough for exercise.

Exercise safely

Congratulations! Despite having limited mobility, you have been exercising regularly for the past 3 months. Continue to achieve close to **150 minutes** of **moderately intense exercises each week**.

Remember to

- Wear comfortable clothing and appropriate footwear
- Check your feet for wounds before and after exercising
- Keep hydrated
- Bring along some healthy snacks or sugar-containing sweets in case your blood sugar goes too low
- Exercise at a cooler time

1. Sitting exercises



Simple stretches

- Stretch your arms and legs after **every 1 hour of sitting**.



Move more

- Stand up and walk around for **1 minute**, for **every 1 hour of sitting**.



Back of upper arm dips

- If possible, try this on a chair with arm rests. Place your hands on the arm rest and push yourself up using your arms. Try not to use your leg muscles to push yourself up. Repeat **12 to 15 times**. Do **2 to 3 sets**.

2. Aerobic exercises



Brisk walk

- Walk for **15 minutes** continuously at **least 3 times a week**. You may use your walking aid. You should be able to talk but not sing, while exercising.



Cycling

- Using an exercise or pedal bike, cycle for at least **15 minutes daily**.

3. Strength exercises

Lower limbs



Stand-sit

- Perform sit-to-stand **10 to 20 times** continuously every morning and night. Repeat **for 2 to 3 sets**.



Stationary march

- Stand near a wall or support. March on the spot. Count **30 to 40 times**. Repeat **twice a day**. You may do this while seated, if too difficult.



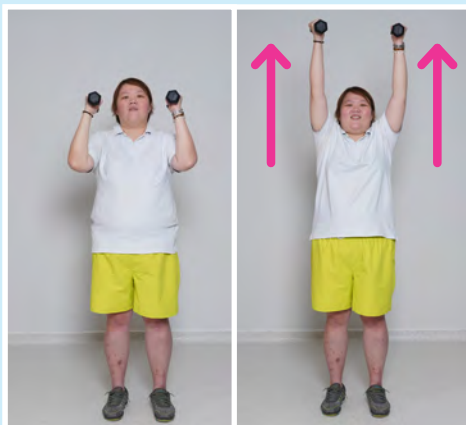
Heel raise

- Stand and hold on to a chair. Rise up to the tips of your toes. Repeat **10 to 20 times, twice a day**.

Gym machines offer added resistance and can improve your mobility. Seek help if you are unsure which machines are suitable for you.

Upper limbs

Resistance bands, weighted cables and dumbbell exercises can help to improve your upper limb strength. These exercises should be done correctly for safety.



Shoulder dumbbell press

- Raise the dumbbells or filled water bottles up along the sides of your body with elbows bent. Straighten your elbows and push the dumbbells upwards over your head. Repeat **10 to 12 times**.

The weights you use should be heavy enough to perform this exercise 10 to 12 times. If you can do more than 15 repetitions, the weights are too light.

4. Flexibility exercises (stretches)



Chest stretch

- Sit in the middle of the chair. Open both arms sideways. Hold for **10 seconds**, repeat **10 times**.



Back thigh stretch

- Sit at the edge of the chair. Straighten one leg and lean forward (like in the picture). Hold for **10 seconds**, repeat **10 times**.

Pain management

- You should not feel any pain – just very minimal ache – when doing these exercises.
- Pain may be due to various reasons, like weak muscles due to a sedentary lifestyle, or tight muscles due to repetitive work.
- Exercise can help to relieve pain. However, if you have difficulty or pain with these exercises, seek help from an exercise professional or physiotherapist.

Check with your doctor if

- You are allowed to bear weight on your feet.
- You have well-fitted prosthesis.
- You have ulcers or wounds that limit weight bearing or movement.
- Your heart condition is stable enough for exercise.

Physical Activity

C - Sedentary Wheelchair users

Small steps to a better life

Be as active as possible, even if you are mostly seated and in a wheelchair. Once you get into regular physical activities – even by starting small at first – your health will benefit in many ways.

1. Sitting exercises



Pressure relief

- Shift your weight left to right continuously for **10 times every 1 hour**. Progress to every **30 minutes**, if possible.



Shoulder mobility

- Sit in the middle of the chair. Roll your shoulders backwards. Hold for **10 seconds**. Repeat **10 times**.



Seated march

- Sit in the middle of the chair. Lift your thighs and march, alternating both feet. Repeat **20 times**.

If possible, it is better to perform this exercise on a more stable chair instead of a wheelchair.



Knee extension

- Sit in the middle of the chair without leaning against the back rest. Straighten your knee and raise your leg up. Repeat on the other leg. Repeat **20 times**.

If possible, it is better to perform this exercise on a more stable chair instead of a wheelchair.

2. Stretches

Do these exercises as often as possible throughout the day, everyday.



Chest stretch

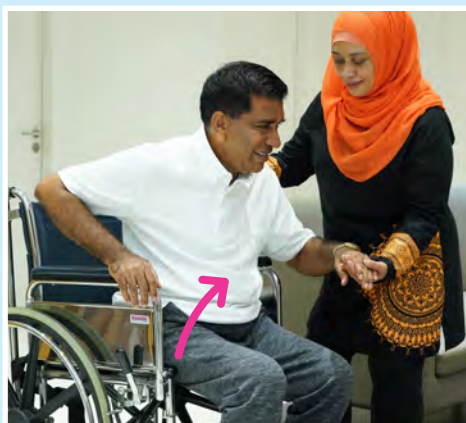
- Sit in the middle of the chair. Open both arms sideways. Hold for **10 seconds**, repeat **10 times**. Rotate your torso to each side, hold for **10 seconds** each.



Back thigh stretch

- Sit at the edge of the chair. Straighten one leg and lean forward (like in the picture). Hold for **10 seconds**, repeat **10 times**.

3. Standing time



Standing tolerance

- If you're able, stand for **2 to 3 minutes**, after every **1 hour of sitting**. You may need to use a railing or ask someone to help.

If possible, it is better to perform this exercise on a more stable chair instead of a wheelchair.



Standing endurance

- Try standing for **2 to 3 minutes** without support – but only if you're steady.

If possible, it is better to perform this exercise on a more stable chair instead of a wheelchair.

4. Other simple exercises



Stand-sit

- Perform sit-to-stand **5 to 10 times** with support or supervision, **every morning and night.**

If possible, it is better to perform this exercise on a more stable chair instead of a wheelchair

Log on to [healthhub.sg](http://www.healthhub.sg) and watch the 7 sit-down exercises video, "You can get moving" (<http://www.healthhub.sg/programmes/71/healthy-ageing-exercise>).

Pain management

- You should not feel any pain – just very minimal ache – when doing these exercises.
- Pain may be due to various reasons, like weak muscles due to a sedentary lifestyle, or tight muscles due to repetitive work.
- Exercise can help to relieve pain. However, if you have difficulty or pain with these exercises, seek help from an exercise professional or physiotherapist.

Check with your doctor if

- Your general health is good enough to undertake more strenuous exercise.
- You develop giddiness, unusual breathlessness, chest tightness or pain during these exercises.

Remember

- You need to progress your exercises gradually.
- You may need professional help from a physiotherapist if you are unsure of your exercises and/or need progression.
- Supervised standing exercises may benefit you. Consult your doctor and physiotherapist.

How to get the most out of your exercises

You can enjoy the benefits of aerobic, strength and flexibility exercises even if you're mostly seated or wheelchair bound. Have fun while preventing further health complications.

1. Sitting exercises



Pressure relief

- Shift your weight left to right continuously for **10 times every 1 hour**. Progress to every **30 minutes** if possible.



Shoulder mobility

- Sit in the middle of the chair. Roll your shoulders backwards. Hold for **10 seconds**. Repeat **10 times**.



Seated march

- Sit in the middle of the chair. Roll your shoulders backwards. Lift your thighs and march, alternating both feet. Repeat **20 times**.

If possible, it is better to perform this exercise on a more stable chair instead of a wheelchair.



Knee extension

- Sit in the middle of the chair without leaning against the back rest. Straighten your knee and raise your leg up. Repeat on the other leg. Repeat **20 times**.

If possible, it is better to perform this exercise on a more stable chair instead of a wheelchair.

2. Flexibility exercises (stretches)

Do these exercises as often as possible throughout the day, everyday.



Chest stretch

- Sit in the middle of the chair. Open both arms sideways. Hold for **10 seconds**, repeat **10 times**. Rotate your torso to each side, hold for **10 seconds** each.



Back thigh stretch

- Sit at the edge of the chair. Straighten one leg and lean forward (like in the picture). Hold for **10 seconds**, repeat **10 times**.

3. Aerobic exercises



Cycling

- Using an exercise or pedal bike, cycle for **10 to 15 minutes daily**. You can also place a portable pedal bike on a table and use it as an arm cycling machine.

If possible, it is better to perform this exercise on a more stable chair instead of a wheelchair.



Log on to healthhub.sg and watch the 7 sit-down exercises video, "You can get moving" (<http://www.healthhub.sg/programmes/71/healthy-ageing-exercise>).

4. Strength exercises

Lower limbs



Knee extension

- Sit in the middle of the chair without leaning against the back rest. Straighten your knee and raise your leg up. Hold for **10 seconds**. Repeat **10 times** and do the same exercise with the other leg.

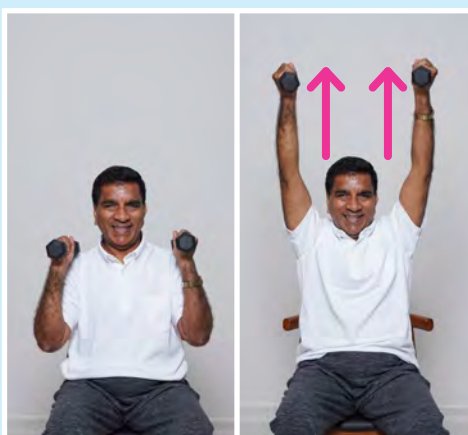


Stand-sit

- If you are able to, sit-to-stand **10 times** with the help of someone.

Upper limbs

Resistance bands, weighted cables and dumbbell exercises can help to improve your upper limb strength. These exercises should be done correctly for safety.



Seated dumbbell press

- Raise the dumbbells or filled water bottles up along the sides of your body with elbows bent. Straighten your elbows and push the dumbbells upwards over your head. Repeat **10 to 12 times**.

The weights you use should be heavy enough to perform this exercise 10 to 12 times. If you can do more than 15 repetitions, the weights are too light.

Pain management

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Check with your doctor if

- You have ulcers or wounds that limit weight bearing or movement.
- Your heart condition is stable enough for exercise.
- You develop giddiness, unusual breathlessness, chest tightness or pain during these exercises.

Remember

- You need to progress your exercises gradually.
- You may need professional help from a physiotherapist if you are unsure of your exercises and/or need progression.
- Supervised standing exercises may benefit you. Consult your doctor and physiotherapist.

Exercise safely

Congratulations! Despite having limited mobility, you have been exercising regularly for the past 3 months. Continue to achieve close to **150 minutes of moderately intense exercises each week**.

Remember to

- Wear comfortable clothing
- Keep hydrated
- Bring along some healthy snacks or sugar-containing sweets in case your blood sugar goes too low
- Exercise at a cooler time

1. Sitting exercises



Pressure relief

- Shift your weight left to right continuously for **10 times every 1 hour**. Progress to every **30 minutes**, if possible.



Shoulder mobility

- Sit in the middle of the chair. Roll your shoulders backwards. Hold for **10 seconds**. Repeat **10 times**.



Seated march

- Sit in the middle of the chair. Roll your shoulders backwards. Lift your thighs and march, alternating both feet. Repeat **20 times**.

If possible, it is better to perform this exercise on a more stable chair instead of a wheelchair.



Knee extension

- Sit in the middle of the chair without leaning against the back rest. Straighten your knee and raise your leg up. Repeat on the other leg. Repeat **20 times**.

If possible, it is better to perform this exercise on a more stable chair instead of a wheelchair

2. Flexibility exercises (stretches)



Chest stretch

- Sit in the middle of the chair. Open both arms sideways. Hold for **10 seconds**, repeat **10 times**.



Trunk rotation

- Sit in the middle of the chair. Rotate your trunk to each side, holding for **10 seconds** each. Repeat **10 times**.



Back thigh stretch

- Sit at the edge of the chair. Straighten one leg and lean forward (like in the picture). Hold for **10 seconds**, repeat **10 times**.

3. Aerobic exercises



Cycling

- Using an exercise or pedal bike, cycle for **30 minutes daily**. You can also place a portable pedal bike on a table and use it as an arm cycling machine. *If possible, it is better to perform this exercise on a more stable chair instead of a wheelchair*

Join sporting events

Consider joining sports activities or events specially for people with disabilities, like wheelchair basketball etc.

4. Strength exercises

Perform these exercises 2 to 3 times a week.

Lower limbs



Knee extension

- Sit in the middle of the wheelchair without leaning against the back rest. **Strap on an ankle weight to one leg.** Straighten your knee and raise your leg up. Hold for **10 seconds**. Repeat **10 to 20 times** and do the same with other leg. Do this for **2 to 3 sets**.

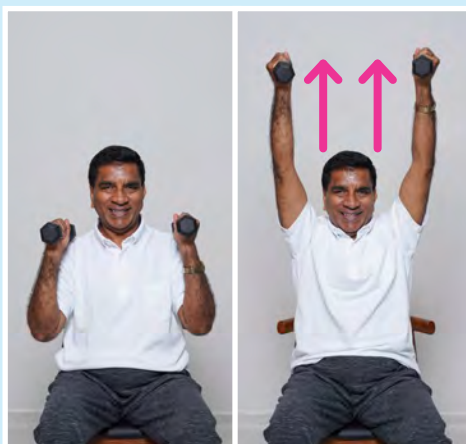


Stand-sit

- If you are able to, sit-to-stand **10 times** with the help of someone.

Upper limbs

Resistance bands, weighted cables and dumbbell exercises can help to improve your upper limb strength. These exercises should be done correctly for safety.



Seated shoulder dumbbell press

- Raise the dumbbells or filled water bottles up along the sides of your body with elbows bent. Straighten your elbows and push the dumbbells upwards over your head. Repeat **10 times**, for **2 to 3 sets**.

Pain management

- You should not feel any pain – just very minimal ache – when doing these exercises.
- Pain may be due to various reasons, like weak muscles due to a sedentary lifestyle, or tight muscles due to repetitive work.
- Exercise can help to relieve pain. However, if you have difficulty or pain with these exercises, seek help from an exercise professional or physiotherapist.

Check with your doctor if

- You have ulcers or wounds that limit weight bearing or movement.
- Your heart condition is stable enough for exercise.
- You develop giddiness, unusual breathlessness, chest tightness or pain during these exercises.

Remember

- You need to progress your exercises gradually.
- You may need professional help from a physiotherapist if you are unsure of your exercises and/or need progression.
- Supervised standing exercises may benefit you. Consult your doctor and physiotherapist.

Exercise recommendations

F

Frequency

3 to 7 days per week

I

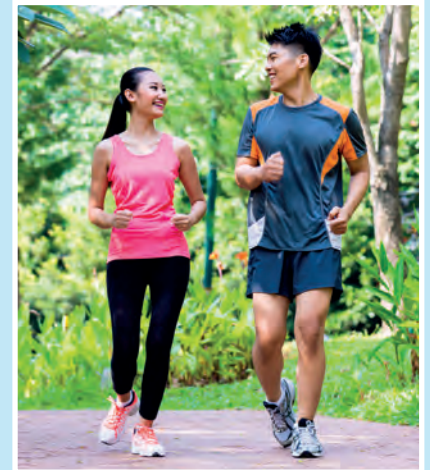
Intensity (moderate)

Can talk but can't sing while exercising

T

Time

Aim for **30 minutes per day**,
5 days per week or
150 minutes per week



One way to keep FIT is enjoying 30 minutes of brisk walking, 5 days per week

How can I **exercise safely**?



Start slow if you have not been physically active



Wear **comfortable clothing** and **appropriate footwear** (well-fitted shoes with adequate support)



Check your feet for wounds before and after exercising



Exercise at a **cooler time** (mornings or evenings, or in a cooler environment)



Bring along **healthy snacks** or sugar-containing sweets, in case of hypoglycaemia (low blood sugar)



Keep hydrated



Exercise **with family and friends**

How can I **exercise safely**?

When exercising, please rest or stop if you experience

Symptoms of hypoglycaemia (low blood sugar of < 4 mmol/L)



Hunger



Hand tremors



Abnormally fast heartbeat



Difficulty breathing



Fatigue



Mood changes
(e.g. anxiety, irritability, nervousness)



Dizziness or headaches



Pain (especially in the chest or abdomen)

To note: Delay or postpone exercise if you are feeling unwell. Always listen to your body.