

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>).