

Exercising at home.

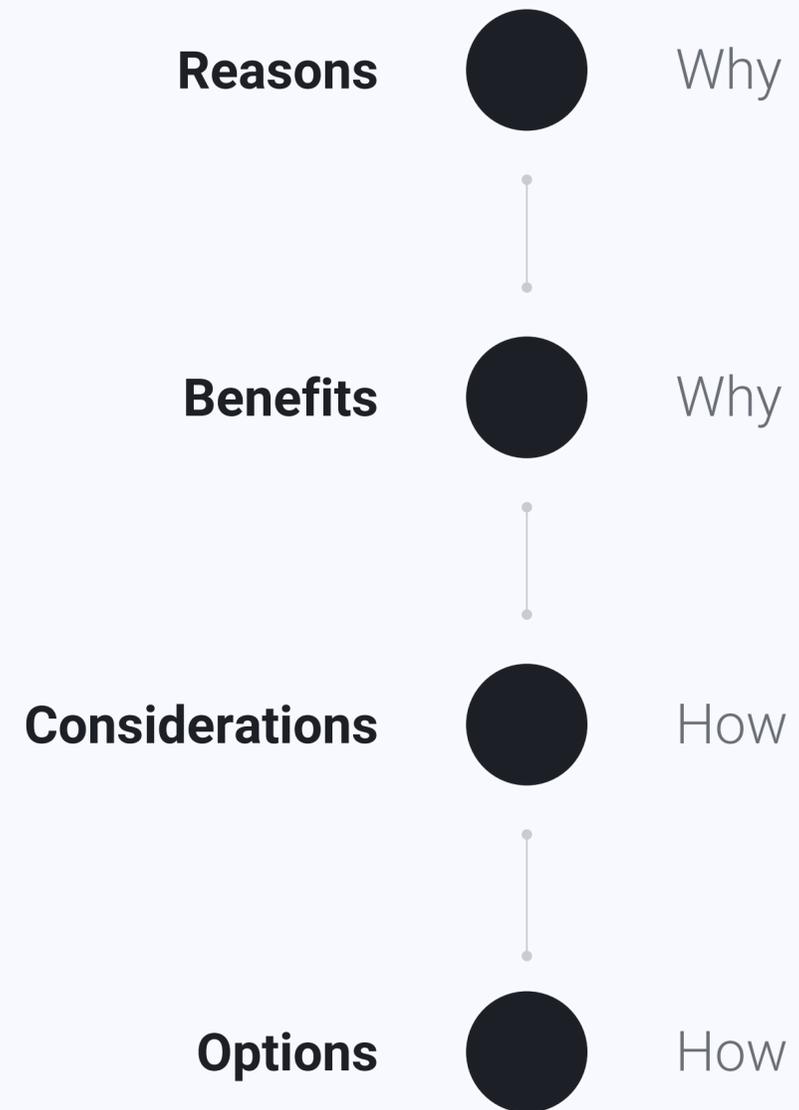
Dr Sharon Hetherington AEP



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Exercising at home.

The why and the how.



Why exercise at home?

Reinforcement

Clinic-based sessions

Chronic disease management plan

Rehabilitation

Pre-operative

Convenience

Familiar surroundings

Daily exercise routine

Cultural considerations

Limitations

Access to resources

Transportation

Facilities

Cost limitations

Safety

Social distancing

Allay health concerns

Continue exercise routine

Exercise & social distancing.

- Maintain clinic-based gains*
- Improve mood
- Reduce anxiety
- Relieve boredom
- Support immune system

* Dunstan et al. (2005)



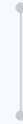
Different personalities.

Different approaches.

Self starter



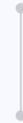
Get program and go!



Needs support



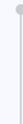
Regular check-ins



Reluctant



Fun and engaging



Unwilling



Information and simplicity

Considerations.



Resources

Home exercise equipment
Technology available at home



Client

Client personality
Exercise preferences
Hobbies and interests



Capacity

Technology savvy?
Fitness level
Exercise experience

Focus.

Balance

Balance exercises everyday¹



Chair stand



Chair-based

Strength

Leg strength¹

(balance and independence)

Frequency periodisation^{3,4}

1. Anar (2016)
2. Narici et al. (2020)
3. Strohacker et al. (2015)
4. Angandi et al. (2015)



Tandem stand

Aerobic

Fun & engaging workouts²

Duration periodisation³

Options.

In-home visit

Assess client suitability.
Conduct safety assessment.

Telehealth consult

Apps such as Physitrack & CoviU.

On-line exercise class

Platforms such as ZOOM.
Allows for social interaction.

Exercise videos

Create own or use other's content.
Review and match content to client.

Resources

Exercise instructions.
Motivational worksheets.

Social challenges

Facebook challenges.
Exercise calendar.

Collaboration.

Resource creation

HUR Gym – home-based alternative exercises			
 <p>www.myactiveattitude.com.au</p>	<p>We have been contacted by clients for advice regarding possible home-based exercises to perform while not being able to go to the gym. While the benefits of the progressive resistance provided by HUR equipment cannot be replaced, it is still important to keep active with home-based exercises to maintain most of the strength gains you have made.</p>		 <p>www.huraustralia.com.au</p>
<p>In this document you will find some ideas on exercises you can do instead of using your HUR gym equipment. You will also find a section containing balance exercises and stretches that you can do at home. When exercising at home, remember that the same safety precautions apply as at the gym – listen to your body, remember to breathe, do not rush your exercises. If you are unsure about doing any of these exercises, consult an accredited health professional. Aim to do 2 sets of 10 repetitions of each exercise.</p>			
Warm up exercises			
 <p>March on the spot. You can alter your steps by sometimes lifting your knees higher, sometimes taking lower but fast steps or use a stepping board. Stand upright in front of a stepping board (or any stable, flat object). Step up on the board on leg at a time and straighten your body while stepping up.</p>	 <p>Heel raises are great for warming up, strengthening your calves and training balance. Hold on to a chair (or a table) and slowly raise to your toes, and lower back slowly.</p>	 <p>Stand upright with your feet shoulder-width apart. Swing your arms alternating back and forth in a relaxed manner. Bend your knees along the movement.</p>	 <p>Sit or stand upright. Take at least a shoulder width grip on the physical activity stick (or a simple broom stick) and start to “paddle” in the air. Paddle from side to side and use a big movement.</p>

Link to YouTube videos



Collaboration.

Healthy living

Healthy living is really important when we are out of our usual routines. Stay motivated with doing a small amount of exercise each day. You are allowed to go out for a short walk in your local area, and enjoy the fresh air - it's actually recommended! If you're not up for a walk outside then some of the following links are fantastic for home exercises, and eating healthy.

Home Exercise

My Active Attitude

VISIT NOW

National Institute on
Ageing - Exercise
Videos

VISIT NOW

Nutrition

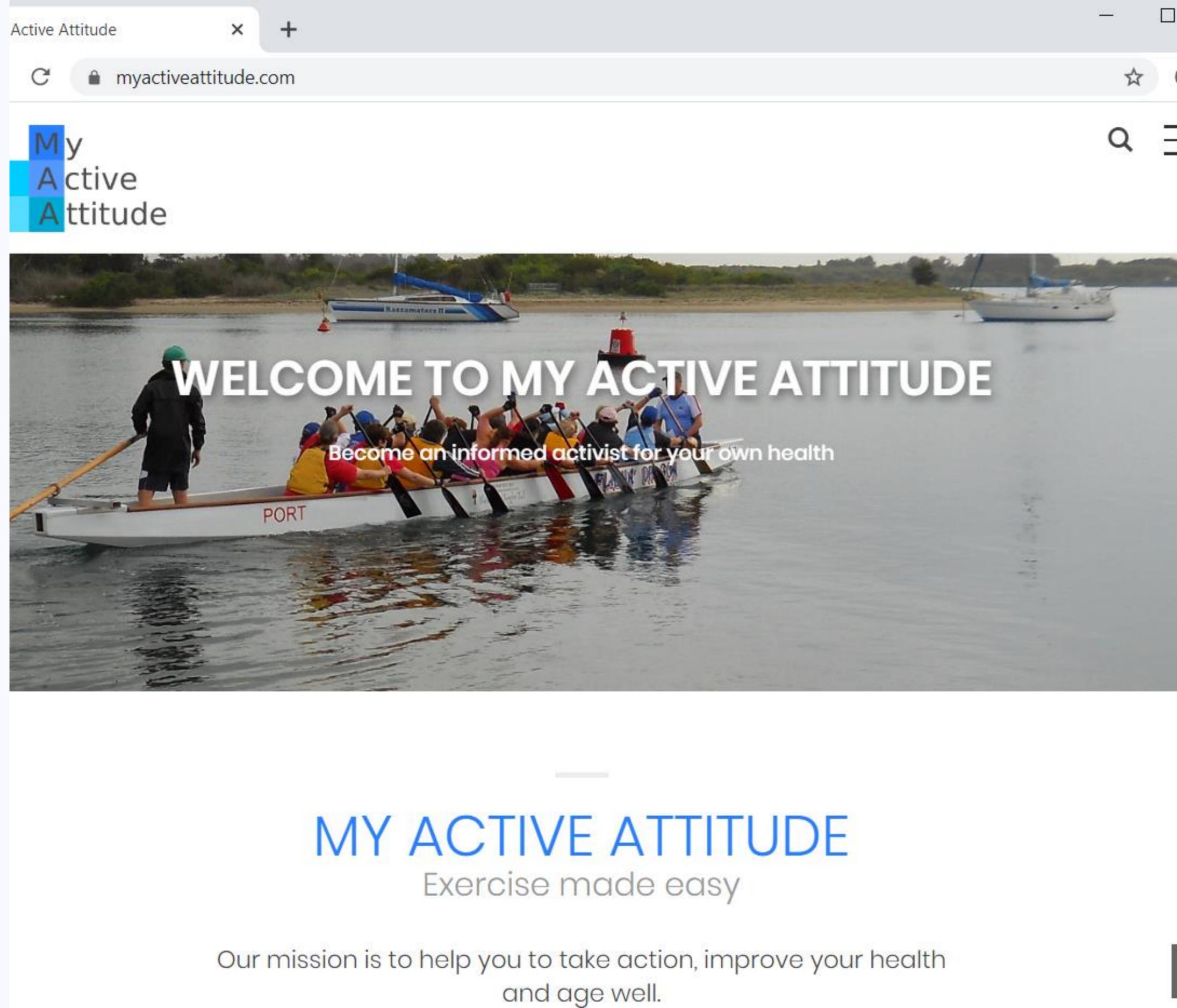
Nutrition Foundation

VISIT NOW

Immunity Tips from
Health Navigator NZ



Our website.



Videos & podcasts.

The screenshot shows a web browser displaying the 'My Active Attitude' website. The browser's address bar shows 'myactiveattitude.com'. The website header includes the logo, navigation buttons for 'Subscribe', 'Resources', and 'Blog Posts', and a search icon. The main content area is titled 'EXERCISE RESOURCES' with the tagline 'Exercise Made Easy'. Below this, there are filter buttons for 'All', 'Strength', 'Balance', 'Health', and 'Wellness'. The 'All' filter is selected. The page displays a grid of exercise resource cards. Each card features a 'VIDEO' badge, a title, a play button, a duration, a category label, and a link to an 'Exercise instruction pdf'. The first row contains three cards: 'Leg Strength' (6:07 min, STRENGTH, pdf available), 'Upper Body Strength' (5:18 min, STRENGTH, pdf available), and 'Upper Body Strength without an exercise band' (2:37 min, STRENGTH, PDF coming soon). The second row shows the start of three more cards: 'Pool-based Exercise', 'Exercise Equipment DIY', and 'Exercise Ball'. An upward arrow icon is visible in the bottom right corner of the grid.

My Active Attitude

Subscribe Resources Blog Posts

EXERCISE RESOURCES

Exercise Made Easy

All Strength Balance Health Wellness

VIDEO Leg Strength
6:07 min STRENGTH
Exercise instruction pdf

VIDEO Upper Body Strength
5:18 min STRENGTH
Exercise instruction pdf

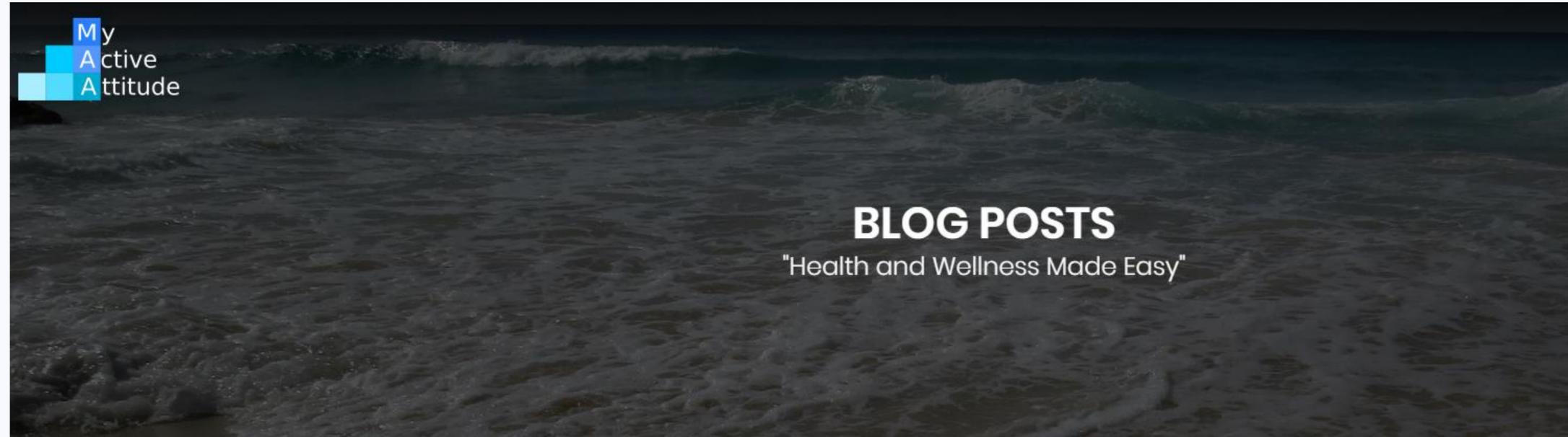
VIDEO Upper Body Strength
without an exercise band
2:37 min STRENGTH
PDF coming soon

VIDEO Pool-based Exercise

VIDEO Exercise Equipment DIY

VIDEO Exercise Ball

Blog posts.



• 07/05/2020 by Guy

Five exercises to build and maintain leg strength

Leg strength is important if you want to stay more independent and mobile in your own house. All of your daily activities

Recent posts

- 7th May, 2020
[Five top exercises to build and maintain leg strength](#)

Instruction sheets.

Leg Strength Exercises

Exercise made easy by



Equipment:

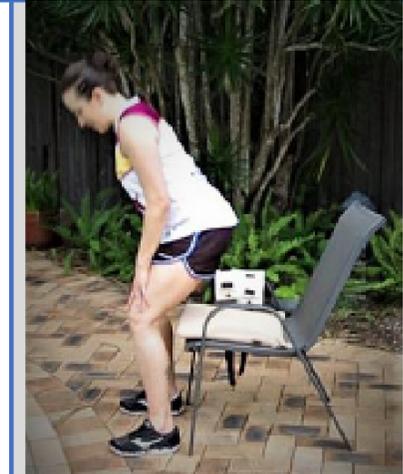
Sturdy chair
Appropriate clothes and non-slip shoes
2 square meters of clear space

Frequency:

Aim for 10 repetitions
Rest for 1 minute
Repeat

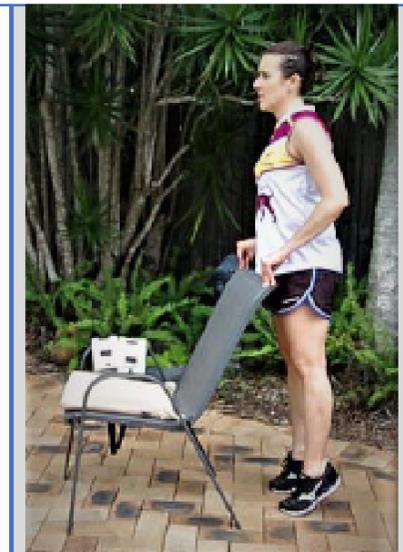
Chair stands

1. Move towards the front of the chair
2. Have your knees bent and feet flat on the floor
3. Focus on a fixed point just in front of you
4. Lean forward 'nose over toes', keep your back straight
5. Stand up slowly, focus on using your leg muscles
6. Stand up straight
7. Slowly lower yourself back down to a seated position



Calf raises

1. Stand behind your chair or bench top
2. Feet shoulder width apart
3. Push up on to your toes
4. Hold for 3 seconds
5. Slowly lower your heels back to the floor
6. Use the chair or bench top for balance



Reference list

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Questions

Dr Sharon Hetherington AEP
admin@myactiveattitude.com.au