

# Always HEPOP! Balance Improvement Package

10 minutes  
exercise  
Strength  
training  
version

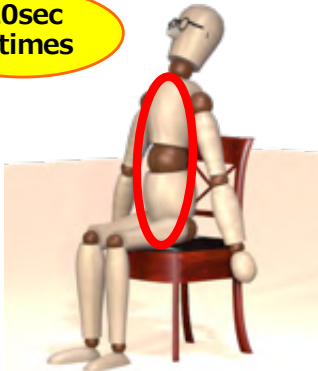
## Precautions for exercise

If possible, continue to exercise every day.

1. Stop exercising if you feel strong pain or stress in your body.
2. Exercise slowly while taking breaks according to your physical condition.
3. While exercising, **breathe naturally and do not hold your breath.**

### Stretching the upper back and chest

20sec  
3 times



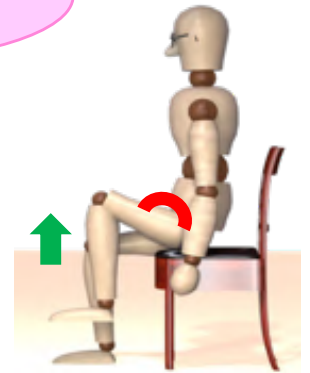
- Open both arms outward and lift your chest.
- Stretch the muscles on the chest and upper back.
- If possible, turn your neck slowly.

If you have pain in your back or shoulders, be careful not to make it worse.

### Raising the thighs

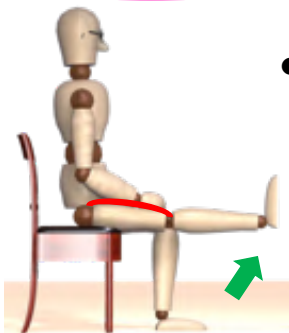
Left and right sides,  
20 times  
2 sets each

- Lift one leg up while keeping the knee bent as shown by the **green arrow**, and then slowly return to the original position. Repeat with the other leg.



### Knee straightening exercise

Left and right sides,  
20 times  
2 sets each



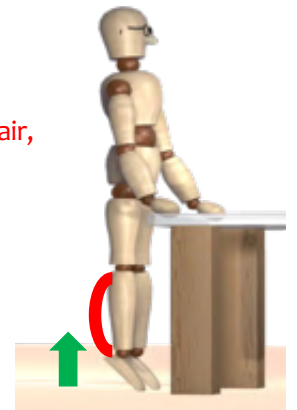
- Keep your knee straight for 3 seconds. It is more effective to flex your foot towards you.

### Standing heel raises

20 times  
2 sets

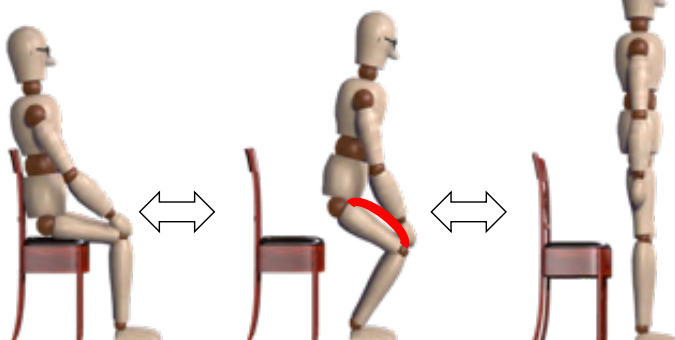
Refrain from this exercise if you have rheumatoid arthritis.

- Hold onto a table, chair, or handrail to keep stable.
- Raise your heels, and then slowly lower.



### Standing up from a chair

20 times  
2 sets



- Stand up and sit down slowly, focusing on the muscles in your thighs.
- Stretch your back when sitting or standing, and lightly bow before standing up and sitting down.

If you have pain in your knees, raise the seat height so that the pain does not get worse.

## Always HEPOP! Inactivity Prevention Package

10 minutes  
exercise  
Strength  
training  
version

### Precautions for exercise

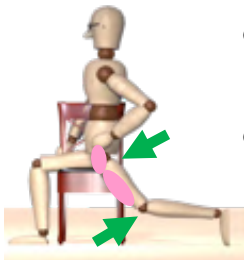
If possible, continue to exercise every day.

1. Stop exercising if you feel strong pain or stress in your body.
2. Exercise slowly while taking breaks according to your physical condition.
3. While exercising, **breathe naturally and do not hold your breath.**

### Stretching the quadriceps and front of the hip

Refrain from this stretch if you have had hip surgery.

Left and right  
sides,  
30 sec each



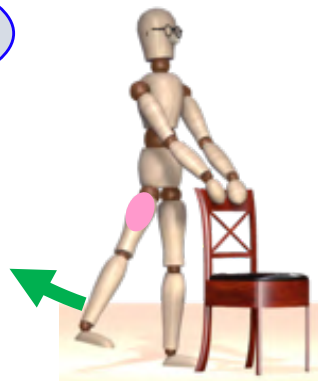
- Sit sideways in a chair with your legs parallel to the backrest.
- Place the foot of the front leg on the floor behind you.
- Open your chest, push your hips forward, and stretch the thigh of the extended legs.

If you have pain in your back, lower back, or knees, be careful not to make it worse.

### Hip abduction exercise

Left and right  
sides,  
30 times  
2 sets each

- Lightly hold a stable table or chair.
- Raise one foot slowly to the side. Slowly return to the original position.



### Drawing circles with the feet

Left and right  
sides,  
10 times  
2 sets each

- Lightly hold a stable table or chair.
- Move your leg as if to draw a circle with your toes on the floor.
- Repeat with the other leg.



Keep your leg straight.

### Standing heel raises

30  
times

Refrain from this exercise if you have rheumatoid arthritis.

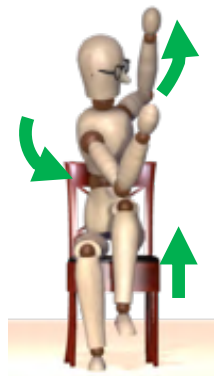


- Lightly hold a stable table or chair.
- Slowly stretch your body by standing on your tiptoes.
- Keep your heels up for 3 seconds. Then lower slowly.

### Twist exercise

Left and right  
sides,  
20 times

- Open your chest and both shoulders and raise your elbows to shoulder level with your fingertips facing up.
- Lift your left knee and twist your body so that your right elbow and left knee touch. Repeat with the other leg.

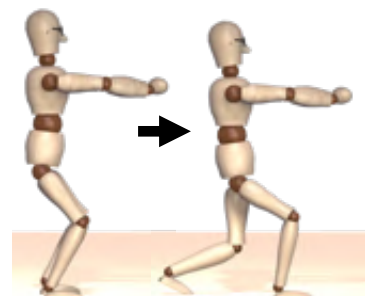


If you have pain in your back or knees, be careful not to make it worse.

### Monkey-walking

3 meters  
10 times

- Squat slightly and keep your knees bent. Clasp your hands and lift your arms up in front of you.
- Walk slowly while dropping your hips and keeping your knees bent.



If you have pain in your knees, be careful not to make it worse.

# Always HEPOP! Strengthening Package

10 minutes  
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## Precautions for exercise

If possible, continue to exercise every day.

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2. Exercise slowly while taking breaks according to your physical condition.
3. While exercising, **breathe naturally and do not hold your breath.**

### Stretching tight calf muscles

Left and right sides,  
20 sec each



- Put one foot in front of the other and slowly stretch the calf muscles of the back leg. Point your toes forward. It might be more effective to point the toes of your back leg slightly inward.

If you have pain in the joints of your knees or feet, be careful not to make it worse.



### Bird dog

Left and right sides,  
10 sec each

Refrain from this exercise if you have pain in your wrists, shoulders, or back.

Be careful not to lose your balance when switching sides!



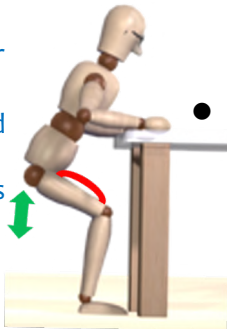
- Get on all fours with your hands, knees and feet on the floor.
- Slowly raise your right arm and left leg in the direction of the green arrow and hold the position for 3 seconds. Repeat on the other side.

### Squats

20 times  
2 sets

Be careful not to fall down.

stand with your feet shoulder width apart and don't thrust your hips backward.



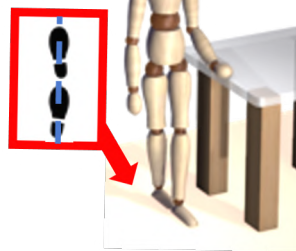
- Hold a table, chair, or handrail to keep you stable.
- Lower your hips in the direction of the green arrow slowly. Pause and hold for 3 seconds and then slowly lift up to the original position.

### Standing training in a tandem position

1 minute

Be careful not to fall down.

Tandem position



- Stand with the heel of one foot in line with the toe of the other foot.
- Keep that posture for 30 seconds, then switch your front and back legs. Repeat with the opposite leg.
- If you feel like you are going to lose balance, put weight on your back leg and hold table/chair with your table side hand.

### Standing on one leg

1 minute  
2 sets

Be careful not to fall down.

Lightly hold a stable table or chair.



- Lift one foot off the floor slightly. After 30 seconds, switch legs.
- If you feel like you are going to lose balance, put weight on your legs and let your body lean against table/chair.

### Marching in place

1 minutes  
2 sets

Be careful not to fall down.



- Straighten your back and march in place. It is more effective to lift your thighs higher. If your balance is stable, try moving your arms.
- Try marching in rhythm to music or singing.

# Always HEPOP! Cogni-Package

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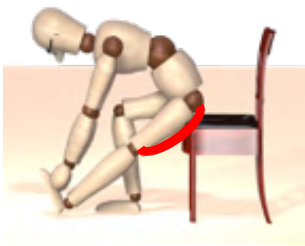
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### Stretching the hamstrings + Calculation

Be careful not to fall off the chair!

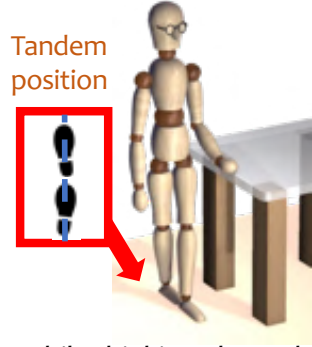


- Let's start with 2 and double the number one by one (2, 4, 8...).
- Count every third number from 32 (32, 35, 38...).

Calculate while stretching. With one leg extended, lean forward and stretch the back of your thighs.

### Standing training + Word fluency

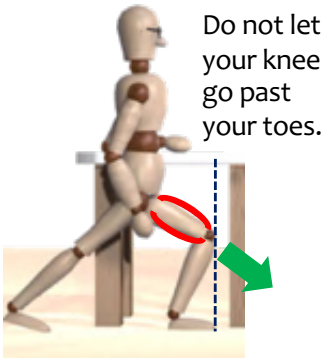
Be careful not to fall down.



- Say as many words in a specific category as you can for 60 seconds.
- Words associated with "autumn".
- Four-letter words (plan, cook, etc.)

While thinking about the words, keep your body balanced.

### Thigh stretch + Memory task



Do not let your knee go past your toes.

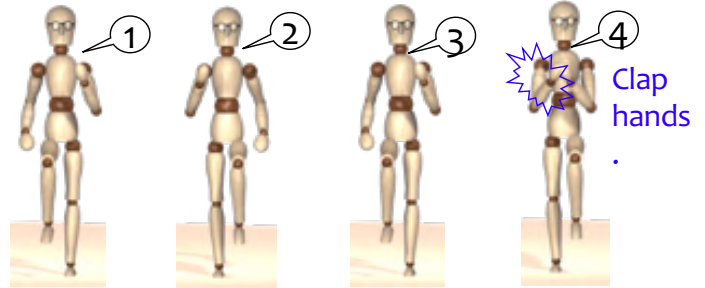
- Continue to recall and say for 60 seconds:
- The name of the city, town and village in the prefecture you live in.
- Recent news.

While remembering various things, put one leg forward and apply weight to the thigh.

### Marching while sitting + Cognitive task

Be careful not to fall down.

Step and clap your hands on multiples of 4 while counting the number of steps. Continue to "40".



When you get used to it, shake your hands instead of clapping, or use multiples of 3 or 5 instead of 4.

### Using each hand for a different task at the same time

Cognitive tasks are a bit difficult, but don't worry if you can't do everything.

Left hand		➔		➔		Repeat
	Rock		Scissors		Paper	
	Right hand wins					
Right hand		➔		➔		Repeat
	Paper		Rock		Scissors	

Left hand		➔		➔		Repeat
	Rock		Scissors		Paper	
	Right hand		➔		➔	
Scissors			Paper		Scissors	