

Always HEPOP! Balance Improvement Package

10 minutes
basic
exercise

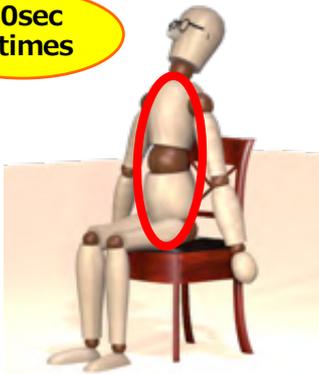
Precautions for exercise

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

10sec
3 times



- Open both arms outward and lift your chest.
- Stretch the muscles on the chest and upper back.

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

Stretching the arms and back

10sec
3 times

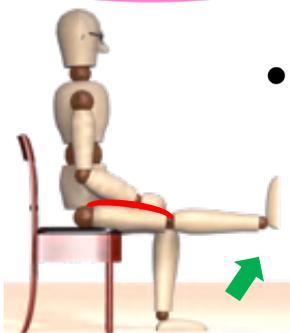


- Clasp your hands and lift them over your head with your palms facing the ceiling.
- Gently extend your arms without bending your elbows.

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

Knee straightening exercise

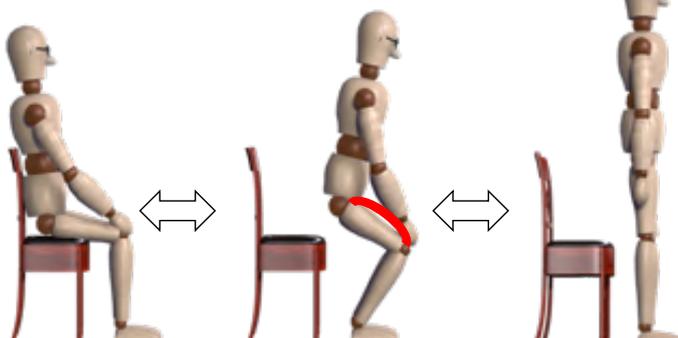
Left and right sides,
10 times
2 sets each side



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

Standing up from a chair

30
times



- 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.

Standing heel raises

30
times

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.



Always HEPOP! Inactivity Prevention Package

10 minutes
basic
exercise

Precautions for exercise

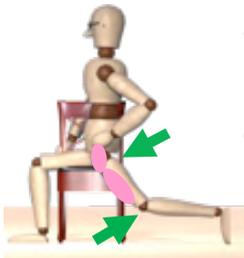
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Stretching the quadriceps and front of the hip

Refrain from this stretch if you have had hip surgery.

Left and right sides,
30 sec each



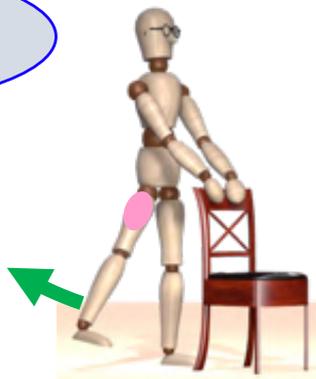
- Sit sideways in a chair with your legs parallel to the backrest.
- Place the foot of the front leg on the floor behind you.
- Open your chest, push your hips forward, and stretch the thigh of the extended legs.

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,
20 times
3 sets each

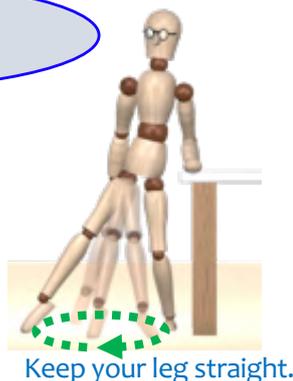
- Lightly hold a stable table or chair.
- Raise one foot slowly to the side. Slowly return to the original position.



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.



Full body stretch

Refrain from this exercise if you have a past history of compression fractures of the spine.

30 times
2 sets

Stand against a wall.



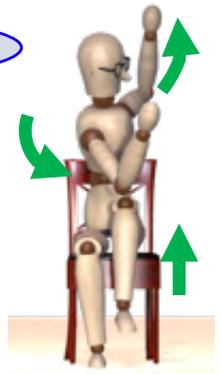
- Stand up straight and put your entire back against the wall.
- Lift your hands above your head and stretch your back.

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

Twist exercise

Left and right sides,
30 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.

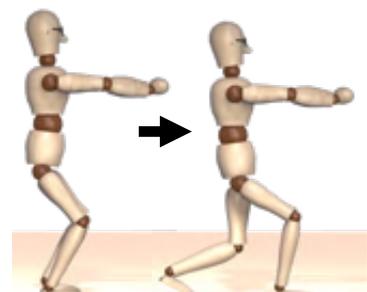


If you have pain in your back or knees, be careful not to make it worse.

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.

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Always HEPOP! Strengthening Package

Precautions for exercise

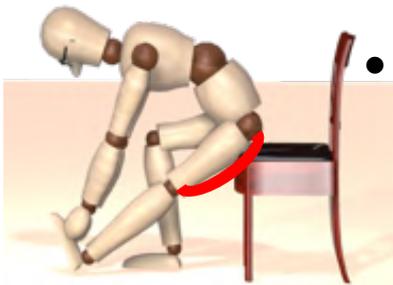
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1. Stop exercising if you feel strong pain or stress in your body.
2. Exercise slowly while taking breaks according to your physical condition.
3. While exercising, **breathe naturally and do not hold your breath.**

Stretching the hamstrings

Left and right sides,
30 sec each

Be careful not to fall off the chair!

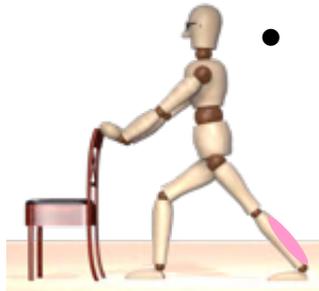


- With one leg extended, lean forward and stretch the back of your thighs.

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

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.



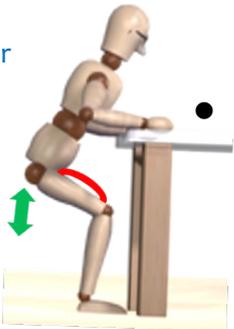
If you have pain in the joints of your knees or feet, be careful not to make it worse.

Squats

30 times

Be careful not to fall down.

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



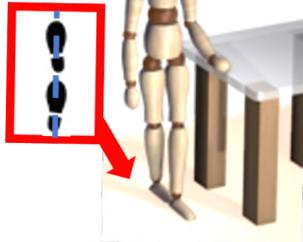
- Hold a table, chair, or handrail to keep you stable.
- lower your hips in the direction of the green arrow slowly. Pause and hold for 3 seconds and then slowly lift up to the original position.

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

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.

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Always HEPOP! Cogni-Package

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Stretching the hamstrings + Calculation

Be careful not to fall off the chair!



- Count every third number from 0 (0, 3, 6...).
- Count backwards from 90 (90, 89, 88...). When you get used to it, subtract 2 (90, 88...) or 3 (90, 87...).

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

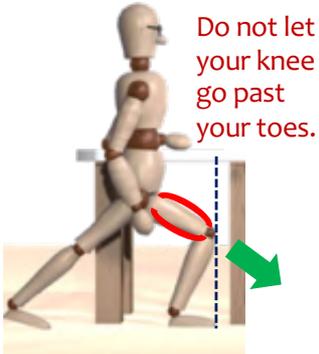
Stretching tight calf muscles + Word fluency



- Say as many words in a specific category as you can for 60 seconds.
- Words associated with "summer" (fireworks, swimming, etc.).
- Flowers (tulip, rose, etc.).

While thinking about the words, slowly stretch the calf muscles.

Thigh stretch + Memory task

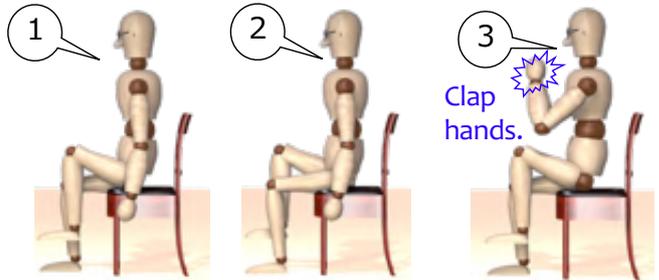


- Continue to recall and say for 60 seconds:
- The most delicious dish you have ever eaten
- Your favorite song and the name of the singer singing (Sukiyaki, Kyu Sakamoto, etc.)

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

Marching while sitting + Cognitive task

Step to the rhythm of your counting and clap your hands on multiples of 3 (3, 6, 9...). Continue to "30".



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

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

Rock → Scissors → Paper Repeat

Right hand wins

Paper → Rock → Scissors Repeat

Left hand

Rock → Scissors → Paper Repeat

Right hand loses

Scissors → Paper → Scissors Repeat