

Strengthening Package



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The “Strengthening Pack” includes exercises and activities to help you maintain your physical function and improve your physical strength while you are staying at home. We recommend that you exercise safely for a total of 20 to 60 minutes per day, about three times a day, with a combination of various exercises. We have set a standard time and frequency for each exercise, but you can change it according to your physical condition. You can listen to the radio or your favorite music to keep up your motivation.

▼▼▼▼▼▼▼▼▼▼ Precautions for exercise ▼▼▼▼▼▼▼▼▼▼

1. Stop exercising if you feel pain or stress in your body.
2. Exercise slowly while taking breaks according to your physical condition.
3. While exercising, do not hold your breath and breathe naturally.
4. If you are not feeling well, please take a rest and stop exercising.
5. Be careful not to fall down while exercising and don't try to do things that are difficult for you.
6. Use a stable chair or desk, and do not use objects that can be easily moved, such as a chair with wheels.

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List of exercises included in the Strengthening Pack

Please combine stretching and other various exercises according to your condition. Please be aware that there is a risk of falling down during balance exercises.

No.	Stretch	Balance exercise	Muscle training	Whole-body exercise	Supine	Sitting	Standing	Exercise content
1	●					●		Stretching the upper back and chest
2	●					●		Stretching the hamstrings
3	●					●		Stretching the arms and back
4	●						●	Stretching tight calf muscles
5			●			●		Raising the thighs
6			●				●	Squats
7		●	●			●		Bird dog
8		●					●	Standing training in a tandem position
9		●					●	Standing on one leg
10			●	●			●	Standing up from a chair
11				●			●	Marching in place
12				●			●	Walking

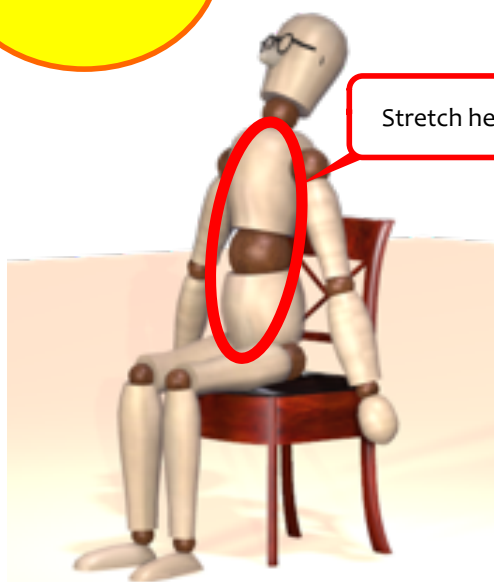
Supine: exercises are done while lying on your back. Sitting: exercises are done while sitting down. Standing: exercises are done while standing up.

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1

Stretching the upper back and chest

20 sec



Here's the point!

- Open both arms outward and lift your chest.
- Stretch the muscles on the chest and upper back.
- Take a deep and smooth breath and slowly release without any pain.

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

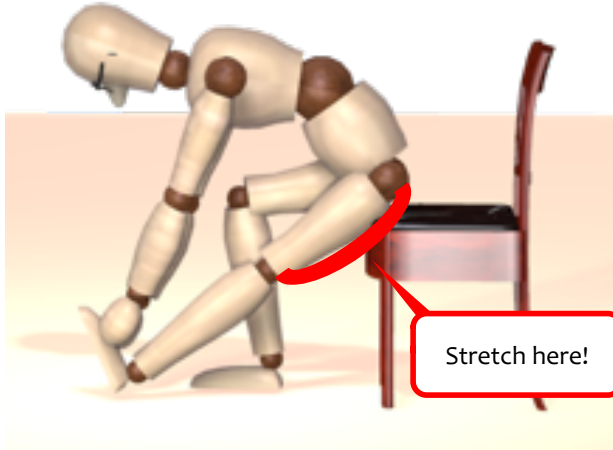
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2

Stretching the hamstrings

Left and
right sides,
20 sec each

Be careful not to
fall off the chair!



Here's the point!

- Be careful not to fall off the chair by sitting too close to the edge.
- With one leg extended, lean forward and stretch the back of your thighs.
- Take deep breaths without hunching and stretch slowly without any pain.

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

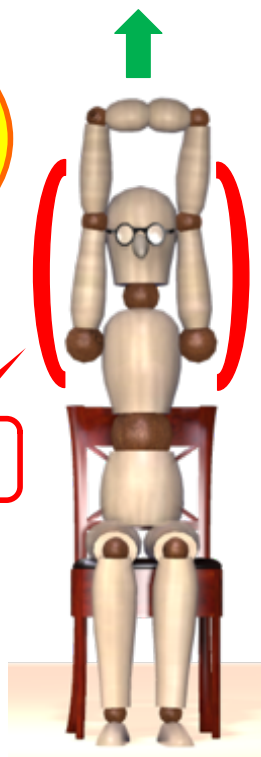
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3

Stretching the arms and back

20 sec

Stretch here!



Here's the point!

- Clasp your hands and lift them over your head with your palms facing the ceiling.
- Gently extend your arms without bending your elbows.
- Take deep breaths without hunching and stretch slowly without any pain.

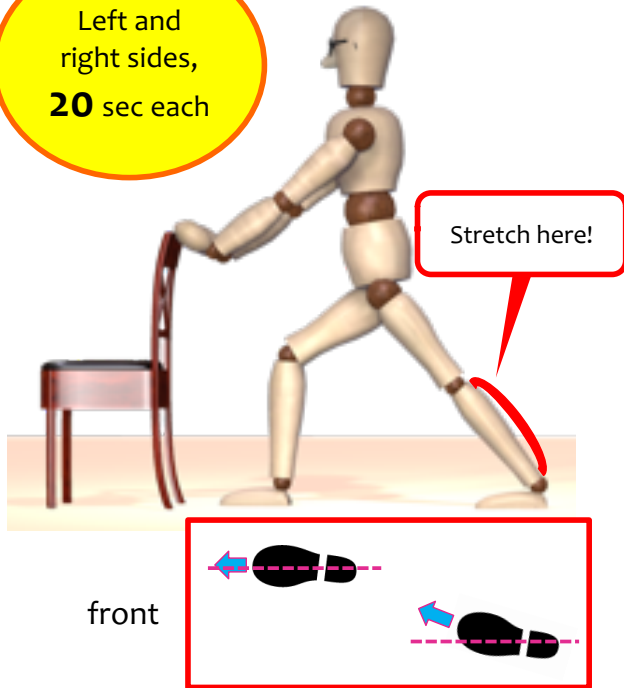
If you have pain in your shoulders or arms, please be careful not to make it worse.

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4

Stretching tight calf muscles

Left and
right sides,
20 sec each



Here's the point!

- Hold onto a table, chair, or handrail to keep stable.
- 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.
- Take deep breaths without hunching and stretch slowly without any pain.

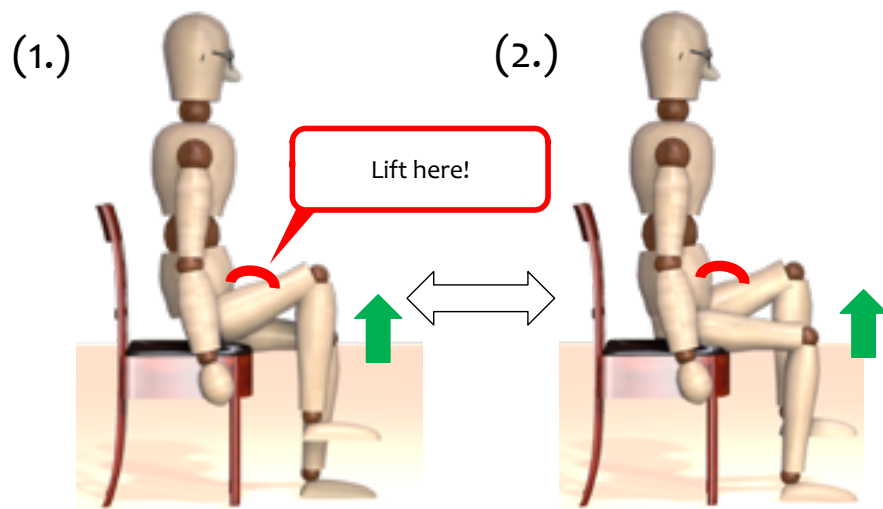
If you have pain in the joints of your knees or feet, please be careful not to make it worse.

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5

Raising the thighs

30-50
times



Here's the point!

- (1.) lift one leg up while keeping the knee bent as shown by **the green arrow**, and then slowly return to the original position.
- (2.) repeat with the other leg.

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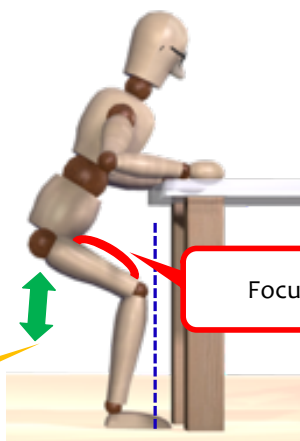
6

Squats

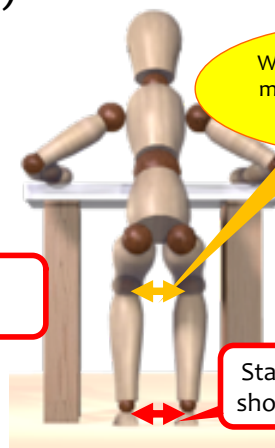
20-30
times

(1.) Side view

(2.) Back view

Be careful not to bend
your knees too much
and fall backwards.Make sure your knees
don't go forward past
your toes.

Focus here!

When lowering down,
make sure your knees
point outward.Stand with your feet
shoulder width apart.

Here's the point!

- Hold a table, chair, or handrail to keep you stable.
- (1.) 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.
- (2.) stand with your feet shoulder width apart and don't thrust your hips backward.

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7

Bird dog

Left and
right sides,
10 sec eachBe careful not to
lose your balance
when switching
sides!

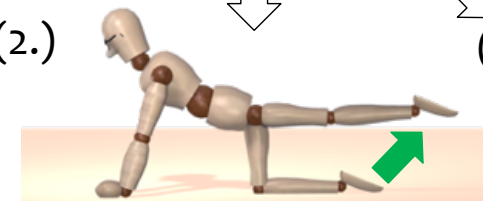
(1.)



(2.)



(2.)



(3.)



Here's the point!

Please do not do this exercise if you have pain in your wrists, shoulders, or back.

- (1.) get on all fours with your hands, knees and feet on the floor.
- (2.) slowly raise your right arm or right foot in the direction of the green arrow and hold the position for 3 seconds. Repeat on the left side.
- When you get used to it, try raising your right arm and left leg (or left arm and right leg) at the same time (3.). The intensity of this exercise is stronger.

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8

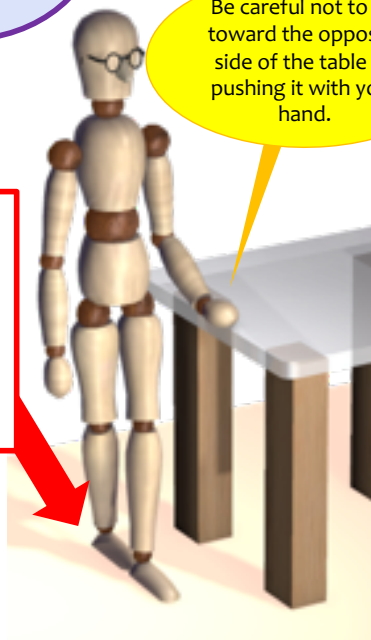
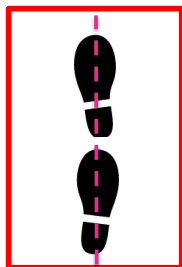
Standing training in a tandem position

30-60
sec

Be careful not
to fall down.

Be careful not to tilt
toward the opposite
side of the table by
pushing it with your
hand.

Tandem
position



Here's the point!

- Lightly hold a stable table or chair.
- If you feel like you are going to lose balance, put your strength into your legs and let your body lean against table/chair.
- 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.
- When you get used to it and feel stable, try keeping your hand off the table/chair.

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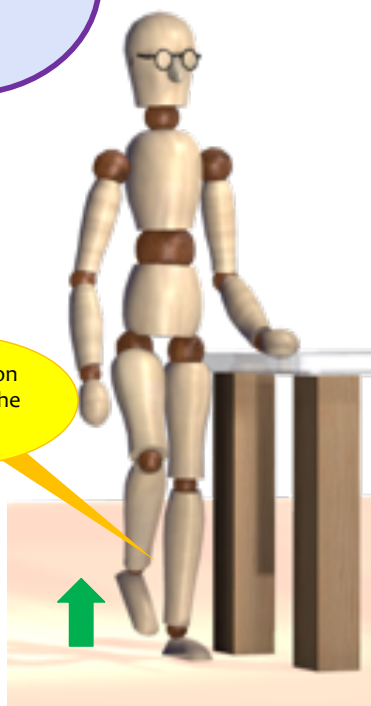
9

Standing on one leg

30-60
sec

Be careful not
to fall down.

Stay strong on
the foot on the
ground.



Here's the point!

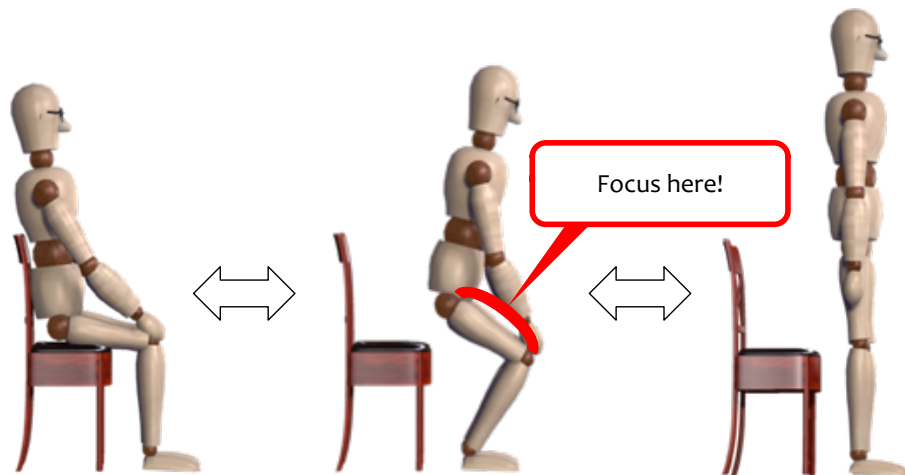
- Lightly hold a stable table or chair.
- If you feel like you are going to lose balance, put your strength into your legs and let your body lean against the table or chair.
- Lift one foot off the floor slightly.
- After 30 seconds, switch legs.
- When you get used to it and feel stable, try keeping your hand off the table/chair.

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10

Standing up from a chair

30-50
times



Here's the point!

- 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.

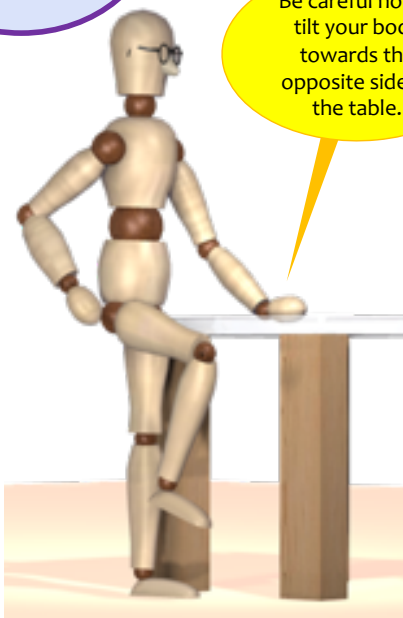
If you have pain in your knees, please raise the seat height so that the pain does not get worse.

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11

Marching in place

5 min



Be careful not
to fall down.

Be careful not to
tilt your body
towards the
opposite side of
the table.

Here's the point!

- Lightly hold a stable table or chair.
- 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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Walking



- Take a walk for 20 to 30 minutes on a sunny day.
- Keep yourself hydrated well before, during and after your walk.
- Walking speed should be from “just right” to “a little fast”.
- Wear comfortable shoes with stable heels.
- If you want to increase the strength of your legs, take bigger steps or march. Please be careful not to fall down.



Be careful



- Avoid walking in crowded places and care for physical distancing.
- You should wear a mask. However, walking with a mask during hot weather may cause heat stroke. You may remove the mask if you are at a sufficient distance from the people around you.
- Don't forget to wash your hands and gargle when you get home.
- If you have pain in your knees or lower back, or if you are worried about falling down, use a cane or pole to walk safely at your own pace .