

Always HEPOP! Balance Improvement Package

10 minutes
basic
exercise

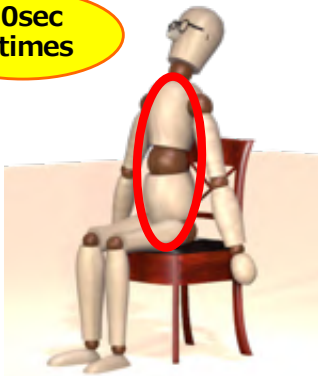
Precautions for exercise

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

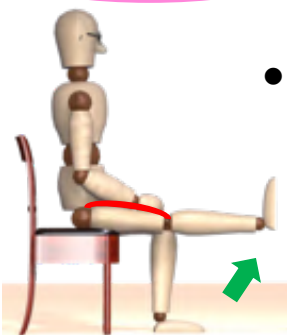


- Clasp your hands and lift them over your head with your palms facing the ceiling.
- Gently extend your arms without bending your elbows.

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

Knee straightening exercise

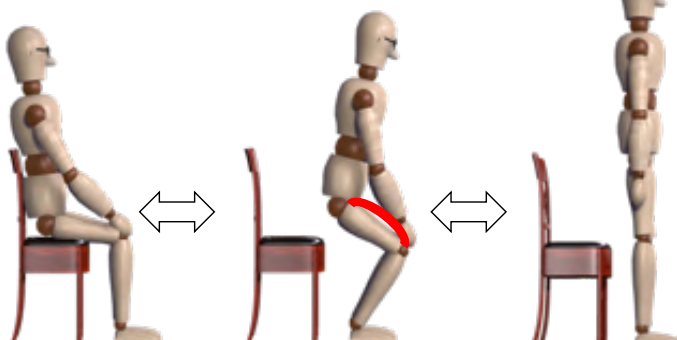
Left and right sides,
10 times
2 sets each side



- 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.

