

10 minutes  
basic  
exercise

**Always HEPOP! Cogni-Package**

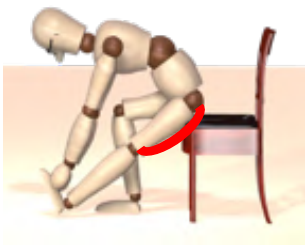
**Precautions for exercise**

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 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.

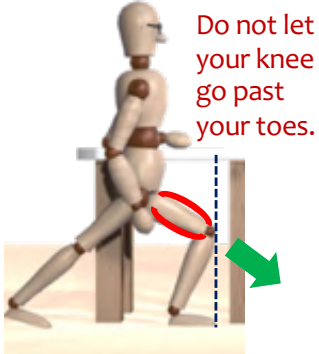
**Stretching tight calf muscles + Word fluency**



- 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**

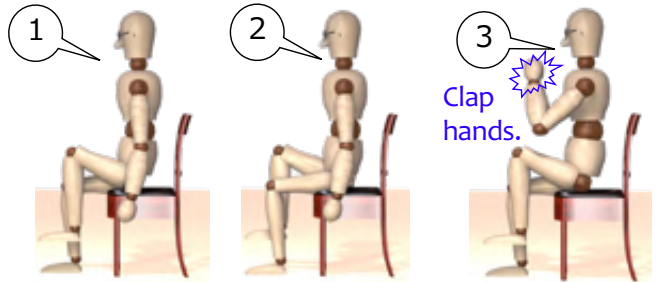


- Continue to recall and say for 60 seconds:
- The most delicious dish you have ever eaten
- Your favorite song and the name of the singer singing (Sukiyaki, Kyu Sakamoto, etc.)

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