

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.

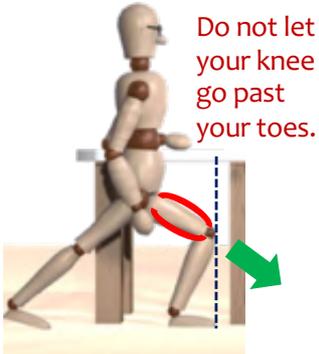
Stretching tight calf muscles + Word fluency



- 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

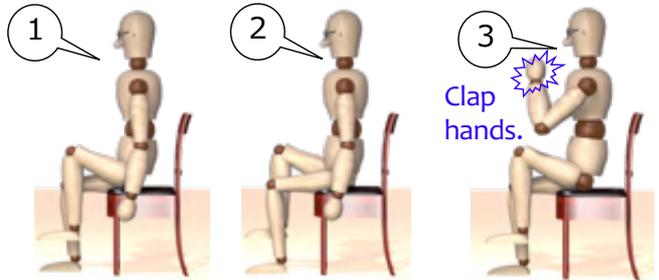


- Continue to recall and say for 60 seconds:
- The most delicious dish you have ever eaten
- Your favorite song and the name of the singer singing (Sukiyaki, Kyu Sakamoto, etc.)

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

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