

10 minutes  
basic  
exercise

# Always HEPOP! Inactivity Prevention Package

## Precautions for exercise

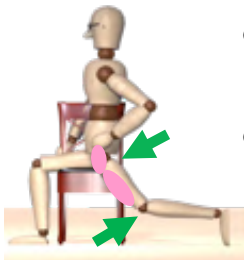
If possible, continue to exercise every day.

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 quadriceps and front of the hip

Refrain from this stretch if you have had hip surgery.

Left and right sides,  
30 sec each



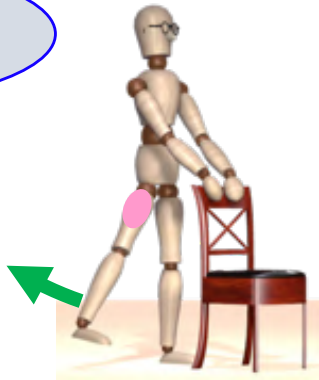
- Sit sideways in a chair with your legs parallel to the backrest.
- Place the foot of the front leg on the floor behind you.
- Open your chest, push your hips forward, and stretch the thigh of the extended legs.

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

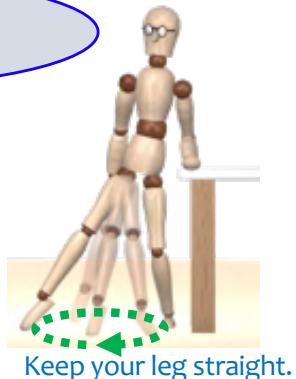
- Lightly hold a stable table or chair.
- Raise one foot slowly to the side. Slowly return to the original position.



## 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.



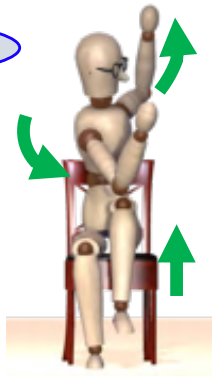
- Stand up straight and put your entire back against the wall.
- Lift your hands above your head and stretch your back.

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.

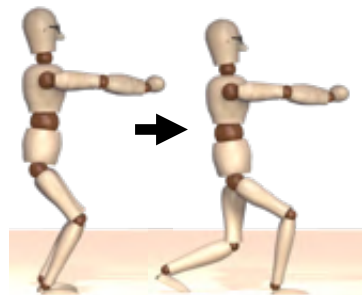


If you have pain in your back or knees, be careful not to make it worse.

## 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.