

Always HEPOP! Balance Improvement Package

10 minutes
exercise
Stretch
increase
version

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

20sec
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

20sec
3 times

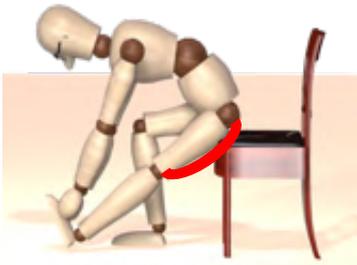


- Clasp your hands and lift them over your head with your palms facing the ceiling.
- Gently extend your arms without bending your elbows.

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

Stretching the hamstrings

Left and right
sides,
20 sec each



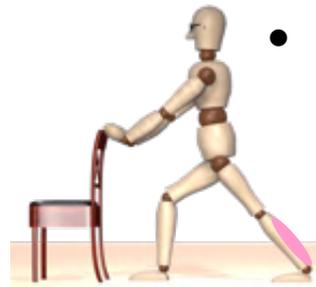
Be careful not to fall off the chair!

- With one leg extended, lean forward and stretch the back of your thighs.

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

Stretching tight calf muscles

Left and right sides, 20 sec each



- 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.

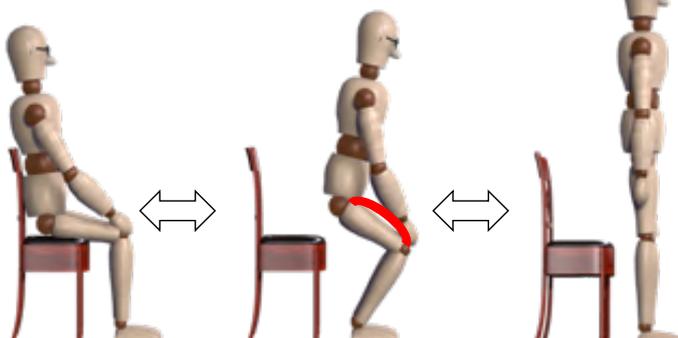
If you have pain in the joints of your knees or feet, be careful not to make it worse.

front



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.

Always HEPOP! Inactivity Prevention Package

10 minutes
exercise
Stretch
increase
version

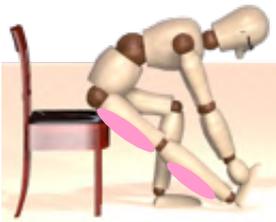
Precautions for exercise

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3. While exercising, **breathe naturally and do not hold your breath.**

Stretching the quadriceps and front of the hip

Left and right sides, **20 sec** each
2 sets



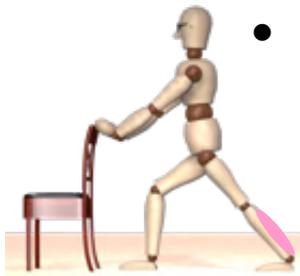
- With one leg extended, lean forward and stretch the back of your thighs.
- Keep your chest open and tilt your upper body forward. Repeat with the other leg.

If possible, try not to bend the knee of the straight leg!

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

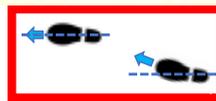
Stretching tight calf muscles

Left and right sides, **20 sec** each
2 sets



- 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.

front

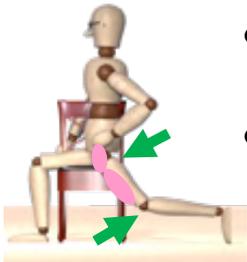


If you have pain in the joints of your knees or feet, be careful not to make it worse.

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.

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.



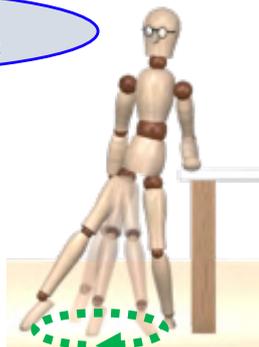
- Stand up straight and put your entire back against the wall.
- Lift your hands above your head and stretch your back.

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

Drawing circles with the feet

Left and right sides,
10 times each **2 sets**

- 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.

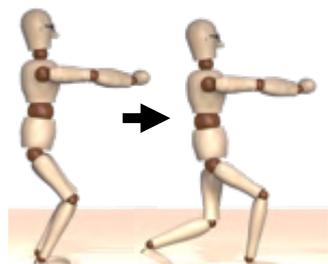


Keep your leg straight.

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.

Always HEPOP! Strengthening Package

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3. While exercising, **breathe naturally and do not hold your breath.**

Stretching the upper back and chest

20sec
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

20sec
3 times

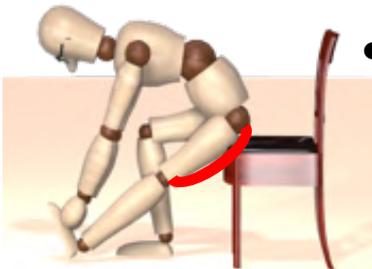


- Clasp your hands and lift them over your head with your palms facing the ceiling.
- Gently extend your arms without bending your elbows.

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

Stretching the hamstrings

Left and right
sides,
20 sec each



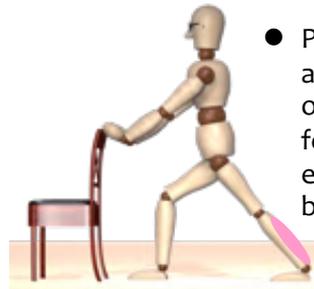
Be careful not to fall off the chair!

- With one leg extended, lean forward and stretch the back of your thighs.

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

Stretching tight calf muscles

Left and right sides, 20 sec each



- 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.

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

front

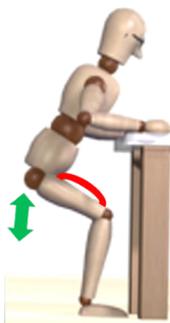


Squats

30
times

Be careful not to fall down.

Stand with your feet shoulder width apart and don't thrust your hips backward.

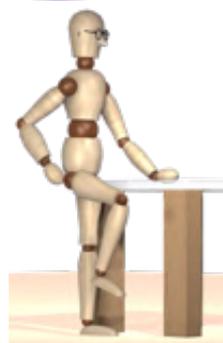


- Hold a table, chair, or handrail to keep you stable.
- Lower your hips in the direction of the green arrow slowly. Pause and hold for 3 seconds and then slowly lift up to the original position.

Marching in place

1 minutes
2 sets

Be careful not to fall down.



- 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.

Always HEPOP! Cogni-Package

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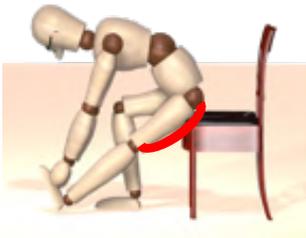
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Stretching the hamstrings + Calculation

Be careful not to fall off the chair!



- Count in multiples of six starting at 2 (2, 8, 14...).
- Divide even numbers by 2 in order until they are no longer divisible (24, 12, 6, 3).

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 "spring".
- Five-letter words (table, white etc.)

While thinking about the words, slowly stretch the calf muscles.

Stretching the upper back and chest

20sec
3 times

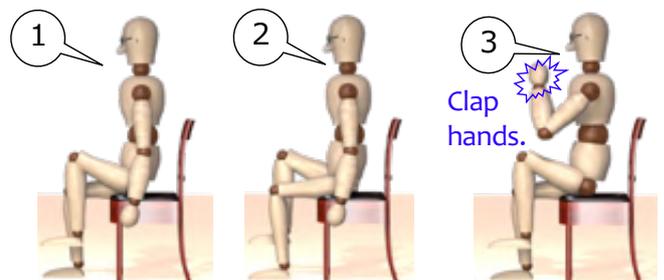


- Open both arms outward and lift your chest.
- Stretch the muscles on the chest and upper back.

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

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		➔		➔		Repeat
wins	Paper		Rock		Scissors	

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