

10 minutes
basic
exercise

Always HEPOP! Strengthening Package

Precautions for exercise

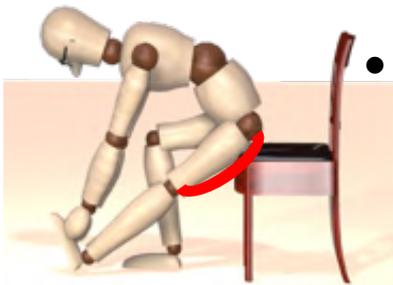
If possible, continue to exercise every day.

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

Left and right sides,
30 sec each

Be careful not to fall off the chair!

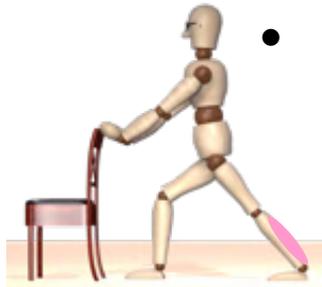


- With one leg extended, lean forward and stretch the back of your thighs.

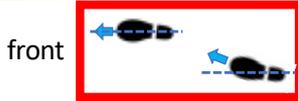
If you have pain in your back or knees, be careful not to make it worse.

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.



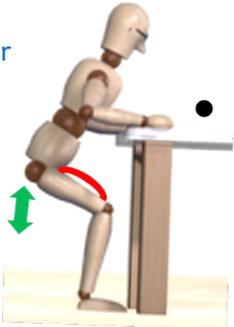
If you have pain in the joints of your knees or feet, be careful not to make it worse.

Squats

30 times

Be careful not to fall down.

stand with your feet shoulder width apart. Don't thrust your hips backward.



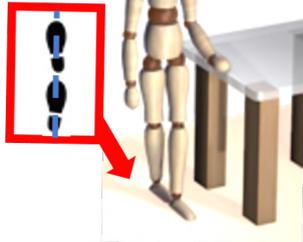
- Hold a table, chair, or handrail to keep you stable.
- lower your hips in the direction of the green arrow slowly. Pause and hold for 3 seconds and then slowly lift up to the original position.

Standing training in a tandem position

1 minute

Be careful not to fall down.

Tandem position



- Stand with the heel of one foot in line with the toe of the other foot.
- Keep that posture for 30 seconds, then switch your front and back legs. Repeat with the opposite leg.
- If you feel like you are going to lose balance, put weight on your back leg and hold table/chair with your table side hand.

Standing on one leg

1 minute

Be careful not to fall down.

Lightly hold a stable table or chair.



- Lift one foot off the floor slightly. After 30 seconds, switch legs.
- If you feel like you are going to lose balance, put weight on your legs and let your body lean against table/chair.

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.