



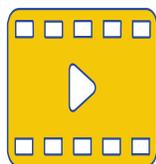
Resources to help you get active at home

This is a digest of resources that focus on balance, stretching, breathing, and walking. The Choose to Move team selected these resources from trusted sources to support you to be active when you can't get out to classes or groups.

PLEASE NOTE: Before you become active, please complete the [Get Active Questionnaire \(click to download\)](#). This questionnaire asks questions to help ensure that you have a safe physical activity experience. If you have concerns about becoming more active, consult your physician, primary health-care provider, or call 811.

BALANCE EXERCISES

We use our ability to balance in many everyday activities— even using the stairs requires balance! As we age, it is important to work on balance to prevent falls and fall-related injuries. We recommend looking at [Finding Balance BC](#) for excellent information about balance.



VIDEO RESOURCES FROM FINDING BALANCE BC:

- <https://findingbalancebc.ca/exercise/sail-home-activity-program/>
Language: Many options available

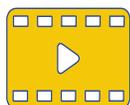


HANDOUTS – STEP-BY-STEP EXERCISES TO PRINT FROM FINDING BALANCE BC:

- <https://findingbalancebc.ca/wp-content/uploads/2015/10/Home-Exercise-Program-Handout.pdf>

STAYING ACTIVE: EXERCISE VIDEOS

MOVE FOR LIFE is a DVD that features older adults of all ages and abilities demonstrating physical activities that can be performed easily at home. Why not schedule a call with a friend and do some of these exercises together! **This DVD includes activities for viewers with limited mobility so everyone can stretch and move safely.**



- <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/active-aging/move-for-life-dvd>

From the **National Institute on Aging**, here are a series of exercise videos to help make physical activity part of your daily life.



- <https://go4life.nia.nih.gov/workout-videos/>

CHAIR EXERCISES

These chair exercise programs progress as you move from Program A to C. Each program focuses on increasing range of motion, lower body, and upper body strength. Program A requires no equipment, just a chair. Program B includes seated exercises with an exercise ball, and Program C incorporates a resistance band and soup cans into the routine. If you're wondering how to move from the first exercise to the next exercise, look at the image below:



- Program A: <https://www.healthlinkbc.ca/health-topics/abl0418>
- Program B: <https://www.healthlinkbc.ca/health-topics/abl0416#abl0416-sec>
- Program C: <https://www.healthlinkbc.ca/health-topics/abl0420#abl0420-sec>

Program a: seated exercises

Program A: Shoulder rolls



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1. Sit tall with your feet flat on the floor and spread comfortably apart.
2. Roll your shoulders up, then back, then down, then forward in a smooth, circular motion.
3. Now roll your shoulders in the other direction.
4. Repeat 2 to 4 times.

STRETCHING & PILATES

Loosen and relax tight muscles, increase the range of motion in your joints, and work towards reducing pain and inflammation in your body by improving your flexibility. Here is a resource to incorporate more stretching into your daily life! We know it can be easier said than done, so why not call up a friend and stretch together while you chat and hold each other accountable.



STRETCHING EXAMPLES FROM GO FOR LIFE

- <https://go4life.nia.nih.gov/exercise-type/flexibility/>



PILATES VIDEOS FROM THE NATIONAL HEALTH SERVICE UK

For a great selection of Pilates videos tailored to people with Arthritis, Multiple Sclerosis, Scoliosis, Osteoporosis, and knee problems, open the link below:

- <https://www.nhs.uk/conditions/nhs-fitness-studio/?tabname=pilates-and-yoga>

MEDITATION & BREATHING EXERCISES



To relieve stress and relax the mind, use this helpful step-by-step guide to breathing exercises from HealthLink B.C. It might be a good idea to practice these breathing exercises before bed if you are having trouble sleeping!

- <https://www.healthlinkbc.ca/health-topics/uz2255>

WALKING



Walking reduces fatigue, increases energy, and strengthens bones and muscles. Walking also offers an opportunity for relaxation and meditation to reduce stress. At the links below, you will find resources on how you can integrate walking into your daily life, how you can keep track of your walking activity using a walking log, and learn some helpful tips for regular walking including appropriate posture and footwear.

- <https://www.healthlinkbc.ca/health-topics/tp23026>
- <https://www.healthlinkbc.ca/physical-activity/walking-log>
- <http://www.bcpodiatrists.ca/active-feet#walking>