

Housing Channel

Title: Estate Fitness Facilities (Fall Prevention – Part 2)

Super Estate Fitness Facilities
(Fall Prevention – Part 2)

Mui Where's Chan?

He's the one wanting to learn to use the facilities

We are all here

but he's missing!

Chan I'm coming

See, I came here even before I had my breakfast

Uncle Chung You can't exercise with an empty stomach

especially for elderly people like us

We'll get dizzy

Super Gloria Chan
Physiotherapist

Gloria Chan That's right

Also, while you exercise

You must keep your breathing smooth

Mui You'd better drink some tea and have a bun first

Let us demonstrate this for you

Gloria Chan The elderly often have problems with stairs

Step training can exercise the muscles of

the buttocks, thighs and calves

That helps strengthen the whole leg

Uncle Chung Is my posture correct?

Super Step exercise
Do not bend knees beyond your toes

Extend a leg to the front, do a half squat

hold for 10 seconds, then change leg

4 cycles are enough

But remember

do not bend your knees beyond your toes

Uncle Chung

There are many fitness facilities around

which can exercise different parts of the body

Use them properly and frequently

helps prevent yourself from falling

You'll become healthier and fitter too

Chan

But keeping the posture right is most important

Uncle Chung, Mui

You're the smart guy here today