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

Gloria Chan Your posture is perfect

When you exercise

remember to hold on to the handles

Your feet must be flat on the step

Up and down on the same foot

Do it 5 times

Rest for 30 seconds, then change leg and repeat it 5 times

Do not bend your knees beyond your toes

or you'll injure your knees

Chan It's my turn

I know this

This equipment trains our balance

Mui How would you know?

Chan It's written here

Uncle Chung You're so clever today, Chan

All fitness equipment on the estate

carries instructions on their use and important points to note

If you are not sure

ask the young lady here

Chan My young friend

do you think my squat is steady?

Super Balance training

Gloria Chan Not bad at all

This facility trains the thigh muscles and hip joints

It increases our balance

Remember to hold on to the handles

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