

## Housing Channel

### Title: Fitness Exercise for Elderly - Exercise 3 “Power Walk”

Super Fitness Exercise for Elderly  
Exercise 3 “Power Walk”

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Mark Sir This exercise is Power Walk

It trains our balancing

to strengthen the muscles and coordination of lower limbs

Now let’s march

March as it fits you

If you are strong enough

You may lift your thighs higher

Super Lift your chest and tighten your tummy to steady your body

Mark Sir Perform 30 times or one minute

Then take a short break

Here comes the second movement

We tap our feet

Arms on your hips

Tap your right foot at 12 o'clock position

And then 3 o'clock

Tap backward to 6 o'clock

Then back to the centre

Super Keep breathing normally and do not hold your breath

Mark Sir Left foot 12, 9, 6 o'clock positions

Back to the centre

Another round

12, 3, 6, back to centre

12, 9, 6, back to centre

Super Attention:

- Assess your physical conditions and measure your blood pressure. Do not exercise if you are not feeling well.
- Perform exercise in a safe and right place, and preferably with a companion.

Acknowledgement