

Housing Channel

Title: Healthy Ageing in PRH Estates x Stay Active At Home - Upper Limbs (Sitting)

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| Grandson | Grandpa, you hung all these clothes by yourself! You must be exhausted |
| Grandpa | Yeah! Winter clothes are so heavy!

Now I can hardly raise my arms |
| Grandson | Don't Worry. Let me show you some simple exercises to work out at home to strengthen you upper limbs muscles

You will then find it easier to hang clothes or lift things up |
| Super | The Housing Authority joined hands with the Department of Health to introduce to you a series of home-based "Stay Active at Home" video series
"Stay Active at Home"
Upper Limbs (Sitting) |
| Super | Want to follow? Find the poster displayed at the lift lobby and scan the QR coeds to watch the fill versions. Let's get moving! |