

Housing Channel

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

- Grandson Hey grandpa, what caught your attention?
- Grandpa I'm just browsing on my phone
- We can't go out lately so I am just playing on my phone
- It has only been an hour
- but I am already having neck and shoulder pain
- Grandson Of course, you've been slouching and your posture is poor
- Don't worry! I'll teach you some simple home-based exercise
- to ease your shoulder pain and correct your slouching posture
- Remember to maintain a good posture when using your phone next time
- and take a break midway
- Super The Housing Authority joined hands with the Department of Health to introduce to you a series of home-based exercise videos "Stay Active at Home"
"Stay Active at Home"
Upper Back & Posture (Sitting)
- Super Want to follow? Find the poster displayed at the lift lobby and scan the QR codes to watch the full versions. Let's get moving!