

Housing Channel

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

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| Granddaughter | Grandma, let me help you to tidy up the table |
| Grandma | Thanks, it took me almost an hour to prepare the meal
It is so exhausting
Sometimes when the weather is bad, my body aches |
| Granddaughter | It must be hard for you
It's not easy to prepare a meal
and we cannot help you much when we are at work

Let me teach you some simple home-based exercise
to strengthen the muscles in your upper limbs and back
This will improve your back pain |
| Grandma | That will be great! |
| 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"
Upper Limbs & Back (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! |