

Housing Channel

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

- Granddaughter Wow grandma, you've bought so much food
- Grandma Yea, I could buy more with the help of a shopping trolley
- But I was walking around comparing prices
 my legs feel so weak after all this walking
- Granddaughter Let me teach you some simple home-based exercise
 to strengthen the muscles in your lower limbs and
 abdomen
- This will improve your leg strength
- 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"
 Lower Limbs & Abdomen (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!