

## Housing Channel

### Title: Healthy Ageing in PRH Estates x Stay Active At Home - Heart & Lung Function (Sitting)

Granddaughter      Watch your posture, Grandma  
Bending forward to mop the floor can easily hurt your back

Grandma              I know I should keep my back straight  
but I easily get tired  
I can hardly co-ordinate my limbs these days  
let alone keep my back straight

Granddaughter      Maintaining a good heart and lung function  
is key to prevent physical deterioration

Why don't I teach you some home-based aerobic exercise  
to enhance your heart and lung function and limb  
coordination?

You will be able to tackle home chores more easily then

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"  
Heart & Lung Function (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!