

Housing Channel

Title: Healthy Ageing in PRH Estates x Stay Active At Home - Lower Limbs and Balance (Supported Standing)

- Grandson Grandpa, are you tidying up the toys for Kit again?
- Grandpa He is still too young and won't listen to us
so I'll have to tidy up
- Grandson I'll teach him to tidy up and put away his toys by himself
next time
- Your legs seemed weak when you were trying to get up just
now
- Grandpa Yes, indeed
- Grandson Why don't I teach you some simple home-based exercise
to strengthen your legs
so you can balance better and walk more steadily
- Grandpa Sure, that'll 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 and Balance (Supported Standing)
- 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!