

Housing Channel

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

Granddaughter Grandma, since it's raining, I don't think we can go hiking today

Don't be upset, we can still exercise at home

This can still enhance your heart and lung function and improve your coordination

You don't always have to exercise at a park or go hiking

Let me teach you some aerobic exercise in standing position which can also help improve your balance

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 (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!