



## Activity at Home

Home activity can be simple and fun, just like what we do in the rehab class. Try setting yourself up with some exercises like we do in class. Do a five minute warm up, stretch for around five minutes and then spend around 20 mins to half an hour doing some light to moderate intensity exercise. Remember to work at a level of slight breathlessness, rest if you are getting too breathless. If you get chest pains stop what you are doing and follow your angina management plan.

### Warm up

For the warm up turn on some music and move around for about 5 minutes. Doesn't really matter what you do, just get your whole body moving gently to warm it up. Some ideas are

- March on the spot
- Tap your heels out to the front and behind
- Do arm circles
- Walk around the room lifting your knees up high and punching your arms in the air
- Do some slow squats
- Bend your knees one at a time up to kick your bottom with your heel
- Stand on tip toe and down again, rock back onto your heels
- Do some side steps and forward and back steps, move your arms as well

### Stretches

When you feel warmed up do some stretches of all your muscles. Never bounce and try to remember the correct techniques like feet pointing to the front and don't let your knee go beyond your toes. Hold each stretch around 15 seconds. Some stretches you have learnt are:

#### Legs

- Calf stretch
- Deep calf stretch
- Groin/inside leg stretch
- Quad stretch
- Hamstring stretch

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## Arms

- Triceps stretch
- Arm across body shoulder stretch
- Chest stretch
- Tilt head side to side

## Exercises

Once you are warmed up do some exercises. Set yourself up 5 or 6 stations. Spend around 3 minutes on each with a little break in between to stretch and rest. Some ideas from our class are:

1. Get 2 canned food tins around 400grams each to use as weights. Sit on a sturdy chair without leaning on the back rest. Do steady controlled movements, change what you do to give different muscles some exercise:
  - a) arms to the ceiling, straight in front, and down to your side
  - b) bicep curls
  - c) arms at shoulder height and out to the side
  - d) out forward from your chest
2. Get a tennis ball and bounce it on the ground or against a wall, or if you have a tennis racquet bounce it off the racquet, if the ball gets away chase after it, and keep moving.
3. Do some leg exercise:  
Sit and stand from and chair or find a step and do some step up and down or do some leg extensions from a chair
4. Work on your postural strength sitting in a chair. Sit up very straight and suck your stomach in. Now try some of the following:
  - a) raise one leg and the opposite arm
  - b) squeeze a cushion between your knees and release
  - c) do some arm circles

5. Get a larger ball like a soccer ball or basket ball and set up some chairs or plants and bounce the ball weaving in and out.
  
6. Get a balloon and hit it up in the air or to another person and chase it around or go for a walk around your house and yard.

### **Warm down and stretches**

Now finish with a warm down. Do some of the warm up exercises but very slowly to allow your muscles to loosen up and relax. Then repeat the stretches.

*Well done. Another day of 30 minutes or more of physical activity...you're on the way to a healthy heart.*