

# GET ACTIVE!



AN EXERCISE BOOKLET  
FOR ADULTS &  
OLDER ADULTS

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# OBJECTIVES

Following the COVID-19 outbreak, some usual routines such as visiting the gym or participating in group workouts may be disrupted.

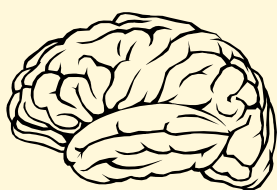
This booklet is designed to provide ideas on how to engage in effective and fun exercises in the home environment.

An exercise diary is included at the end of this booklet for you to keep track of your own progress and keep yourself accountable.

Let's get started today!

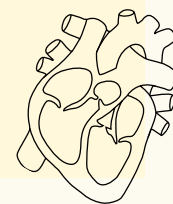
# BENEFITS OF EXERCISE

Regular exercise is beneficial for your health. In adults and older adults, higher level of physical activity:



Improves mental health, cognitive health & sleep

Reduces the risk of death from cardiovascular disease

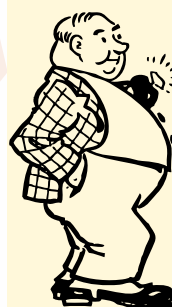


Improves bone health and muscular fitness

Reduces risk of stroke, diabetes, hypertension and various types of cancer



Reduces risk of falls



Helps maintain a healthy body weight

# EXERCISING SAFELY

Before you exercise, make sure you:



Have taken all necessary medications as prescribed by your doctor



Wear comfortable clothes and proper footwear

It is normal to experience these symptoms during exercise:

- Light to moderate shortness of breath
- Sweating
- Fatigue
- Light muscular aches

# EXERCISING SAFELY

It is not normal to experience these symptoms during exercise:

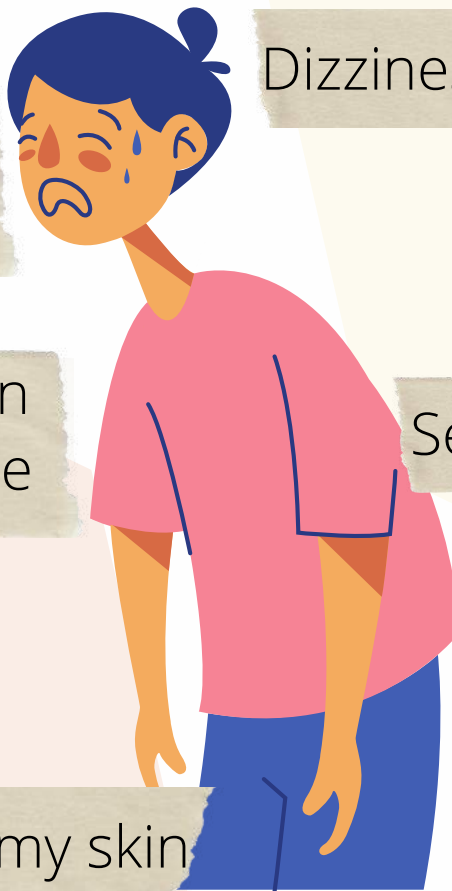
Severe/ Prolonged breathing difficulties

Dizziness/ Headache

Chest pain  
Irregular heart rate

Severe joint pain

Sweaty/ Cold/ Clammy skin



If you experience one or more of these symptoms, stop exercising immediately and contact your physiotherapist/ doctor.

# EXERCISE GUIDELINES

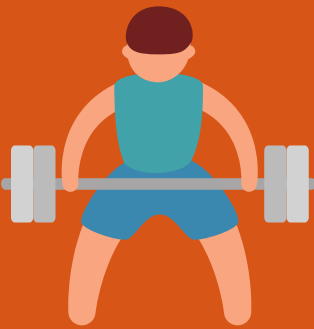
It is recommended by the World Health Organisation (WHO) that adults should:



Perform at least 150 – 300 minutes a week of moderate-intensity

**OR**

75 – 100 minutes a week of vigorous-intensity **aerobic physical activity**



Perform **muscle – strengthening** exercises at least two times a week



Perform **functional balance exercise**, especially in older adults to reduce falls

Refer to page 15 – 37 to find out what you can do for each exercise category.

# PLANNING YOUR EXERCISE PROGRAMME

Your exercise programme should include the following components:

- 1 10 minutes warm up
- 2 30 minutes aerobic/ strength training
- 3 Balance training
- 4 10 minutes cool down



## WARM UP

Prior to exercising, it is important to warm up as it helps to:

- Prevent injuries by gradually increasing blood flow to the muscles
- Allow gradual increase in heart rate

## COOL DOWN



After completing your workout, finish it with a cool down to:

- Slow down your breathing rate
- Allow gradual recovery of heart rate back to resting state



# KNOWING YOUR EXERCISE INTENSITY

During exercise, it is important to monitor your exercise intensity so that you are exercising at the appropriate intensity for your current health condition. Under-exercising may lead to unsatisfactory fitness outcomes while over-exercising can lead to injuries.

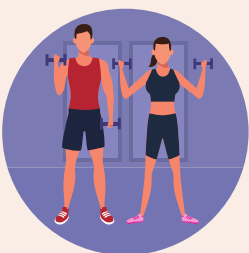
There are two simple tools that you can use to measure your exercise intensity – **Rate of Perceived Exertion** (RPE) and **Repetition Maximum** (RM).

Measuring exercise intensity:



## **Aerobic exercise:**

- Rate of Perceived Exertion scale (RPE)



## **Strength exercise:**

- Rate of Perceived Exertion scale (RPE)
- Repetition Maximum (RM)

# RATE OF PERCEIVED EXERTION SCALE (RPE)

Perceived exertion is how hard you feel your body is working during exercise. It is based on body sensations such as the following:



Shortness of  
Breath



Muscle Strain



Joint Strain



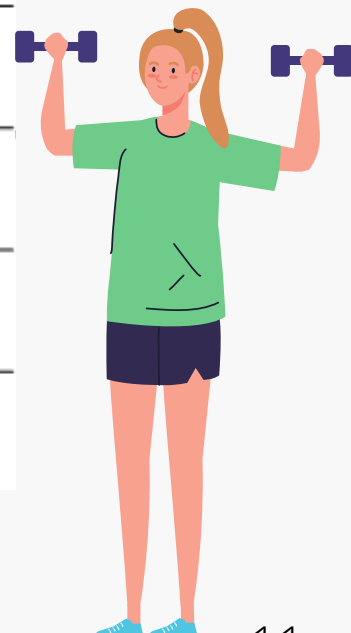
Heat Emitted  
from Body

Combining these sensations, you are to rate your perceived exertion according to the 1-10 RPE scale found on the next page.

Light intensity	RPE 1-2
Moderate intensity	RPE 3-4
Vigorous intensity	RPE 5-7

# RATE OF PERCEIVED EXERTION SCALE

0	No exertion
0.5	Extremely light
1	Very light
2	Light
3	Moderate
4	Somewhat hard
5	Hard
6	
7	Very hard
8	
9	Extremely hard
10	Maximal



# REPETITION MAXIMUM (RM)

RM is the heaviest weight you can lift for a certain number of exercise movements



Example

- 1RM = Heaviest weight you can lift while doing the exercise once.
- 10 RM = Heaviest weight you can lift while doing the exercise 10 consecutive times

## ~FIND YOUR RM~

1. Choose an exercise that you are going to test (e.g. biceps curl)
2. Start with a light warm up.
3. Carry out your chosen exercise for 6 to 10 times using a weight 50% of what you think your maximum might be. Rest for 1 – 2 minutes before the next set of testing.
4. Increase the weight to 80% of what you think your maximum might be. Do it three times. Rest for 1 minute before the next set of testing.
5. Increase the weight by 10% each time. Do your exercise once each time, resting for 1 – 2 minutes in between each attempt.
6. The maximum weight you can successfully lift with good posture and technique is your 1RM.

## EXAMPLE

I think I can lift 10kg.

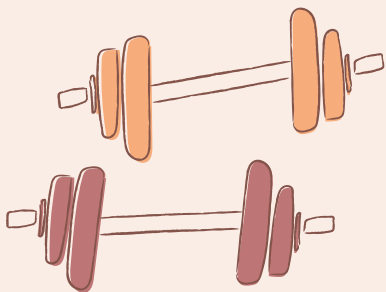
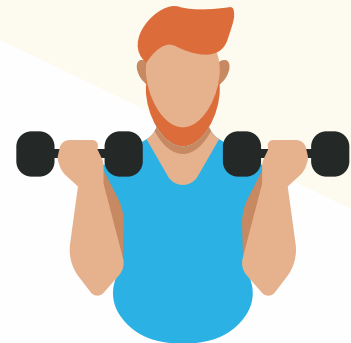
So let's start with 5kg (50% of my maximum). I'm going to try lifting it for 6 – 10 repetitions.



Rest for 1 – 2 minutes.

Increase the weight up to 8kg.  
(80% of my maximum)

Lift the weight three times  
and rest for 1 minute.



Now for each increment, I will add 1kg  
(10% of my maximum).  
From 8kg to 9kg, then 10kg.

Lift once for each weight.

The maximum weight I can successfully lift with good posture and technique is my 1RM.

## ~CHOOSE YOUR WEIGHT~



After finding your 1RM, now let's look at how to choose a suitable weight to use in your strength training.

### **If your 1RM is 10kg**

Eg. 50% of your 1RM is 5kg

Eg. 80% of your 1RM is 8kg

To increase muscular strength, you should lift 8-12 times, at 60-80% of your 1RM

# *Are you ready to get active?*



# AEROBIC TRAINING

## WHAT IS IT

Aerobic exercise increases your breathing and heart rate. With training, you can build up your heart and muscle capacity to endure longer periods of exercise.

## HOW MUCH SHOULD I DO

**Frequency:** 3 – 5 times per week

**Intensity:** RPE 3 – 4

**Type:** Jogging, cycling, static workouts

**Time:** At least five minutes of continuous activity

## LETS GET STARTED

Mix and match five exercises from the next few pages. The exercises shown are suitable for younger adults.

Choose how many times you want to repeat a set of exercises to achieve your desired exercise duration. E.g. Perform three sets of the five exercises to achieve 15 minutes of exercises.



# AEROBIC TRAINING

## 1. PUNCH & JAB



- Put one foot in front of the other with your hips facing forward.
- Start with your hands close to your chin.
- Punch forward with one hand followed by another.
- Repeat as many times as you can for 1 minute.

## 2. (INVISIBLE) JUMPING ROPE



- Use a jumping rope if you have one.
- Otherwise, imagine yourself holding onto a jumping rope.
- Jump over an invisible rope (a few centimeters off the floor) and land lightly on the balls of your feet (area between your toes and arch).
- Repeat as many times as you can for 1 minute.

# AEROBIC TRAINING

## 3. JUMPING JACKS



- Start with your feet together, hands by your side.
- Jump legs apart and bring your arms overhead.
- Land with your knees slightly bent and bring your arms down.
- Repeat as many times as you can for 1 minute.

## 4. STATIONARY LUNGES



- Start in standing position\*.
- Take one step out with your knee bending at 90 degrees.
- Return to your starting position and repeat with your other leg.
- Repeat as many times as you can for 1 minute.

*\*White towel is used to differentiate between left and right leg.*

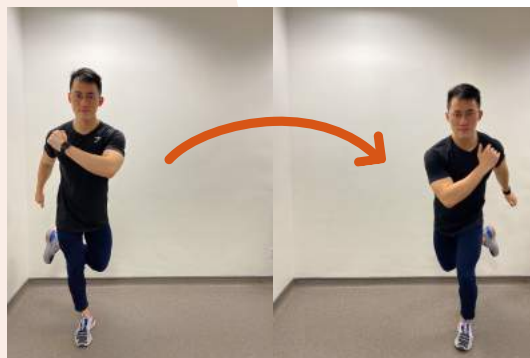
# AEROBIC TRAINING

## 5. SIDE-TO-SIDE JUMP



- Stand with your feet shoulder-width apart, arms by your side.
- Hop from left to right, then from your right to left without stopping.
- Repeat as many times as you can for 1 minute.

## 6. SKATERS



- Stand with your feet hip-width apart and your knees slightly bent.
- Jump to the right with your right foot while sweeping your left foot behind your right leg.
- Jump to the left with your left foot, and let your right foot sweep behind. Do this without stopping.
- Repeat as many times as you can for 1 minute.

# AEROBIC TRAINING

## 7. SQUAT JUMPS



- Start in a half squat position.
- Make sure your knees do not exceed beyond your toes.
- Jump as high as you can and land softly back into a half squat.
- Repeat as many times as you can for 1 minute.

## 8. TUCK JUMPS



- Start in a squat position.
- Make sure your knees do not exceed beyond your toes.
- Jump as high as you can and bring your knees to your chest.
- Repeat as many times as you can for 1 minute.

# AEROBIC TRAINING

## 9. INCHWORM



- Start from standing position and slowly bend to touch the floor.
- Make sure to tighten your abdominal muscles throughout.
- Walk your hands forward until you end up in a push-up position
- Walk your hands backwards to get back to your starting position.
- Repeat as many times as you can for 1 minute.

## 10. MOUNTAIN CLIMBERS



- Start in a push-up position.
- Bring your right knee to your right elbow and back to starting position.
- Then, bring your left knee to your left elbow and back to starting position.
- Repeat as many times as you can for 1 minute.



# AEROBIC TRAINING

## 11. BURPEES



- Start from standing position, squat and place your hands on the floor in front of you.
- Jump and place both feet behind you into a plank position.
- Do a push-up then jump back to squat position.
- Jump high up into the air and end on starting position.
- Repeat as many times as you can for 1 minute.

### Quick tips for a correct **push-up position**:

- Your hands should be slightly more than shoulder-width apart, placed on the ground, below the shoulders.
- Keep your fingertips facing forward.
- Keep your back and knees straight.
- Your feet should be 1–2 inches apart.

# **AEROBIC TRAINING**

**NEED MORE IDEAS?  
TRY OUT SOME VIDEO WORKOUTS  
FROM SINGAPORE HEALTH  
PROMOTION BOARD (HPB)**



**KICK BOXING 1**



**KICK BOXING 2**



**CARDIO H.I.I.T**

# STRENGTH TRAINING

## WHAT IS IT

Strengthening exercises are activities that increase your muscle strength and endurance.

## HOW MUCH SHOULD I DO

**Frequency:** At least two times a week

**Intensity:** Three sets of 8–12 repetitions, at 60–80% 1RM or RPE 3–4 for each exercise

**Type:** Upper & lower body muscle groups  
(Refer to strength workout)

## LETS GET STARTED

### Examples of strengthening exercise:

#### Two times a week

- 1 day of upper body
- 1 day of lower body

#### Four times a week

- 1 day of upper body
- 1 day of lower body
- Rest
- 1 day of upper body
- 1 day of lower body

The exercises shown in the next few pages are suitable for younger adults.



# STRENGTH TRAINING

## 1. PUSH-UP

Targeted Muscles: Chest, triceps, shoulders



Feet



Knee

- Place your hands slightly more than shoulder-width apart.
- Squeeze your shoulder blades while you bend your elbows to lower your body.
- As you straighten your elbows to push your body up, stretch your shoulder blades as much as possible.
- Keep your back straight throughout the exercise.

### Modification:

- Perform the exercise with your knees on the ground

## 2. TRICEPS PUMP

Targeted Muscles: Triceps



- Place a chair with a backrest against the wall.
- Start in a push-up position.
- Bend both elbows and lower your body, pause for 5 seconds, then straighten your elbows to return back to your starting position.

# STRENGTH TRAINING

## 3. PLANK

Targeted Muscles: Core/ Abdominal



- Start in plank position, keeping both elbows bent at 90 degrees and both legs straightened.
- Push shoulders forward.
- Keep your back straight, squeeze your buttocks.
- Hold for 20–60 seconds depending on your tolerance.

## 4. WALL SQUAT

Targeted Muscle: Quadriceps



- Lean your back against a wall with both feet in front.
- Squat down until your knees are 90 degrees bent.
- Stay in the squat position for 5 seconds.
- Push yourself back up by straightening your knees and return to the starting position.
- Make sure your back is leaning against the wall throughout the exercise.

# WANT TO ADD MORE **SPICE** TO YOUR WORKOUT?

For a more challenging workout, you'll need these equipment:

- Towel



- Backpack



- Water bottle



500 mL = 1 pound (0.45kg)

750 mL = 1.5 pounds (~0.7kg)

2L = 4 pounds (~1.8kg)

## GET YOUR EQUIPMENT READY AND LET'S GO!



# STRENGTH TRAINING

For exercise 1–3:

Add desirable number of water bottles into the backpack according to your RM.

Grab a towel and hook it across the backpack's handle.

## 1. BICEPS CURL

Targeted Muscles: Biceps



- Start with both elbows straightened and tucked close to your body.
- Bend your elbows to 90 degrees or slightly beyond 90 degrees.
- Hold the position for 5 seconds, then slowly straighten your elbows until you return to your starting position.

# STRENGTH TRAINING

## 2. UPRIGHT ROW

Targeted Muscles: Shoulders



- Start with both elbows straight and palms facing inwards.
- Keep your shoulders relaxed.
- Slowly bend both your elbows and bring your palms up to chest level, keeping it close to your body.
- Hold the position for 5 seconds, then slowly straighten your elbows until you return to your starting position.



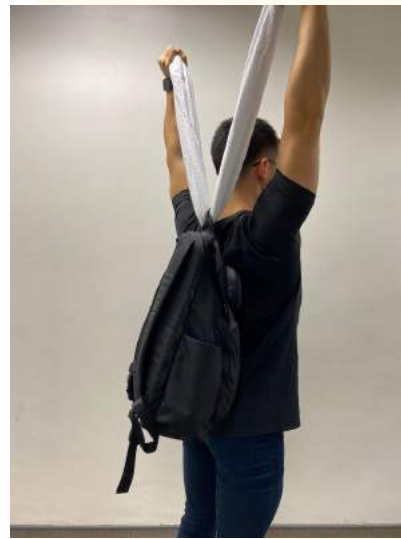
# STRENGTH TRAINING

## 3. TRICEP EXTENSION

Targeted Muscles: Triceps



(1)



(2)

- Sit on a chair with back rest and place the backpack on the chair behind your back.
- Hold the towel with both arms behind your neck, palms facing forward and both elbows bent.
- Keep your shoulders relaxed and slowly stand up with the back pack. This is your starting position (*Picture 1*).
- Slowly straighten both your elbows and bring the backpack upwards until your elbows are fully straightened, keeping it close to your body (*Picture 2*).
- Keep your back straight while doing this exercise.
- Hold the position for 5 seconds, slowly bend your elbows until you return to your starting position.

# STRENGTH TRAINING

## 4. PIKE UP

Targeted Muscles: Core, Shoulders



(1)



(2)

- Start in a push-up position.
- Place both feet on a towel/ socks to create a smooth sliding surface (*Picture 1*).
- Keep your knees as straight as possible and push your hips upwards to slowly slide the towel forward (*Picture 2*).
- Do this while squeezing your core.
- Stabilise yourself with your palms and shoulders.
- Hold the final position for 5 seconds, slowly slide the towel backwards until you return to your starting position.

# STRENGTH TRAINING

## 5. SUPERMAN + BACK ROW

Targeted Muscles: Upper back and lower back



(1)



(2)

- Start by lying face down.
- Grab a towel and stretch both ends of the towel outwards.
- Lift your knees and chest off the floor.
- You have achieved a "superman" position at this point (*Picture 1*).

### Progression:

- At the 'superman' position, bring the towel towards your chest by bending both your elbows (*Picture 2*).
- Hold this position (*Picture 2*) for 5 seconds, slowly straighten your elbows and return to the "superman" position.



# STRENGTH TRAINING

## 6. LYING LEG CURL

Targeted Muscles: Hamstrings



- Place both heels on a towel/ wear socks to create a smooth sliding surface.
- Lift your buttocks up and curl your legs in, until both knees are bent 90 degrees or slightly beyond 90 degrees.
- Keep your buttocks up as high as you can throughout the exercise.
- Slowly straighten your knees until you return to your starting position.

# OLDER ADULTS WORKOUT

This section provides exercise videos that may be more suitable for you if you prefer a less intensive workout because of your health condition (e.g. osteoarthritic knee, heart condition). This section is also suitable for you if you are above 60 years old.

The exercises are grouped according to mobility status. Choose your exercise based on your mobility status.



**I CAN WALK ON MY OWN  
INDEPENDENTLY WITHOUT  
AIDS**



**I NEED ASSISTANCE WHEN  
WALKING/ I MOVE AROUND IN  
A WHEELCHAIR**

# OLDER ADULTS AEROBIC TRAINING

**WALK INDEPENDENTLY WITHOUT AIDS**



**WALK WITH ASSISTANCE/CHAIRBOUND**



**LOW IMPACT AEROBICS**

(Follow the standing version)



**LOW IMPACT AEROBICS**

(Follow the seated version)



**RETRO DANCE**



**YOU CAN GET MOVING**

(Follow the seated version)



**OXIGENO WORKOUT**



Scan the QR code on the left to access the videos in different language. They can be found in the playlist.

# OLDER ADULTS STRENGTH TRAINING

## WALK INDEPENDENTLY WITHOUT AIDS



**STRENGTH, BALANCE AND FLEXIBILITY EXERCISE #1**



**STRENGTH, BALANCE AND FLEXIBILITY EXERCISE #2**



**STRETCH AND TONE**

## WALK WITH ASSISTANCE/CHAIRBOUND



**STRENGTH, BALANCE AND FLEXIBILITY EXERCISE #1**

(Follow the seated version)



**STRENGTH, BALANCE AND FLEXIBILITY EXERCISE #2**

(Follow the seated version)



**CHAIR PILATES**



Scan the QR code on the left to access the videos in different language. They can be found in the playlist.

# FAMILY FRIENDLY WORKOUT

Are you looking for workout ideas where your young children can join in at home too? Have a dance battle together!

Scan the QR codes below and be directed to dance videos suitable for children in different age groups

## FOR PRESCHOOLERS



**WARM UP**



**SIT LESS,  
MOVE MORE  
DANCE**



**COOL DOWN**



## FOR PRIMARY SCHOOL CHILDREN AND ABOVE



### **DANCE PLAYLIST**

Song tracks include:

- Munnaeru Vaalibaa
- Di Tanjong Katong
- Chan Mali Chan
- 卫国军
- Semoga bahagia
- Singapore Town



WEEK

# Exercise diary

MY GOAL: \_\_\_\_\_ MINUTES OF EXERCISE PER WEEK

TIP: FILL IN THE DURATION OF EACH EXERCISE CATEGORY INTO THE WHITE BOX BELOW!

MON TUE WED THU FRI SAT SUN

1

AEROBIC

STRENGTH

BALANCE

2

AEROBIC

STRENGTH

BALANCE

3

AEROBIC

STRENGTH

BALANCE

4

AEROBIC

STRENGTH

BALANCE

5

AEROBIC

STRENGTH

BALANCE

WEEK

# Exercise diary

MY GOAL: \_\_\_\_\_ MINUTES OF EXERCISE PER WEEK

TIP: FILL IN THE DURATION OF EACH EXERCISE CATEGORY INTO THE WHITE BOX BELOW!

MON TUE WED THU FRI SAT SUN

6

AEROBIC

STRENGTH

BALANCE

7

AEROBIC

STRENGTH

BALANCE

8

AEROBIC

STRENGTH

BALANCE

9

AEROBIC

STRENGTH

BALANCE

10

AEROBIC

STRENGTH

BALANCE



