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Page

LET'S GET MOVIN'!

Your Health Guidebook





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INTRODUCTION

Into its 8th year, the Singapore Patient Conference (SPC) is a dedicated patient conference with a difference – one where our patients, caregivers, volunteers, community partners, health and social care professionals come together to share their care journeys, to sparks new ideas and to celebrate the unsung heroes in health and social care. Themed 'Building a Community of Carers', SPC 2020 explores new ways and initiatives that allow care to transcend beyond the hospital walls and into the community, especially during this pandemic.

This guidebook is the first of three installments of our Kampung Care Packages. Let's Get Movin'! introduces basic exercise routines that can be integrated in your daily chores and activities. There are also useful tips in this guide to help you get started on your active lifestyle safely!

**As we embark on our journey to Build a Community of Carers,
LET'S GET MOVIN'! together towards better health!**



**Scan Here to
Register for our
Let's Get Movin'! LIVE**
(25 September 2020)



Let's Get Movin! Challenge

We hope that the tips provided in this health guidebook will help you kick-start your active lifestyle and your journey to a healthier, better you!

Join our Challenge!

Ready to Get Movin'? Tune in to our Let's Get Movin'! Live and take part in our challenge to stand a chance to win **\$100 NTUC gift vouchers!** *Terms & conditions apply

Challenge Details (2 Ways to Participate):

A. Submit Your Exercise Video

1. Scan the QR code on the right to register and watch our Let's Get Movin'! livestream on **25 September 2020, 1.30pm** on Singapore Patient Conference 2020 (SPC 2020) Facebook page.
2. **Follow** the SPC 2020 Facebook page.
3. Create your own version of the exercise routine or your own exercises at home.
4. **Take a short video** of yourself or with your family doing the exercise and share it on the Let's Get Movin'! event page at our SPC 2020 Facebook page by **16 October 2020, 5.00pm**.

Each participants can only submit **1 video**.

B. Participate in the Let's Get Movin'! Quiz

1. **Follow** the SPC 2020 Facebook page.
2. Read through the health guidebook and complete the Let's Get Movin'! Quiz by scanning the QR code on the right.

Complete the online quiz by **16 October 2020, 5.00pm**.

Each participants can only submit the quiz **ONCE**.



Let's Get Movin'! LIVE



Let's Get Movin'! Quiz

Double your chances of winning the challenge by submitting both your exercise video and completed Let's Get Movin'! Quiz before 16 October 2020, 5.00pm!

The **3 winners** will be announced on our SPC 2020 Facebook page on **21 October 2020**.

*Let's Get Movin'! Challenge Terms & Conditions



Before You Exercise

Have Your Pre-Exercise Meal

Eat a light meal one to two hours before you exercise as you will need the energy to fuel your workout.

Take your breakfast before exercising in the morning. Most of the energy from your last meal would have been used up in your sleep.

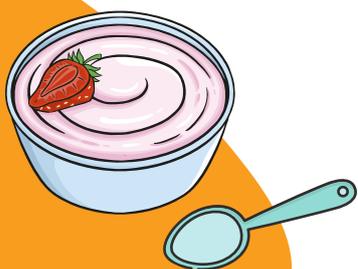
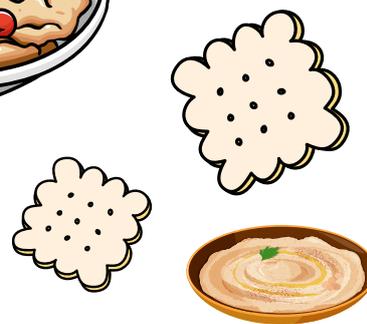
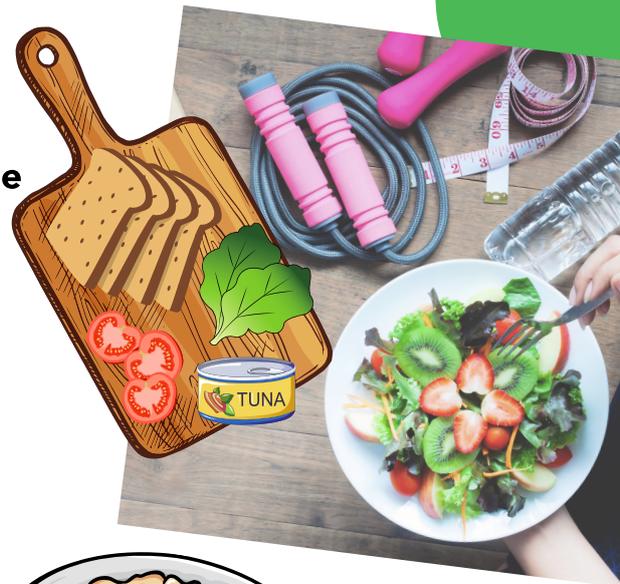
Planning to exercise after a large meal?

Wait for three to four hours before doing any vigorous physical activity to allow time for your food to digest.

What to Eat Before You Exercise?

Your pre-exercise meal should contain mainly carbohydrates and some protein.

- Wholegrain toast with peanut butter
- Wholegrain toast with cheese
- Egg or tuna sandwich
- Greek yoghurt and fresh fruit
- Wholegrain crackers with hummus
- Oats made with milk



Drink Up Before You Workout!

Drink water before you exercise or start any vigorous physical activity. Stay hydrated as you will be losing water through your perspiration!



During Your Exercise

Stick to drinking water!

Although sports drinks replenish the salts that we lose through perspiration, don't forget that they also contain sugar and calories!

Only take sports drinks if you are doing high-intensity physical activities like mountain biking, or if your workout lasts longer than an hour.

Water or Sports Drink?



VS



TIP!

If you wish to replenish your thirst with sports drinks, choose those with the Healthier Choice Symbol (HCS).

HCS sports drinks contain at least 25% less sugar compared to regular sports drinks.



Ready to Go? Hold Up!

When starting your exercise routine, always start slow!

Your body needs time to adjust to the increased physical activity, especially if you have not been active. This will help to prevent injuries and the potential onset of muscle soreness.

Always do warm-ups and cool down properly before and after a session of physical activity.

Warm up by doing your activity at a slower speed or lower intensity.

E.g. You could brisk walk to warm up before jogging.

After your activity, cool down by performing gentle stretches.

E.g. You could do a light jog or an easy walk after your run.



Getting Started

Long Break of Inactivity? Let's Get Movin!

As we adapt to the new normal way of life, how do we start getting active again?

If you have no idea how to get started, don't worry! Getting active does not only mean working out at the gym daily.

You can integrate simple activities into your daily life to GET ACTIVE!

Below are some simple tips to help you kick-start your active lifestyle!



1

Walking : Aim for 10,000 Steps Daily!

Walking is one of the easiest ways to include some physical activity in your day! Here are 3 easy ways to hit your 10,000 step goal!



#1 Take the Stairs

Head for the staircase whenever possible

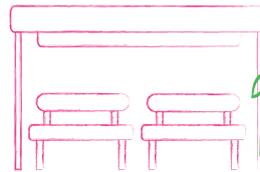
Take the stairs instead of escalators at the MRT station to boost your daily step count. The same can be applied at home and your workplace!



#2 Take a Breather

Stuck at your seat for hours?

Stand up and walk on the spot for a few minutes. Go for a toilet break, grab a drink! A short break of physical activity may not seem much but benefits are great!



#3 Take a Walk

Go for a random walk around your neighbourhood!

It is a great way to explore your area and hit your daily step count! Try alighting a few bus stops before or after your usual stop and walk the remaining way home to clock those steps.



2

Avoid Long Periods of Inactivity

Working from home? Get up and do some easy exercises like leg stretches at your work area or even complete household chores to get your body moving!



To help you get started,

follow the **Household Chores** (Page 7) and **Sofa Workout** (Page 9) in this guidebook to find out how you can make simple exercises part of your daily life in the comfort of your home!



3

Get Out of the House

Leave the house after a week of work (from home or office) and take a walk at East Coast Park or a neighbourhood shopping mall.



Mask up before going out!

Kick-start your active lifestyle safely and remember to practise safe distancing while you are out!

4

Grab Your Kakis and Get Active Together!

If the inertia to start working out by yourself is too strong, grab your family or friends to join you! Having company might just be the push you need to start getting active.



Need ideas for group workouts?

ActiveSG offers tonnes of exercise programmes like aerobics, Zumba and kickboxing.

Recommended Exercise Guidelines



Always consult your doctor before starting on any exercise routine! Practise caution when exercising. Remember, safety first!



Frequency:
3–5 days
per week



Intensity:
Light to
Moderate



Duration:
30 – 60 mins
per session

Exercise Routines to Get Movin'!

Household Chores Workout

Follow us as we show you a fuss free, simple workout that you can integrate into your daily household chores.

Have fun, stay hydrated and stop exercising immediately if you are feeling unwell!



Safety Tip!

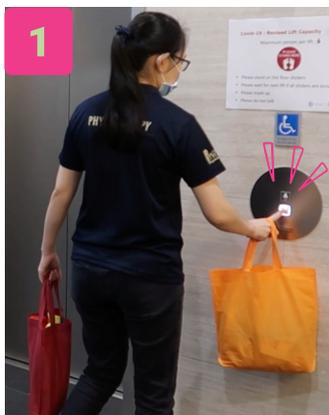
If you have any medical conditions, please speak to a healthcare professional first before starting the exercise.



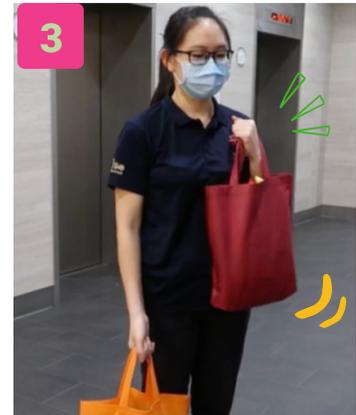
Carrying Groceries: Bicep Curls

Tip:

Keep your shoulders relaxed and your torso upright at all times



You may perform this while waiting for the lift. Perform bicep curls by bending your elbow.

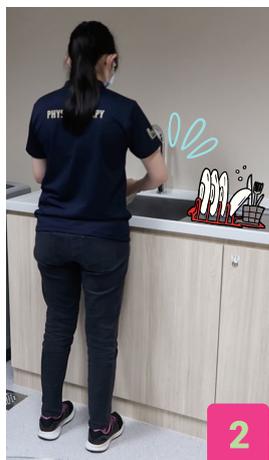
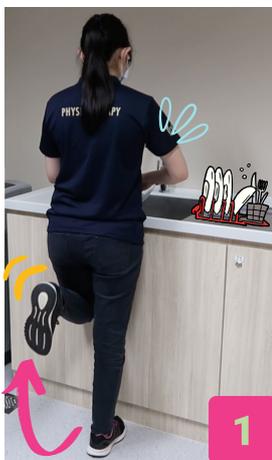


Repeat by alternating between both arms while keeping your arm close to your body.

Dish Washing: Butt Kicks

Tip:

Keep your torso upright at all times!



Bend your knee so that your heel touches your buttocks.

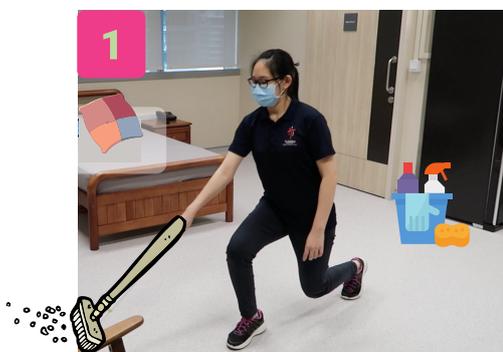


Repeat by alternating between both legs.

Sweeping the Floor: Lunges

Tip:

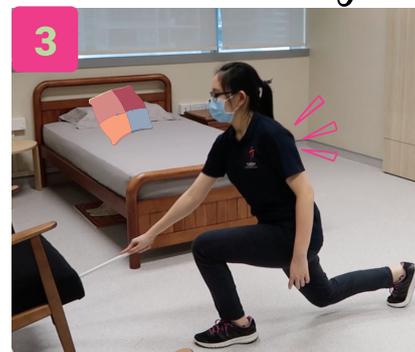
Keep your torso upright at all times!



While sweeping the floor, perform lunges by bending the front knee.



Return to an upright position. Repeat by alternating between both legs.



Repeat actions five times.



Scan this QR code to learn the full routine and explore more ways to turn your household chores into a simple workout!



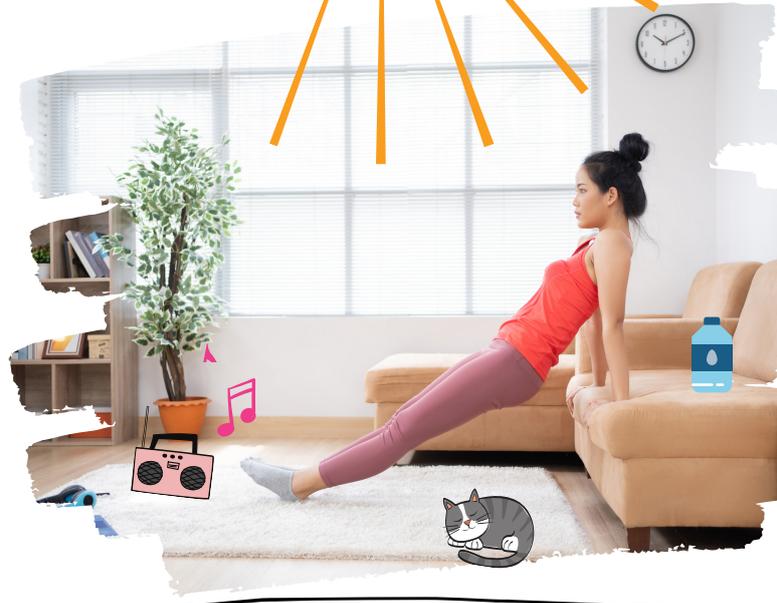
Exercise Routines to Get Movin'!

Sofa Workout

Looking for simple exercises you can do while watching the TV? Try these exercises you can do with the sofa!

Safety Tip!

If you have any medical conditions, please speak to a healthcare professional first before starting the exercise.



Tip:

Avoid bending your neck excessively when your elbow reaching for your knee. Be careful if you have any underlying neck and/or shoulder pain.

Knee to Elbow



Clasp your hand behind your head.



Bring your opposite knee to your elbow.



Repeat by alternating between both sides. Repeat 10 times.

Tip:

Keep your feet shoulder-width apart, back flat, hips down, head in neutral position and core engaged at all times.



Support your hands on the edge of the sofa.



Lift your knee to your chest as much as you can.



Repeat by alternating between two legs. Repeat 10 times.

Mountain Climbers

Tip:

Keep your shoulders relaxed and avoid locking your elbows.

Tricep Dips

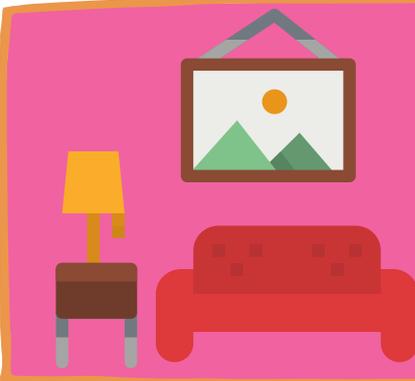


Stand with your feet shoulder-width apart. Grip the edge of the sofa with your fingers pointing to the floor.



Lower yourself by bending your elbows to 45 then 90 degrees.

Push yourself back into the starting position (Step 1). Repeat 10 times.



Scan the QR code to learn the full routine. Start turning your humble sofa into a workout bench!



SCAN ME
Physiotherapy-related
caregiving
online resources

Scan the QR code to access TTSH Physiotherapy online resources to find out more of such exercises and other caregiving self-care tips.

Special thanks to TTSH Physiotherapy Department for providing us with the workout routines and safety exercise tips!

Let's Get Movin'!

For Singapore Patient Conference this year, we have teamed up with our Community Health Coaches to bring you a simple Aerobics Workout that you can follow along at home!

LIVE

Tune in to our Let's Get Movin'! LIVE on SPC Facebook page on 25 September 2020 to join our Health Coaches in the workout!

The "Be Active" exercise session was started in 2017 by the Tan Tock Seng Hospital (TTSH) Health Coaches with the aim to empower residents to take charge of their health.

These sessions target different exercise components such as endurance, strengthening, balance and flexibility. Moves in the exercise routine are specially curated for different resident profile groups in Central Singapore, ranging from active to inactive individuals.

Interested to be part of the "Be Active" session? Interested participants may sign up for the programme by scanning the QR code below!



Scan here to Register for the "Be Active" Programme

Join our Health Coaches in a simple Aerobics Workout Routine to Get Movin'!

Let's Get Movin'! with 5 Simple Moves

1 Hamstring Curl



Lift leg up towards the back of your thigh and bend your knees
 Slowly lower your leg down

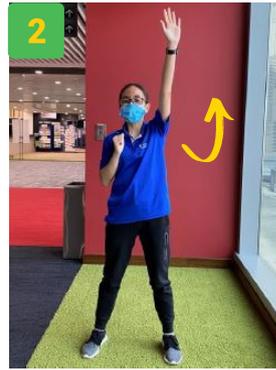


Repeat action for the other leg

2 Reach to the Sky



Use sideways stepping
Step to the right and move your right fist forward



Step to the left and move your left fist forward
Repeat the steps

3 Hands in the Air



From "T" position, step your right leg out. Raise both hands up and clap



Lower your hands back to "T" position and step to the left, raise both hands up and clap
Repeat the steps

4 Twist!



Step to the right and raise your right arm up across to the left



Step to the left and repeat the step for the other arm



Next, move your right leg and shoulder to the right



Repeat the steps to the other leg and arm

5 Pointing Toes



Step forward with your left leg and tap your toes
Point your toes with your opposite hand

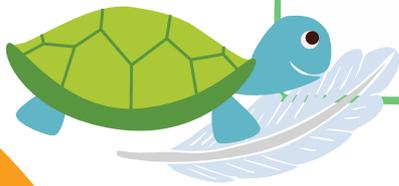


Return to centre position



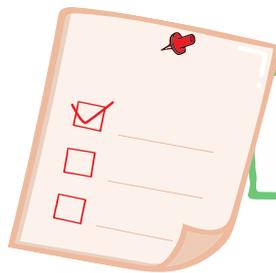
Tap your right leg and point your toes with your opposite hand
Repeat the steps

Maintaining Your Exercise Routine



1 Start Slow and Light

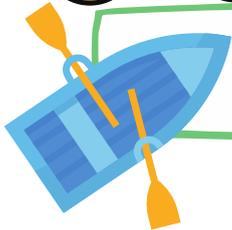
Avoid intense workouts in the beginning.
Choose activities that you can manage.



2 Set Achievable Goals

Make daily, weekly or monthly exercise goals that you can achieve easily.

e.g. I will climb 2 flights of stairs everyday for 2 weeks.



3 Choose an Activity That You Like

You don't need a gym to exercise. Choosing an exercise you enjoy may help you achieve your exercise goals easily.



4 Exercise With Your Friends and Family

Exercising with someone you love makes it more enjoyable!
You may feel more motivated when you share your personal exercise achievements with them.



5 Turn Your Daily Chores into Exercise

Turn your daily routines into exercises to make it more sustainable.



Scan the QR Code with your smart phone to like, follow and share our SPC Facebook Page to join our journey towards Building a Community of Carers



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Main Organiser



In Partnership With:



Supported By:

The Ng Teng Fong Healthcare Innovation Programme
- Transforming workforce and care delivery, today and tomorrow