



“Mai tu liao!”
Start today!

Useful tips for you

- 1** **Look up** to maintain stability... *steady pom pipi!*
- 2** **Don't hold your breath** Exhale as you exert, *don't lun for nothing!*
- 3** **Slow & steady** Perform exercises in a controlled manner... *mai kan cheong!*
- 4** **Listen to your body** *Mai keh kiang*, stop if you feel unwell or any pain.
- 5** **Mix it up** with different exercises each time... *pattern zway kway badminton!*



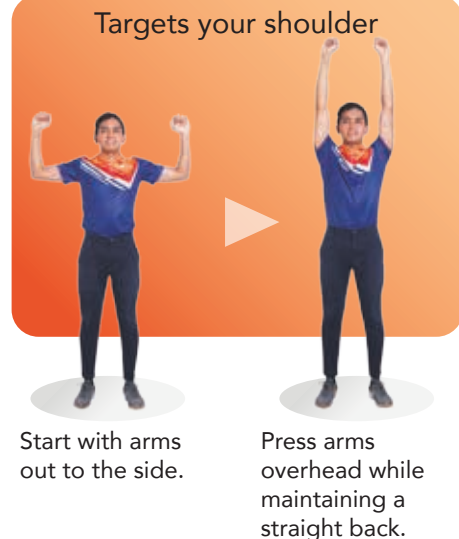
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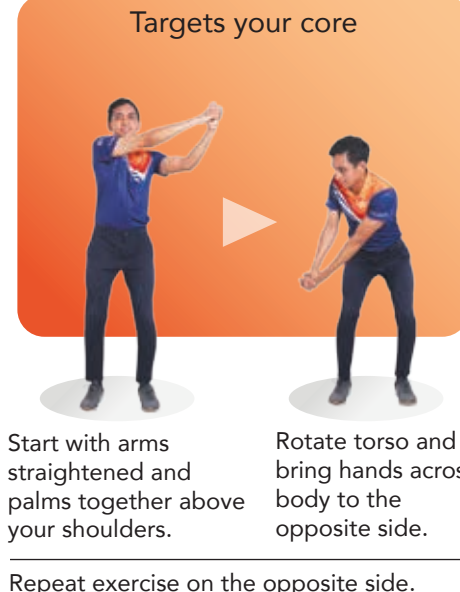


7 Exercises to get you started

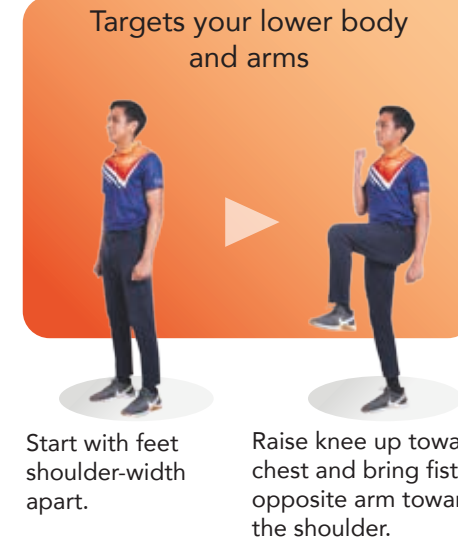
1 SHOULDER PRESS



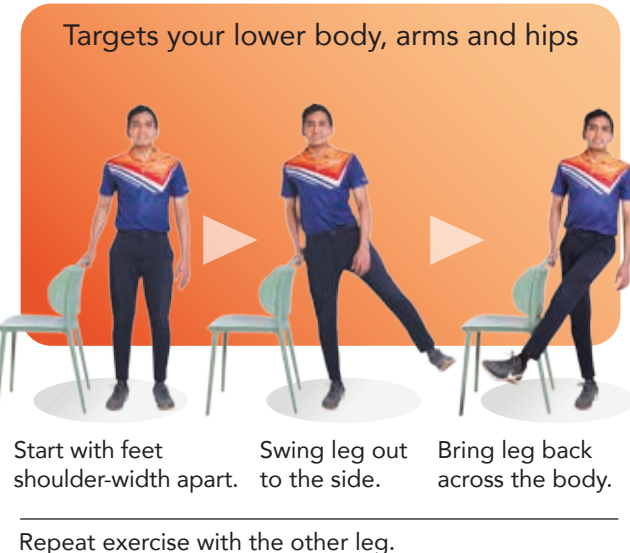
2 STANDING SAMURAI SLICE



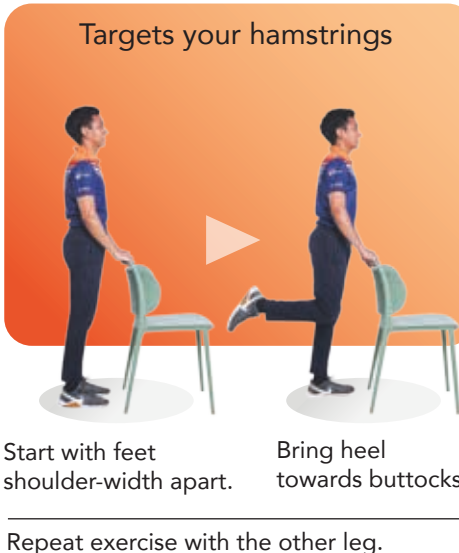
3 HIGH KNEE WITH BICEP CURL



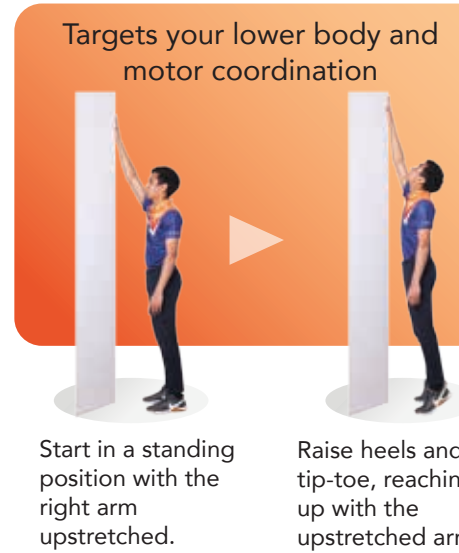
4 HIP ABDUCTION-ADDUCTION



5 LEG CURL



6 CALF RAISES WITH FINGER CRAWL



7 SIT TO STAND



Active Health



Move Strong,
Be Balanced

ACTIVE HEALTH
FITNESS TRAIL

Turn your void deck, park and the fitness corner into your Active Health Fitness Trail.



Get moving on your ACTIVE HEALTH FITNESS TRAIL

Personalise your own Active Health Fitness Trail

1. Plan a route that connects your void deck to the nearest park and fitness corner.
2. Choose 2 - 3 exercises for each location and aim to complete all 7 exercises (refer to overleaf) at the end of your trail.
3. Complete your fitness trail at least twice a week.



Did you know strength exercises can:



Improve muscular strength for your day-to-day activities.



Improve balance and coordination, reducing the risk of falls.



Improve mental health to help you stay happy.

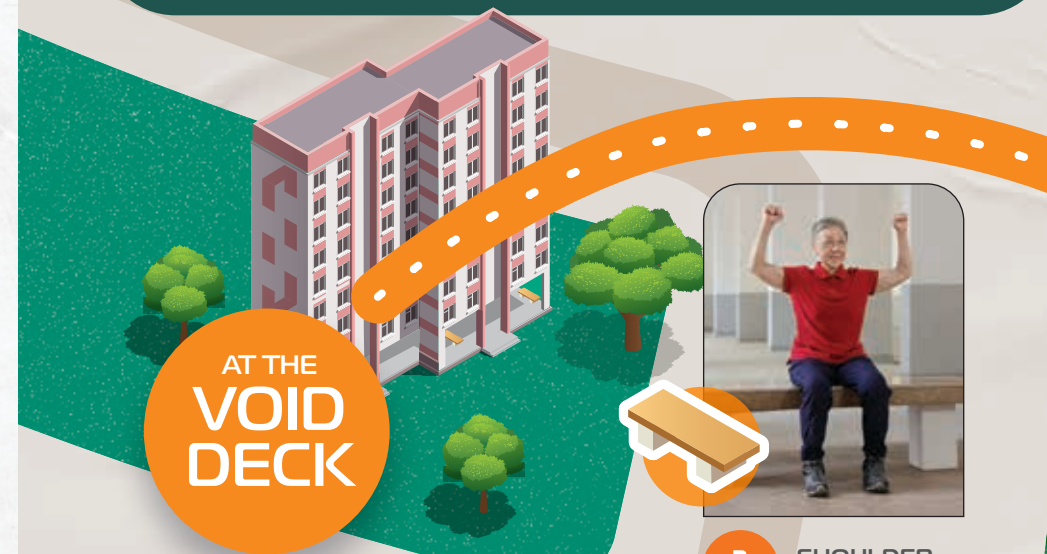


Build stronger bones for a stronger you.

YOUR ACTIVE HEALTH FITNESS TRAIL

Exercises you can do in your neighbourhood

- Choose 2 - 3 exercises to do for each location.
- Perform each exercise 10 - 15 times to complete 1 set.
- Complete 1 - 3 sets of each exercise.



AT THE VOID DECK

TIP: Look for benches and pillars for your exercises.

Perform 2 - 3 of the recommended exercises at the void deck.



7 SIT TO STAND



6 CALF RAISES WITH FINGER CRAWL



3 HIGH KNEE WITH BICEP CURL



1 SHOULDER PRESS

AT THE PARK

TIP: Find green spaces, lamp-posts or rest huts for your exercises.

Perform 2 - 3 of the recommended exercises at the park.



2 STANDING SAMURAI SLICE



3 HIGH KNEE WITH BICEP CURL



4 HIP ABDUCTION-ADDUCTION



5 LEG CURL

Remember to stretch before and after you embark on this trail!

Perform 2 - 3 of the recommended exercises at the fitness corner.



5 LEG CURL



6 CALF RAISES WITH FINGER CRAWL



1 SHOULDER PRESS

AT THE FITNESS CORNER

TIP: Use the fitness equipment to support you in your exercises.



2 STANDING SAMURAI SLICE