

# Examples of Physical Activity

## Cardiovascular



150 mins of moderate-intensity cardiovascular activity per week

E.g. Walking, jogging, swimming, cycling, dancing

## Strength



Two sessions of moderate or high intensity strength training per week

E.g. Squats, lunges, resistance bands, machines, free weights

## Balance



Two sessions of balance training per week

E.g. Standing on one foot, tandem stance, tandem walking, standing on an unstable surface

## Flexibility



At least three to four times of flexibility training per week

E.g. Stretching, Tai Chi, Yoga

Simple daily activities such as doing housework, walking your pet, taking the stairs (instead of the lift) all count as exercise!

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Department of  
**REHABILITATION MEDICINE**

## Physical Activity Following a Brain Injury



## Physical Activity

Not exercising may lead to the loss of muscle strength and endurance. The damaged areas of your brain may further worsen and take a longer time to recover.

## Benefits of Physical Activity After Traumatic Brain Injury (TBI)

### Improves Physical Abilities:

- Fitness, muscle strength, energy level, balance and mobility



### Improves Cognitive Functions:

- Learning ability, speed of thinking and problem-solving ability



### Improves Psychosocial Well-being:

- Mood, self-esteem and social participation



## Dos and Don'ts of Exercising After TBI



### Dos

- ✓ Get your doctor's approval to start exercising and continue taking all your medications
- ✓ Start with short periods of exercise and gradually increase the duration
- ✓ Pace yourself
- ✓ If you feel that you may have overexerted yourself, rest for a short period. Resume exercise just below the threshold (when you start to feel overexerted) the next time and for a shorter period



## Dos and Don'ts of Exercising After TBI



### Don'ts

- X Do not do anything that will put you at risk of another concussion
- X Avoid activities that cause your head or body to jerk, such as contact sports, running and jumping



### Important to note:

Consult your doctor or healthcare professional if you experience dizziness, chest pain, breathlessness, or feel unwell during exercise and if it does not resolve with rest.