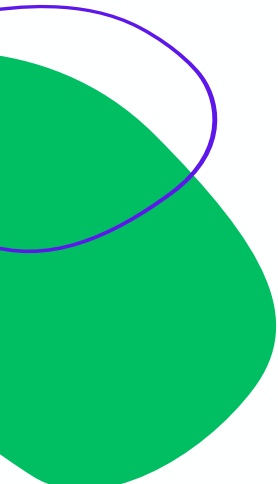


A Guide to Exercise at Home



Did you know that taking part in physical activity is the single most important thing you can do to enhance your health! In this booklet, you will find helpful guidelines on how to incorporate more physical activity into your daily routine.

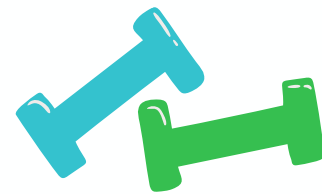
What's Inside the Booklet?

- 1. How much exercise should I be doing?**
 - 2. What intensity of exercise should I do?**
 - 3. How can I increase the amount of activity that I do?**
 - 4. Home-based exercise circuits.**
 - 5. Additional guidelines for home-based exercise.**
- 

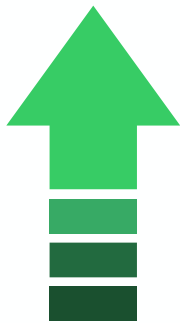
How much exercise should I be doing?

Did you know the recommended amount of physical activity for all adults in Ireland is at least **30 minutes** a day of **moderate intensity** activity on five days a week (or 150 minutes per week)

In addition, you should be taking part in muscle-strengthening and balance exercises.

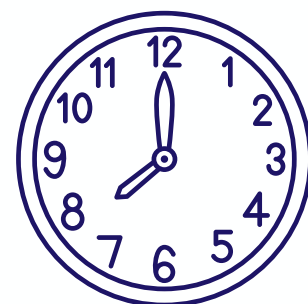


However, some activity is always better than none!



If you currently do less than the recommended levels, your aim should be to increase gradually, as any extra activity you do will enhance your health.

Breaking your exercise into smaller bouts throughout the day, such as 5 minutes at a time, can be more achievable than a continuous 30-minute session.



What intensity of exercise should I do?

Moderate intensity is any activity that increases your breathing rate and heart rate, but at a level that you would still be able to carry out a conversation. You might be warm or sweating, but working at a comfortable pace.



The graph below shows a scale of effort, 0 = no effort and 10 = maximum effort.

Moderate intensity should feel like a 5-6 on the scale.



The Talk Test



The talk test is an easy way to assess the intensity of an exercise or activity.

Moderate Intensity

is exercise where you can talk but not sing during the activity.

Vigorous Intensity

is exercise where you are not able to say more than a few words without pausing for a break

How can I increase the amount of exercise that I do?

Below are some ideas on how you can build more activity into your day. The important thing to remember is to focus on activities you enjoy.



Incorporating small amounts of walking into your daily routine, such as walking to the store or parking further away, can be a good starting point to increase physical activity.

Taking up other activities such as cycling, swimming or dancing.

Housework such as hoovering, sweeping or mopping floors can be a way to increase your activity.



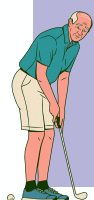
When putting away groceries or laundry try putting away one item at a time to increase the number of steps you take.

Gardening is a brilliant way to increase your physical activity in an outdoor setting.



Try a new sport such as golf, bowling or tennis.

Try a new exercise class such as yoga, Pilates, boxercise, water aerobic or Tai Chi.



Home-based exercise circuits
















Below are some examples of exercise circuits you can complete at home to help you increase your physical activity.

Warm Up

5 minutes of walking, starting at a gentle pace and gradually increasing to a brisk walk.

After warming up, choose from the circuits below:

- Complete each exercise in the circuit for 1 minute at a **moderate intensity**.
- Begin with 1 round and gradually build up to 6 rounds.

Circuit 1	Circuit 2	Circuit 3
1. High Knees (A) 	1. Heel Flicks (A) 	1. Step Backs (A) 
2. Sit to Stand (R) 	2. Shoulder Press (R) 	2. Side Raise (R) 
3. Boxing (A) 	3. Side stretch (A) 	3. Squats (R) 
4. Bicep Curls (R) 	4. Lunges (R) 	4. Toe Taps on Step (A) 
5. Side Steps (A) 	5. Jogging (A) 	5. Side Lunge (R) 

To make the workout harder:

- Hold heavier objects for the resistance exercises (R)
- ↑ the pace of the aerobic exercises (A)

To make the workout easier:

- Hold lighter objects for the resistance exercises (R)
- ↓ the pace of the aerobic exercises (A)
- Take additional breaks

Additional guidelines for home-based exercise.

Balance exercises

Adding balance exercises to your routine is key to lowering your chances of falling and maintaining your balance abilities into the future. The below exercises should be completed 2-3 times a week.

1. Single leg stance (20 seconds each leg)
2. Heel to toe stance (20 seconds each leg)
3. Feet together and side reach (30 seconds)

Complete 3 rounds

Use a chair, table or the wall to support if needed.



Reduce your sitting time



Along with doing more activity, you should also try to reduce the amount of time you spend sitting. Even for those who meet the recommended amount of physical activity, breaking up long periods of sitting can further enhance health.

- If you are watching TV, stand up and walk at every ad break.
- If you are meeting friends, catch up over a walk.
- If you are on the phone stand or walk.
- Set a timer on your phone to remind you to walk every hour for at least 1 minute.

Safety Guidelines

It is unsafe to exercise if you experience any of the following:

- Chest pain at rest or mild exertion
- Dizziness or fainting
- Severe or unusual headache
- Nausea, vomiting or diarrhoea
- Unexplained bleeding or bruising



If you experience any of the above symptoms, do not exercise and contact a medical professional.

This resource was co-designed by ExWell Medical and the SHE research group.

For more information on the ExWell Medical Program please visit:
www.exwell.ie



For more information on the SHE research group please visit:
www.SHEresearch.ie

