

How to get started

Always start from your head then move downwards to your toes.

Step 1. Stretches side of neck

Sit or stand with arms hanging loosely at sides
Twisted head sideways, first one side then the other
Hold for 5 seconds .
Repeat 1-3 times



Step 2. Stretches back of neck

Sit or stand with arms hanging loosely at sides.
Gently tilt head forward to stretch back of neck
Hold for 5 seconds
Repeat 1-3 times



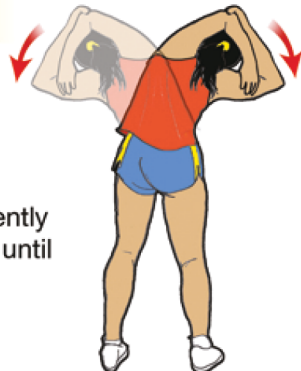
Step 3. Stretches side of shoulder and back of upper arm

Stand or sit and place right hand on left shoulder with left hand, pull right elbow across chest toward left shoulder and hold for 10 to 15 seconds
Repeat on other side



Step 4. Stretches triceps, top of shoulders, waist

Keep knees slightly flexed
Stand or sit with arms overhead
Hold elbow with hand of opposite arm
Pull elbow behind head gently as you slowly lean to side until mild stretch is felt
Hold for 10 to 15 sec.
Repeat on other side



Step 5. Stretches calf

Stand a little way from wall and lean on it with forearms, head resting on hands
Place right foot in front of you, leg bent, left leg straight behind you
Slowly move hips forward until you feel stretch in calf of left leg
Keep left heel flat and toes pointed straight ahead
Hold easy stretch for 10 to 20 seconds
Do not bounce
Repeat on other side.
Do not hold breath



Step 6. Stretches front on thigh (quadriceps)

Stand a little away from wall and place left hand on wall for support
Standing straight, grasp top of left foot with right hand
Pull heel toward buttock
hold for 10 to 20 sec
Repeat on other side



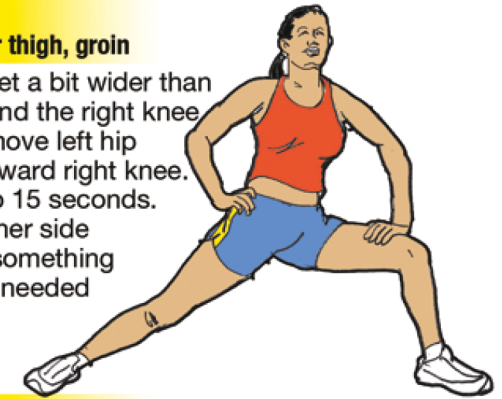
Step 7. Stretches inner thigh, groin

Sit on floor with left leg straight out in front.
Bend right leg, cross right foot over, place outside left knee. Bend left elbow and rest it outside right knee.
Place right hand behind hips on floor.
Turn head over right shoulder, rotate upper body right
Hold for 10 to 15 seconds.
Repeat on other side



Step 8. Stretches inner thigh, groin

Stand with feet a bit wider than shoulder. Bend the right knee slightly and move left hip downward toward right knee.
Hold for 10 to 15 seconds.
Repeat on other side
N.B hold on something for support if needed



Step 9. Stretches back of leg and lower back

Sit on floor, legs straight out at sides. Bend left leg in at knee. Slowly bend forward from hips toward foot of straight leg until you do no dip head forward at start of stretch
Hold this developmental stretch for 10 to 20 seconds
Repeat on other side
Foot of straight leg upright, ankles and toes relaxed
Use a towel if you cannot easily reach your feet



Step 10. Stretches shoulders, arms, hands, feet and ankles

Lie on floor, extend arms overhead, keep legs straight
Reach arms and legs in opposite directions.
Stretch for 5 sec, relax



For more information on Physical Activity contact
Ministry of Health, Health Promotion & Protection

Tel# 633-7400

Physical Activity Daily Guide

Ministry of Health



It's all about...What I Put in,
What I Keep Out and how Much I Do



Beginners Walking Program

Make sure you stretch appropriately before and after walking

Moderate Exercise Program

Make sure you stretch appropriately before and after walking. Drink lots of water before, during and after exercise

Advanced Exercise Program

Make sure you warm-up and stretch appropriately 5 minutes before and after exercising. Drink lots of water before, during and after exercise.

Beginners Walking Program				Moderate Exercise Program				Advanced Exercise Program								
Warm up	Walk	Cool down	Total Workout Time	Warm up	Walk Daily	Cool Down	Total Time	Sun	Mon	Tue	Wed	Thur	Fri	Sat		
Wk 1	Walk slowly 5 mins	Walk briskly 5 mins	Walk slowly 5 mins	15 mins	Wk 1	Walk Slowly 5 mins	Walk briskly 10-15 mins	Walk slowly 5 mins	20-25 mins	30 mins brisk walk	30 mins brisk walk	30 mins brisk walk	Abs, push-up, squats	30 mins brisk walk	30 mins brisk walk	Abs, push-up, squats
Wk 2	Walk slowly 5 mins	Walk briskly 7 mins	Walk slowly 5 mins	17 mins	Wk 2	Walk Slowly 5 mins	Walk briskly 15-20 mins	Walk slowly 5 mins	25-30 mins	30 mins brisk walk	30 mins brisk walk	30 mins brisk walk	Abs, push-up, squats	30 mins brisk walk	30 mins brisk walk	Abs, push-up, squats
Wk 3	Walk slowly 5 mins	Walk briskly 9 mins	Walk slowly 5 mins	19 mins	Wk 3	Walk Slowly 5 mins	Walk briskly 20-25 mins	Walk slowly 5 mins	30-35 mins	30 mins brisk walk	30 mins brisk walk	30 mins brisk walk	Abs, push-up, squats	30 mins brisk walk	30 mins brisk walk	Abs, push-up, squats
Wk 4	Walk slowly 5 mins	Walk briskly 11 mins	Walk slowly 5 mins	21 mins	Wk 4	Walk Slowly 5 mins	Walk briskly 25-30 mins	Walk slowly 5 mins	35-40 mins	30 mins brisk walk	30 mins brisk walk	30 mins brisk walk	Abs, push-up, squats	30 mins brisk walk	30 mins brisk walk	Abs, push-up, squats
Wk 5	Walk slowly 5 mins	Walk briskly 13 mins	Walk slowly 5 mins	23 mins	Wk 5	Walk Slowly 5 mins	Walk briskly 30-35 mins	Walk slowly 5 mins	40-45 mins	30 mins brisk walk	30 mins brisk walk	30 mins brisk walk	Abs, push-up, squats	30 mins brisk walk	30 mins brisk walk	Abs, push-up, squats
Wk 6	Walk slowly 5 mins	Walk briskly 15 mins	Walk slowly 5 mins	25 mins	Wk 6	Walk Slowly 5 mins	Walk briskly 35-40 mins	Walk slowly 5 mins	45-50 mins	30 mins brisk walk	30 mins brisk walk	30 mins brisk walk	Abs, push-up, squats	30 mins brisk walk	30 mins brisk walk	Abs, push-up, squats
Wk 7	Walk slowly 5 mins	Walk briskly 18 mins	Walk slowly 5 mins	28 mins	Wk 7	Walk Slowly 5 mins	Walk briskly 40-45 mins	Walk slowly 5 mins	50-55 mins	30 mins brisk walk	30 mins brisk walk	30 mins brisk walk	Abs, push-up, squats	30 mins brisk walk	30 mins brisk walk	Abs, push-up, squats
Wk 8	Walk slowly 5 mins	Walk briskly 20 mins	Walk slowly 5 mins	30 mins	Wk 8	Walk Slowly 5 mins	Walk briskly 60 mins	Walk slowly 5 mins	70 mins	30 mins brisk walk	30 mins brisk walk	30 mins brisk walk	Abs, push-up, squats	30 mins brisk walk	30 mins brisk walk	Abs, push-up, squats