

HOME-BASED EXERCISES

In general, an exercise program should consist of warm-up, aerobic training, strength training, balance training, cool-down:

1 – WARM-UP (5 minutes)

Exercise 1

Sets: 1 Repetitions: 8

- Inhale through your nose without moving your head.
- Approach the chin to the chest and exhale through the mouth, throwing all the air out.
- Inhale and return to the starting position (Fig. 1).



Figure 1

Exercise 2

Sets: 1 Repetitions: 15

- With your arms stretched out in front, at shoulder level, inhale while opening your arms.
- Return to the starting position, exhaling with your lips' half closed (Fig. 2).



Figure 2

Exercise 3

Sets: 1 Repetitions: 15

- With your arms crossed in front of your chest, lean your torso and exhale with your lips' half closed.
- Inhale and return to the starting position.
- Repeat the exercise to the opposite side (Fig. 3).



Figure 3

Exercise 4

Sets: 1 Duration: 2 minutes

- March in place at a steady and relatively fast pace (Fig. 4).

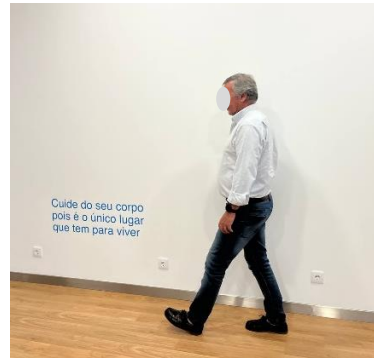


Figure 4

2 – AEROBIC TRAINING (30 minutes)

Aerobic training should last for 30 minutes. You can choose to do this time through one exercise or a combination of them.

Exercise 1

- Walk at a moderate intensity for 30 minutes or, for example, divide the time into 3 periods of 10 minutes (in order to feel your shortness of breath between 4-6 on the modified 0-10 Borg scale).
- Increase the duration of your walk progressively. Start with short periods, for example 5 to 10 minutes and increase by 5 to 10 minutes until completing at least 30 minutes of walking per day.
- Always walk comfortably and at a steady pace.
- If you feel short of breath, stop the exercise and adopt one of the relief postures taught (Fig. 5).



Figure 5

Exercise 2

- Inhale.
- Go up 2 or 3 steps while you exhale.
- Keep repeating the process until you finish the stairs.
- If necessary, take breaks and use the handrail for support (Fig. 6).



Figure 6

Exercise 3

- Try cycling. If necessary, adjust the height of the seat, making sure you can reach the floor with your feet in case of imbalance (Fig.7).



Figure 7

3 - STRENGTH TRAINING (10-15 minutes)

Exercise 1

Sets: 2 Repetitions: 12

- With your arms stretched along your body and with a weight in each hand (you can use a bag of rice or a water bottle full of sand), raise your arms forward to shoulder height, while exhaling with your lips half closed.
- Inhale and return to the starting position (Fig. 8).



Figure 8

Exercise 2

Sets: 2 Repetitions: 12

- Sitting down, bring your left elbow to your right knee, while exhaling with your lips' half closed.
- Inhale and return to the starting position.
- Repeat the exercise on the other side (Fig. 9).



Figure 9

Exercise 3

Sets: 2 Repetitions: 12

- Standing, with your arms straight and shoulder-width apart, parallel hands resting on the wall, bend your elbows, bringing your trunk closer to the wall. Exhale with your lips' half closed while performing this exercise.
- Inhale and return to the starting position (Fig. 10).



Figure 10

Exercise 4

Sets: 2 Repetitions: 12

- Standing, with a weight in each hand, feet slightly wider than shoulder-width apart, do a squat. Exhale with your lips' half closed as you do the exercise.
- Inhale and return to the starting position (Fig. 11).



Figure 11

4 – BALANCE TRAINING (5 minutes)

Exercise 1

Repetitions: 3 Duration: 20 seconds

- Standing, with your feet together, close your eyes and hold the position for 20 seconds.

NOTE: If necessary, you can place a chair in front of you or on your side for support (Fig. 12).



Figure 12

Exercise 2

Repetitions: 4 Duration: 15 seconds

- Standing (and if you can on top of a pillow), place your right foot in front of your left foot and hold the position for 15 seconds. Then switch sides.

NOTE: If necessary, you can place a chair in front of you or on your side for support (Fig. 13).



Figure 13

Exercise 3

Repetitions: 4 Duration: 15 seconds

- Standing, with your feet slightly apart, bend your right knee to 90° with your hip in the same position. Hold the pose for 15 seconds. Then switch sides.

NOTE: If necessary, you can place a chair in front of you or on your side for support (Fig. 14).



Figure 14

Exercise 4

Sets: 3 Steps: 20

Walk forward on tiptoes, imagining that you are following a narrow line on the floor (Fig. 15).



Figure 15

5 – COOL DOWN (5 minutes)

Exercise 1

Repetitions: 2 Duration: 20 seconds

- Inhale through your nose without moving your head.
- Exhale with your lips' half closed and tilt your head to one side, bringing your ear close to your shoulder. Use the hand on the opposite side to help the movement.
- Hold the position for 20 seconds until you feel slight discomfort, but no pain (Fig. 16).



Figure 16

Exercise 2

Repetitions: 2 Duration: 20 seconds

- With your hands behind your head, in the neck region, inhale through your nose.
- Exhale with your lips' half closed and drive your elbows back and hold the position for 20 seconds (Fig. 17).



Figure 17

Exercise 3

Repetitions: 2 Duration: 20 seconds

- With your legs slightly apart and feet parallel, hand on your right hip, inhale through your nose.
- Lean your trunk on the right side and take your left hand up and to the opposite side, exhaling with your lips' half closed.
- Hold the position for 20 seconds and repeat the exercise on the other side (Fig. 18).



Figure 18

Exercise 4

Repetitions: 2 Duration: 20 seconds

- Facing a wall, with your arms parallel to shoulder-width apart, place one leg forward and one leg behind. Keep both feet pointed forward and flat on the floor.
- Exhale and bring the body closer to the wall, while bending the elbows, without lifting the heel of the foot that is behind.
- Hold the position for 20 seconds and repeat the exercise on the other side (Fig. 19).



Figure 19

Note: The program was available in Portuguese, but here translated into English language for publication and dissemination purposes.