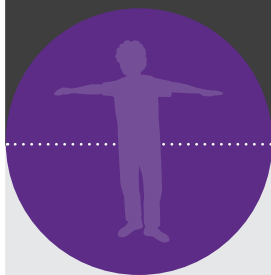


# EXERCISE SUITABLE FOR PEOPLE OVER 60



60 岁以上人士的锻炼宝典

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Chinese Simplified, September 2020

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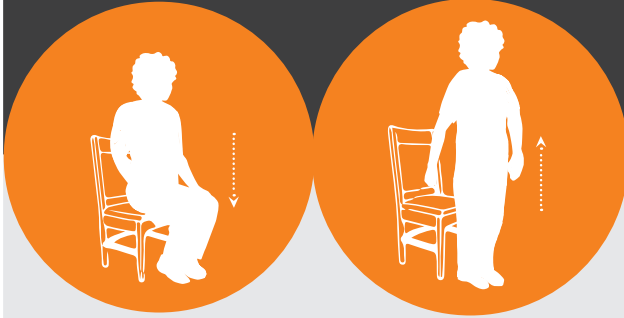


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# CHAIR SQUAT



- 1 **Start seated in the chair with your toes facing the front and your feet hip-width apart.**
- 2 **Push through your heels and rise into standing position.**
- 3 **Bend your knees and lower your hips to sit back down onto the chair.**
- 4 **Return to starting position and repeat 10 times.**

**Extra Support** – If you need support hold on to something steady like a table or arm supports on your chair.

**Progress** – If you would like to make it a little harder, add light weights in your hands (such as soup cans or water bottles).

## 坐椅下蹲

1. 坐在椅子上，脚趾向前，两脚与髋同宽。
2. 脚后跟蹬地，起身至站姿。
3. 弯曲膝盖，放低臀部坐回椅子上。
4. 回到起始姿势，重复 10 次。

辅助方式 - 如需支撑，可以扶着桌子或者椅子的扶手。

进阶方式 - 如需稍加难度，双手可轻微负重（如拿瓶水或易拉罐）。

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# KNEE RAISES



- 1 **Stand straight, facing forward and toes pointing forward.**
- 2 **Lift your right knee towards your chest as high as you can then lower to the floor.**
- 3 **Lift your left knee towards your chest and lower back onto the floor.**
- 4 **Alternate 10 times on each knee.**

**Extra Support** – If you need added support you can hold on to a wall or the back of a chair.

**Progress** – Try increasing the number of times you lift your legs to two rounds of 10 each side.

## 抬膝

1. 站直，目视前方，脚趾向前。
2. 尽量抬高右膝至胸前再放下。
3. 尽量抬高左膝至胸前再放下。
4. 交替运动，每侧重复 10 次。

辅助方式 - 如需支撑，可以扶着墙壁或椅子。

进阶方式 - 增加抬膝次数，每侧 10 次，交替做 2 组。

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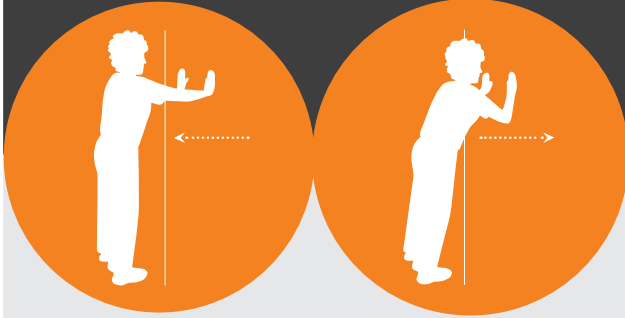
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# WALL PUSH UPS



- 1** With your feet shoulder-width apart, stand about an arm's length away from a wall.
  - 2** Place your palms on the wall at shoulder height and shoulder-width apart.
  - 3** Breathe in as you bend your elbows and slowly move your chest toward the wall while keeping your feet on the ground (it is ok if your heels lift off the ground).
  - 4** Breathe out and use your arms to push your body slowly back to your starting position, your arms returning to a straight position. Repeat 10 times.
- Extra Support** - Stand closer to the wall.
- Progress** – Increase the number of times you do the activity to two times 10.

## 墙壁俯卧撑

1. 双脚与肩同宽，与墙壁保持手臂距离。
2. 双手与肩同宽，掌心放在墙上，与肩同高。
3. 吸气弯曲手肘将胸部靠近墙壁，双脚站稳（脚跟可轻微抬起）。
4. 呼气，用手臂缓慢撑起身体至起始姿势，手臂伸直。重复 10 次。

辅助方式 - 靠墙近一些。

进阶方式 - 增加次数，做 2 组，每组 10 次

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# SEATED KNEE LIFTS



- 1 Sit up straight and tall on the edge of your seat, making sure you are stable and safe.**
- 2 Stabilise your core by sitting up nice and tall. Holding on to the side of your chair, lift your right leg about 10-20cm hold for three seconds then slowly lower leg.**
- 3 Lift your left leg about 10-20cm hold for three seconds then slowly lower leg. Repeat six times on each leg.**

**Extra support** – Start with holding your leg up for 1 second before changing sides.

**Progress** – Increase the number of times you lift each leg to 10 and don't hold onto the chair for support.

## 坐姿抬膝

1. 在椅子上靠边坐直，确保稳定和安全。
2. 坐直，保持重心稳定。扶好椅子的一侧，将右腿抬高 10-20 厘米，保持 3 秒再缓慢放下。
3. 将左腿抬高 10-20 厘米，保持 3 秒再缓慢放下。每条腿重复 6 次。

辅助方式 - 开始时每条腿保持 1 秒就换腿。

进阶方式 - 每条腿抬高 10 次，不要扶椅子。

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# SIDE BENDS



- 1 Sit towards the end of your chair making sure you are safe.**
  - 2 Sit up straight, with your fingertips behind your ears and elbows out wide.**
  - 3 Breathe out as you bend to the right and hold for two seconds. Breathe in and move back to your starting position.**
  - 4 Breathe out and bend to the left hold for two seconds. Breathe in and move back to your starting position.**
  - 5 Do five bends on each side.**
- Tip** – Make sure you are not leaning forward always keep your spine straight and do not push your head forward with your fingertips.
- Progress** – Increase the number of bends on each side, in increments of two.

## 坐姿抬膝

1. 在椅子上靠后坐，确保安全。
2. 坐直，手指放在耳后，双肘向外打开。
3. 呼气向右侧屈，保持 2 秒。吸气回到起始姿势。
4. 呼气向左侧屈，保持 2 秒。吸气回到起始姿势。
5. 每侧 5 次。

注意事项 – 身体不要前倾，脊椎保持直立，手不要将头部向前推。

进阶方式 – 增加每侧次数，每次增加 2 次。

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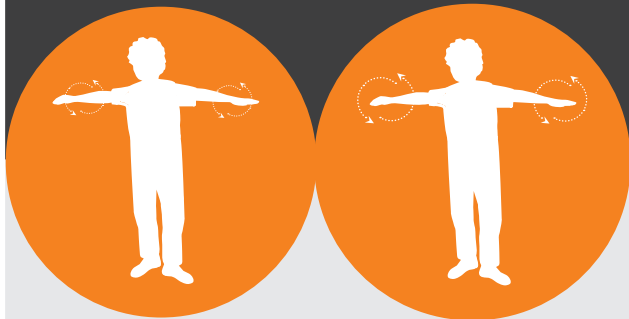
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# ARM CIRCLES



- 1 **Stand facing forward with your legs shoulder width apart and your arms out to the side and parallel to the floor.**
- 2 **Circle one arm forward in a circular motion, start with small circles then make them bigger.**
- 3 **Reverse the direction after 15 seconds.**
- 4 **Repeat for both arms.**

- Extra Support** - Complete this exercise seated.
- Progress** - Complete both arms at once.

## 双臂绕圈

1. 站立，目视前方，双腿分开与肩同宽，双臂向两侧打开与地板平行。
2. 一臂向前绕圈，先小圈再大圈。
3. 15秒后做反方向。
4. 两臂重复动作。

辅助方式 - 坐姿完成。

进阶方式 - 双臂同时做。

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## Disclaimer

If you have any current or prior medical conditions, please check with your GP or accredited medical professional if you can participate in the exercises. If you feel unwell while doing the exercises stop immediately and seek professional medical advice. There is inherent risks in participating in exercising and you undertake to participate at your own risk and warrant that you are physically and mentally able to safely undertake these exercises and have no medical or health condition which will or may affect you during or as a result of undertaking the exercises. By participating in these exercises, you agree to the terms of use and indemnify Council for any damages and liability for death, personal injury, loss or damage to property. The exercises are generic and are not tailored to the individual needs of the participants.

## 免责声明

如果您现在或以前有过任何健康问题，请咨询您的全科医师或认证医疗专业人士，以确定您是否能进行锻炼。锻炼中如感觉到不适，请立即停止并就医。锻炼有风险，本人承诺将自担风险，并保证本人具备安全锻炼的身体和精神条件，并且本人没有可能影响锻炼的医疗或健康问题。本人参与锻炼，即表示本人同意市议会的使用条款，并同意市议会无须因为任何人员伤亡或财产损失或损害而承担任何赔偿责任。本文介绍的锻炼项目仅针对普通目的，可能无法满足参与者的个性化需求。

## Acknowledgement

Council acknowledges the peoples of the Kulin nation as the Traditional Owners of these municipal lands and water ways. We pay respect to Elders past, present and emerging.

## 鸣谢

市议会感谢这些市属土地和水道的传统所有者 Kulin 族人。对于他们过去、现在和未来的长者，我们谨表诚挚敬意。

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