

# EXERCISE SUITABLE FOR PEOPLE OVER 60



60 歲以上人士的鍛煉寶典

**THIS  
GIRL  
CAN**

#ThisGirlCanVIC

Chinese Traditional, September 2020

**HOBSONS  
BAY CITY  
COUNCIL**

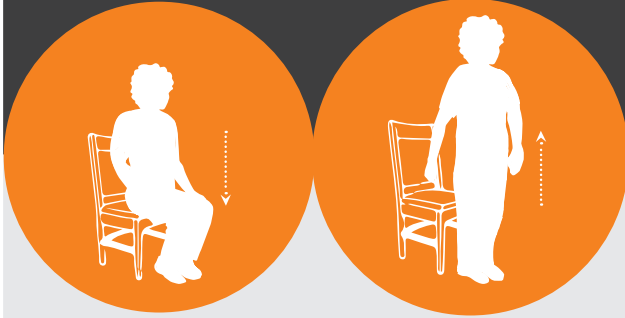


**CHANGE  
the  
GAME**

**VICTORIA**  
State  
Government

 **VicHealth**

# 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，腳趾向前，兩腳與髖同寬。
2. 腳後跟蹬地，起身至站姿。
3. 彎曲膝蓋，放低臀部坐回椅子上。
4. 回到起始姿勢，重複 10 次。

輔助方式 - 若需支撐，可扶著桌子或者椅子的扶手。

進階方式 - 若需稍加難度，雙手可輕微負重（如拿瓶水或易開罐）。

THIS  
GIRL  
CAN

#ThisGirlCanVIC

CHANGE  
the  
GAME

VICTORIA  
State  
Government

VicHealth

HOBSONS  
BAY CITY  
COUNCIL

# 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，目視前方，腳趾向前。
2. 儘量抬高右膝至胸前再放下。
3. 儘量抬高左膝至胸前再放下。
4. 交替運動，每側重複 10 次。

輔助方式 - 若需支撐，可扶著牆壁或椅子。

進階方式 - 增加抬膝次數，每側 10 次，交替做 2 組。

THIS  
GIRL  
CAN

#ThisGirlCanVIC

CHANGE  
the  
GAME

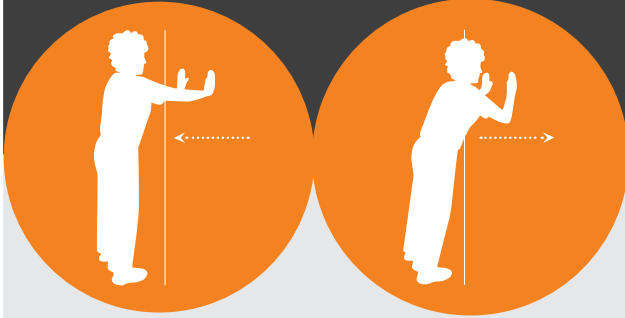
VICTORIA  
State  
Government

VicHealth

HOBSONS  
BAY CITY  
COUNCIL



# 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.

## 牆壁俯臥撐

1. 雙腳與肩同寬，與牆壁保持手臂距離。
2. 雙手與肩同寬，掌心放在牆上，與肩同高。
3. 吸氣彎曲手肘將胸部靠近牆壁，雙腳站穩（腳跟可輕微抬起）。
4. 呼氣，用手臂緩慢撐起身體至起始姿勢，手臂伸直。重複 10 次。

輔助方式 - 靠牆近一些。

進階方式 - 增加次數，做 2 組，每組 10 次

THIS  
GIRL  
CAN

#ThisGirlCanVIC

CHANGE  
the  
GAME

VICTORIA  
State  
Government

VicHealth

HOBSONS  
BAY CITY  
COUNCIL



# 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. 在椅子上靠邊坐直，確保穩定和安全。
2. 坐直，保持重心穩定。扶好椅子的一側，將右腿抬高 10-20 釐米再緩慢放下。
3. 將左腿抬高 10-20 釐米，保持 3 秒再緩慢放下。每條腿重複 6 次

輔助方式 - 開始時每條腿保持 1 秒就換腿。

進階方式 - 每條腿抬高 10 次，不要扶椅子。

**THIS  
GIRL  
CAN**

#ThisGirlCanVIC

**CHANGE  
the  
GAME**

**VICTORIA**  
State  
Government



**HOBSONS  
BAY CITY  
COUNCIL**

**VicHealth**

# 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. 在椅子上靠後坐，確保安全。
2. 坐直，手指放在耳後，雙肘向外打開。
3. 呼氣向右侧屈，保持 2 秒。吸氣回到起始姿勢。
4. 呼氣向左侧屈，保持 2 秒。吸氣回到起始姿勢。
5. 每側 5 次。

注意事項 – 身體不要前傾，脊椎保持直立，手不要將頭部向前推。

進階方式 – 增加每側次數，每次增加 2 次。

**THIS  
GIRL  
CAN**

#ThisGirlCanVIC

**CHANGE  
the  
GAME**

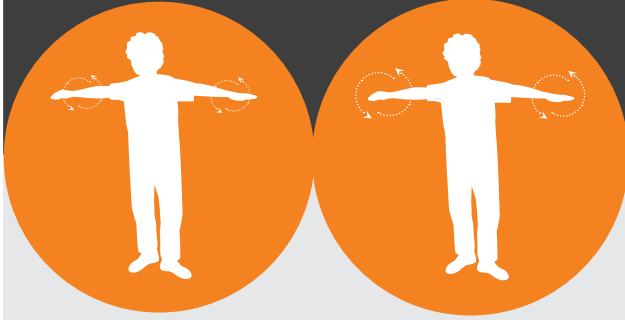
**VICTORIA**  
State  
Government



**HOBSONS  
BAY CITY  
COUNCIL**

**VicHealth**

# 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.

## 雙臂繞圈

1. 站立，目視前方，雙腿分開與肩同寬，雙臂向兩側打開與地板平行。
2. 一臂向前繞圈，先小圈再大圈。
3. 15秒後做反方向。
4. 兩臂重複動作。

輔助方式 - 坐姿完成。

進階方式 - 雙臂同時做。

**THIS  
GIRL  
CAN**

#ThisGirlCanVIC

**CHANGE  
the  
GAME**

**VICTORIA**  
State  
Government

 **VicHealth**

**HOBSONS  
BAY CITY  
COUNCIL** 

## 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.

## 免責聲明

若您現在或以前有過任何健康問題，請諮詢您的全科醫師或認證醫療專業人士，以確定您是否能進行鍛煉。鍛煉中若感覺到不適，請立即停止並就醫。鍛煉有風險，本人承諾將自擔風險，並保證本人具備安全鍛煉的身體和精神條件，並且本人沒有可能影響鍛煉的醫療或健康問題。本人參與鍛煉，即表示本人同意市議會的使用條款，並同意市議會無須因為任何人員傷亡或財產損失或損害而承擔任何賠償責任。本文介紹的鍛煉項目僅針對普通目的，可能無法滿足參與者的個性化需求。

## 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.

## 鳴謝

市議會感謝這些市屬土地和水道的傳統所有者 Kulin 族人。對於他們過去、現在和未來的長者，我們謹表誠摯敬意。

THIS  
GIRL  
CAN

#ThisGirlCanVIC

CHANGE  
the  
GAME

VICTORIA  
State  
Government

VicHealth

