



**Program
duration
10-15 minutes**



Physical activity: Le GO pour bouger!

The goal of *Le GO pour bouger!* program is to help you stay active and improve your physical health.

Why exercise regularly?

Here are some of health and well-being benefits of staying active.

Exercising

- helps prevent decline in muscle strength and risks of falling
- prevents many health problems and chronic diseases, or their progression
- (including risks associated with cardiovascular diseases)
- improves your mood and mental health
- recharges your batteries and enriches your daily life

SAFETY TIPS

It can take time to integrate a new physical activity into your daily routine. Here are a few tips:

- ➔ Clear some space.
- ➔ Go slowly. Never force yourself when doing a movement
- ➔ Breathe deeply.
- ➔ Start with a few repetitions and add more over time.
- ➔ Keep your feet, knees, hips and shoulders aligned, unless otherwise indicated.
- ➔ Stop if you feel any discomfort.
- ➔ Avoid pain.

Guide: How to choose the *Le GO* Unit that's right for me

Each person's capacity is different. Choose your exercise program based on your level of physical fitness and mobility. Find the colour of the *Le GO* unit that is best suited to your situation to identify the right program. If you're not sure, choose the higher number and start with that one.



- You already exercise regularly
- You don't use mobility aids to walk (cane or walker).



- You don't use mobility aids to walk (cane or walker).
- You don't have a heart or lung disease.
- In the past year (12 months), you haven't fallen.



- You use a cane, but you don't need help going up stairs.
- In the past year (12 months), you have fallen a maximum of only one time.



- You use a walker, a three-wheel or four-wheel rolling walker, **or**
- You need help to go up stairs, **or**
- In the past year (12 months), you have fallen two times or more.



- You use a walker, a three-wheel or four-wheel rolling walker, or a wheelchair **and**
- You need help to get up.

- EQUIPMENT
- Chair with solid armrests (exercises 1 to 4)
 - Side table or counter (exercises 1 to 4)
 - Bed (exercises 5 to 8)
 - Water bottle to hydrate

1 • Ankle mobility (heel-toes)



- Sit with feet shoulder-width apart
- Lift your toes as high as you can
- Put your toes back down and lift your heels as high as you can
- Repeat the cycle 5 to 10 times

2 • Walk in place with opposite arm movements



- Lift one knee and the opposite arm
- Alternate knees and arms
- Take 5 to 10 steps while alternating; breathe normally

3 • Knee extension



- Lift your foot as you straighten out your leg and contract your thigh
- Pull your toes toward you at the same time
- Put your foot back down
- Repeat 5 to 10 times, and then do the exercise with the other leg

4 • Tabletop piano



- Draw a large circle with one arm stretched out on a table or countertop, as if you were cleaning it
- Do 5 large circles with one arm, then repeat with the other arm

5 • Sliding the knee



Use a belt to help you pull your heel, if you need to

- Slide one heel toward your buttocks, bending your knee as much as you can
- Slowly move the heel back to its starting position
- Repeat 5 to 10 times, and then do the exercise with the other leg

6 • Hip abduction



- Lie down; bend one knee and keep the other leg straight
- Slide the straight leg outward as far as you can
- Bring the leg back to the starting position
- Repeat 5 to 10 times, and then do the exercise with the other leg

7 • The bridge



- Put your hands into the mattress and lift your buttocks
- Slowly lower back down to the starting position
- Repeat 5 times

8 • Angel in the snow



- Keep your palms facing up and slide your arms away from your body
- Slide your arms back to the starting position
- Repeat 5 times