



Fresubin[®]
Exercise booklet

Like most people, you've probably heard that physical activity, including exercise, is good for you. If you're already active, keep it up. Don't worry if you have never exercised, or if you have stopped for some reason. With this booklet we want to provide tips and tricks about physical training and you can find a variety of different workouts for strength, balance and flexibility that can be completed at home or in community settings.

Get ready, get set and go!

Apart from regular physical activity, healthy balanced eating is also important to preserve your health status. You can find useful information around this topic in this booklet as well.

Introduction video

Open the camera on your device and hold it over this page to watch our introduction video



Have a look at our timetable proposal, activity logs and goal-setting worksheets at the end of this booklet.

Be Active!

Staying or becoming physically active as you age can help promote and maintain good health. Exercise and physical activity helps to prevent and counteract many of the consequences of ageing. This includes the loss of strength and mobility, bone health, balance, and ability to carry out everyday tasks.

Being active brings multiple health benefits:

- Helps to maintain and improve your physical independence
- Helps to improve your balance
- Helps to stay fit, which may help to cope with diseases
- May help to improve mood, well-being and overall quality of life

Recommendations on physical activity

The World Health Organization recommends that adults aged 65 years and above should engage in at least 150 minutes of moderate intensity physical activity or 75 mins of vigorous physical activity each week. Most national organisations for health offer similar guidance and set out the **FITT principle**.

- F** **Frequency - How often you work:** To increase or maintain fitness you should exercise on most days of each week.
- I** **Intensity - How hard you work:** You should exercise at moderate to vigorous intensity, so you will notice your breathing and heart beat going up.
- T** **Time - The length of time or duration that you work:** Try to exercise in bouts of at least 30 minutes. This can be in one go or made up of several shorter periods with rest.
- T** **Type - The specific type of activity you choose:** Resistance or cardio training are the two most common types of exercise. The type can depend on what outcomes you wish to achieve.

Becoming and staying physically active requires hard work, commitment and motivation. It can be important to vary the type of training you do, work through obstacles with others, and remember your successes. So, keep it going and make it social!

Having a goal in mind and working towards it can also be very helpful. As you begin training spend time thinking about what motivates you and what you want to achieve. Once you have identified an area important to you, try to set some **SMART** goals (**s**pecific, **m**easurable, **a**chievable, **r**elevant, and **t**imed).

These goals can be short-term and long-term, including things you want to work towards, but they should always be important to you. They don't need to be about fitness, but what fitness means to you, e.g. playing with your grandchildren, or getting out with friends or family. Writing your goals down can also help you to be physically active on a regular basis.

Goal setting and tips & tricks for successful exercising

Aerobic training like walking, cycling and dancing should be completed 3–5 days each week. Strength and balance are all areas of fitness that are important to healthy ageing. The sets of exercises in this booklet target these areas and help you to get more knowledge about them.



Stay safe while exercising

Please take a look at our list of useful tips and potential things to watch for:

1. Although exercise is safe for most people, there is a small risk of cardiovascular complications. A health screen can be used to assess and minimise risk by looking at your current level of exercise, the presence or absence of symptoms and diseases, and your desired intensity of exercise.
.....
2. If you are already exercising but develop any signs or symptoms of disease, e.g. shortness of breath with usual activity, chest discomfort or dizziness, it is recommended you discontinue exercise and seek medical clearance before continuing exercise of any intensity.
.....
3. Some medicines may influence your tolerance to exercise. For example, medicines to lower blood pressure can increase risk of hypotension following a bout of exercise and disrupt your balance. Statins can lead to increased muscle complaints like cramping and soreness. If you are taking any medicines, it is worth asking your clinician who may tailor the recommendations for you.
.....
4. Remember to start small and build up gradually. Any increase in your level of physical activity can be helpful. With training you can safely increase the duration, frequency and intensity of activity.
.....
5. With advice and experience, you will become more familiar with recognising limiting signs or symptoms to help set the intensity of your exercise. Your heart rate, breathing, and sense of effort can all help you monitor how hard you are exercising.
.....
6. Exercising with others is a useful way to stay safe and make exercise more enjoyable. The social aspects of group activity can help maintain your interest and motivation.
.....
7. Stop exercise immediately if you experience sudden chest discomfort, dizziness, blurred vision or fainting, or severe pain, fatigue or shortness of breath.
.....



Tips before starting

Before you begin, please keep in mind that you should wear comfortable clothes and footwear and prepare a safe space with good lighting and no tripping hazards. Don't forget to use a safe support like a sturdy chair, kitchen worktop, table or window sill, if needed.

Please note this list is a brief introduction to this topic and is not intended to be a substitute for professional medical advice, always seek the guidance from your doctor or other qualified healthcare professional. If you are experiencing any of the mentioned problems above, please see your doctor for a formal assessment.



Strength

The following exercises are centred on strength and making you stronger by increasing your muscle power.



Tip: Repeat the strength exercises 8-12 times and try to implement it into a training routine. Please find an example of an activity timetable at the end of the booklet.

Sit to stand

Aim of this exercise is to strengthen the muscles in the legs.



1. Sit near the front of a chair, with your feet parallel and pointing forward.
2. Lean forward with a straight back, then stand up, using your hands if required.
3. Move your arms forward until they are parallel to the ground.
4. Move back, so your legs touch the chair then slowly sit back down.

Instruction video

Open the camera on your device and hold it over this page to watch our strength video



Wall push-ups

The aim of this exercise is to strengthen the muscles in the arms and shoulders.



1. Face a clear wall, about arms length away feet shoulder-width apart.
2. Lean your body forward and place your palms flat against the wall.
3. Bend your elbows and move your upper body towards the wall, keeping your feet steady and your back straight.
4. Slowly push yourself back, straightening your arms.

Arm curls

This exercise helps to improve your strength and lifting common household items.

1. Stand or sit tall in a chair with a weight in each hand, palms facing inwards, shoulders relaxed, and elbows close to your body.
2. Keep your feet shoulder-width apart flat on the floor.
3. Bend your arms at the elbows and lift the weights towards your shoulders, keeping your upper arms and elbows in.
4. Slowly lower the weight back down towards your thighs, so your arms are at your sides again.





Balance

It is important to always be confident and safe while walking as it helps to avoid the risk of falls. These exercises will help you to gain more physical stability & balance in everyday life.



Tip: Do a session of 10-15 minutes of balance exercises twice a week and try to implement it into a training routine. Please find an example of an activity timetable at the end of the booklet.

Heel-to-toe walking

In many day-to-day activities, having good balance is very important. This helps to improve your walking.



1. You can use a chair as an optional support.
2. Look ahead and straighten your posture.
3. Start walking in a straight line placing one foot in front of the other and repeat for 10 steps.
4. Turn around carefully and repeat in the other direction.

Side stepping

A good balance helps to improve safety while walking and could avoid falls.

1. Stand tall with your support in front of you.
2. Keep your feet and hips facing forwards.
3. Take one leg to the side and step.
4. Repeat from side to side.



One leg stands

Standing on one foot can be a real challenge. Use a chair if needed for better balance.

1. Stand tall, close to your support, holding with one hand.
2. Balance on one leg and focus on staying upright with a good posture.
3. Hold for 10-15 seconds.
4. Repeat twice on each side.



Instruction video

Open the camera on your device and hold it over this page to watch our balance video





Flexibility

Flexibility is important at all ages. For example, when you have to stretch to tie your shoes or put on socks or grab something from the top shelf. The flexibility exercises will help you to improve your flexibility when carrying out common tasks.



Tip: Do each flexibility exercise 3 to 5 times at each session and try to implement it into a training routine. Please find an example of an activity timetable at the end of the booklet.

Chest

Stretching chest muscles helps to improve your posture.

1. You can do this stretch while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold arms to your sides at shoulder height, with palms facing down.
4. Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a stretch or slight discomfort.
5. Do as much as you can. Hold the position for 10-30 seconds.



Instruction video

Open the camera on your device and hold it over this page to watch our flexibility video



Neck

To relieve tension in your neck try out this stretch and think of this exercise whenever you feel stiff.



1. You can do this stretch while standing or sitting in a sturdy chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Slowly turn your head and look sideways above your shoulders. Try to keep your head straight and avoid tilting your chin.
4. Hold the position for 10-15 seconds.
5. Turn your head to the left and hold the position for 10-15 seconds.

Lower legs

The aim of this exercise is to strengthen the muscle in your lower legs.



1. Sit securely towards the edge of a sturdy, armless chair.
2. Feet shoulder-width apart and facing forward. Stretch one leg out in front of you.
3. Lift your foot slightly off from the floor, with ankle bent and toes facing up.
4. Tilt your ankle down. Toes facing down, then up.
5. Bend ankle to point toes up and hold for 10-30 seconds.



Getting the right amount of nutrients can be a daily challenge, especially when your appetite is poor.

Over time, this reduction in nutrients can increase the risk of malnutrition.

Alongside a balanced diet with adequate calories, protein is considered a key nutrient which helps

to support muscle mass and strength. For adults over 65 years, the ideal protein intake is at least 1 g protein per kg of body each day.

Malnutrition

If you are at risk of poor nutrition, this may increase weight loss. Symptoms can worsen or occur if you are not able to eat and drink enough nutrition that your body needs. The situation can be improved with nutritional intervention and this may help to overcome malnutrition. Your doctor or dietitian may recommend that you include oral nutrition supplements (ONS) as part of your daily diet.



If you have been prescribed oral nutritional supplements they are a great way to improve your nutritional status and help support physical and mental well-being



ONS - oral nutritional supplements are flavoured, drinkable or spoonable foods for special medical purposes which help manage malnutrition. ONS are usually high in energy and protein and often contain all the necessary vitamins and minerals supporting for daily function.



Activity timetable

It can help to keep an activity diary, to remind you when you have completed training and to note down anything you found difficult or particularly enjoyed.

Monday	Aerobic training 	<ul style="list-style-type: none"> • Brisk walking x 2, cycling (stationary or moving) • Moderate intensity (able to talk) • Ideally do 30 min of exercise either on one bout or more (2x15 min / 3x10 min)
Tuesday	Strength and balance training 	<ul style="list-style-type: none"> • 8-12 repeats of the strength exercises or heavy usual activity like carrying shopping, gardening • 10-15 minutes of the balance exercises or leisure activities like dancing, yoga, tai chi, Pilates • Ideally do all the exercise at once, which may take 45-60 min
Wednesday	Aerobic training 	<ul style="list-style-type: none"> • Brisk walking x 2, cycling (stationary or moving) • Moderate intensity (able to talk) • Ideally do 30 min of exercise either on one bout or more (2x15 min / 3x10 min)
Thursday	Strength and balance training 	<ul style="list-style-type: none"> • 8-12 repeats of the strength exercises or heavy usual activity like carrying shopping, gardening • 10-15 minutes of the balance exercises or leisure activities like dancing, yoga, tai chi, Pilates • Ideally do all the exercise at once, which may take 45-60 min
Friday	Take a day off from training!	
Saturday	Aerobic training 	<ul style="list-style-type: none"> • Brisk walking x 2, cycling (stationary or moving) • Moderate intensity (able to talk) • Ideally do 30 min of exercise either on one bout or more (2x15 min / 3x10 min)
Sunday	Take a day off from training!	



Tip: You can do both aerobic and balance/strength training on the same or different days, so choose whatever works best for you and your schedule.



Activity log

Write down how much time you are active and what physical exercises you do. For example: walking, sport training or lifting weights, dancing and gardening. Also, think of ways to increase your activity.

	Activity	Number of minutes	Ways to increase activity
Weekday 1			

Total minutes _____

	Activity	Number of minutes	Ways to increase activity
Weekday 2			

Total minutes _____

	Activity	Number of minutes	Ways to increase activity
Weekday 3			

Total minutes _____



Goal setting worksheet

Write down your goals and put them where you can always see them. Update them regularly as well.

Short-term Goals

Write down at least two of your own personal short-term goals. What are your plans for the next week or how do you want to implement physical activity as a regular part of your daily life?

1. _____
2. _____
3. _____

Long-term Goals

Write down at least two long-term goals. Think about where you want to be in 6 months, a year, or 2 years from now. Remember to set up goals as they will help you to make physical activity a part of your day-to-day life. Always monitor your progress and celebrate your success!

1. _____
2. _____
3. _____

Additional materials



Exercise training videos

Discover our training videos for different physical exercises in action.

Recipe booklets

Delicious recipes which are very versatile and transform simple treats into nutritionally valuable meals. Discover and enjoy!



**FRESENIUS
KABI**

caring for life

Fresenius Kabi Limited,
Unit 3B Fingal Bay Business Park
Balbriggan
Co. Dublin
K32 YK12

www.fresenius-kabi.ie
Tel: +353 1 841 3030
Date of preparation: May 2020
Job code: EN/Fres/002.20