

Level 1: Sitting - SAIL[®] Home Activity Program

Regular physical activity is the best tool to improve health and wellbeing.

The SAIL Home Activity Program has 3 levels:

- level 1: Sitting
- level 2: Standing
- level 3: Moving

Your health care provider has recommended Level 1: Sitting for you.

NOTE Be sure to tell your health care provider about any broken bones or operations in the past 3 months, as some of the activities may not be safe for you, at this time.

Reasons to Move Your Body

Moving helps your:

• brain	• heart
• muscles and joints	• lungs
• immune system	

Moving improves your

• strength	• sleep
• balance	• mood
• breathing	• energy
• thinking	• bowels (less constipation)

Moving helps you:

<ul style="list-style-type: none"> • stay at home <ul style="list-style-type: none"> ○ keep your independence ○ avoid or delay going to a care home ○ put less stress on your family
<ul style="list-style-type: none"> • walk or move more easily <ul style="list-style-type: none"> ○ keep doing the activities you enjoy
<ul style="list-style-type: none"> • age well <ul style="list-style-type: none"> ○ helps prevent and treat dementia and cancer ○ live well even with chronic disease

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A little bit of exercise is always good, and some is always better than none.

Some Ideas to Help Get Started

- Use a “buddy”
 - do the activities with a friend, neighbour or family member
 - ask someone to check with you regularly about how you are doing with the activities
- Get into a routine – exercise at the same times and in the same place each day
 - put a reminder note in the bathroom or other place you go several times a day
 - level 2 and 3 activities are best done at the kitchen sink - it doesn't move and is easy to hold on to
- Shorter activity times - more often is best to start
 - start with 5 minutes of activity - 3 or 4 times a day rather than 15 or 20 minutes without stopping
- Keep track
 - each day, write down how many you do of each activity
 - the SAIL Home Activity Program Tracker can help you

What People Have to Say

“My back pain is a lot better since I started these.”

Ruth, age 72

“I didn't realize how much weaker one of my legs was until I started doing these.

Now I am working hard to get that leg stronger.”

Mary, age 83

“I have been doing the activities for 8 weeks, and now my knees don't hurt as much. I am not as depressed. My blood sugars are better, and I've lost 6 pounds without even trying. I feel good.”

Ed, age 67

“My dad (age 77) started these exercises, and now he is feeling stronger and has more energy. His attitude has changed and he is feeling hopeful again. It is just wonderful.”

Tara

SAIL® Home Activity Program – Level 1: Sitting

Do only the activities you feel safe and comfortable doing.

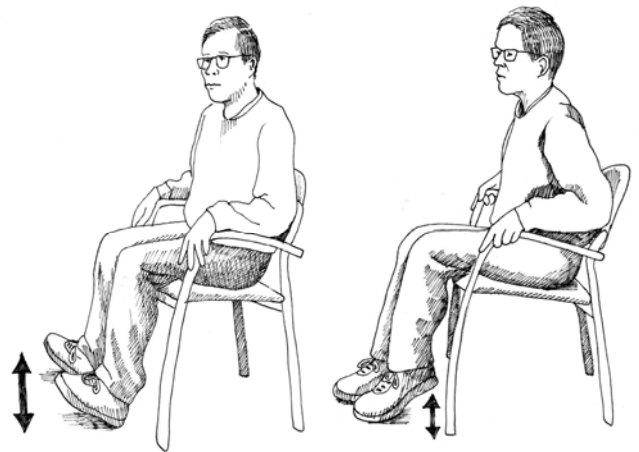
- Sit tall through all the activities, preferably in a firm chair with armrests.
- Keep breathing normally. Do not hold your breath.
- Hold means hold position for 3 seconds (count “thousand 1, thousand 2, thousand 3”).
- Begin with a few of the activities but do them several times each day.
- Add more activities until you are doing all of them.
- Over time, do more of each activity, up to 15 times
 If any of these activities add to your pain or shortness of breath, stop and rest.
 Do less another day. Talk with your doctor or other health care professional.

1. Toe and Heel Lifts

- Lift toes of both feet as high as you can (keep heels on floor). Hold. Relax. Do 2-3 more times.
- Lift heels of both feet up together (keep toes on floor). Hold. Relax. Do 2-3 more times.

Too easy?

- Slowly do more.
- Lift toes of one foot while lifting heel of other foot. Switch.



2. Marching on the Spot

March on the spot, raising each knee high. Continue for 5-10 seconds. Rest. Repeat. Rest.

Too easy?

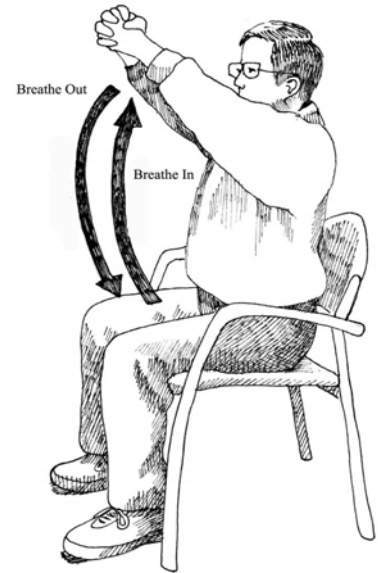
- Slowly do more.
- Slowly do for longer (up to 2 minutes without resting).



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3. Arm Raises and Breathing Activity

- Rest hands on sides of lower rib cage. Keep shoulders relaxed. Breathe in through your nose. Feel your lower ribs move out. Breathe slowly out through your mouth. Feel your rib cage relax. Do 3-4 more times.
- Now, clasp hands together. Breathe as you lift arms up (only as high as comfortable). Breathe as you lower your arms. Do 3-4 more times.



4. Letters in the Air

- Make a letter "A" in air with one leg. Rest. Do the same with the other leg. Rest.
- Make a letter "B" in air with one leg. Rest. Do the same with the other leg. Rest.

Too easy?

- Do more letters.
- Do several letters in a row with same leg.
- Make bigger letters in the air.



5. Tap Dancing

- Tap one heel forward and return, sideways and return. Do the same with other foot. Do 2–3 more times.
- Tap once with one heel, then once with other heel. Do 2 - 3 more times.

Too easy?

- Slowly do more or do it faster.
- Hold one or two arms up while tapping heels.
- Add fun brain activities while tapping heels.
 - Say the days of the week forward then backward.
 - Count backwards by 3 from 100.



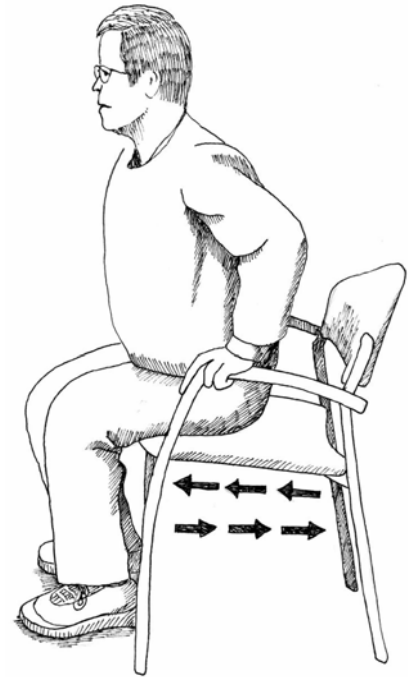
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6. Buttock Walk

Lift and shift one buttock forward, then other buttock forward (scooting) in chair. Do the same going backward. Do 2-3 more times.

Too easy?

- Slowly do more.
- Hold one or two arms out to side.
- Sing a song or recite a poem while doing



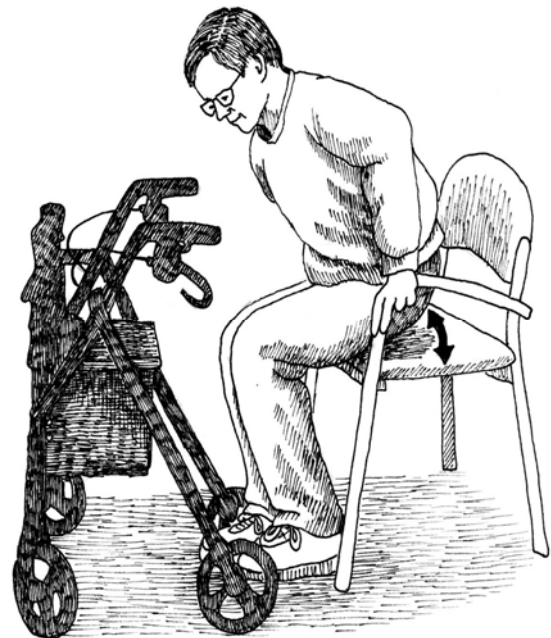
7. Buttock Lifts

a) Sit closer to the front of the chair, with your feet close to the chair and apart. Put your hands on armrests of chair. Lean forward, nose over toes. Push heels into floor as if going to stand. Hold. Relax. Do 2-3 more times.

b) Now, lift buttocks up off chair slightly. Feel the weight through your feet. Sit back down. Relax. Do 2-3 more times.

Too easy?

- Slowly do more.



SAIL Home Activity Program Level 1: SITTING TRACKER

Name: _____ START DATE: _____

DATE																				
1. Toe and Heel Lifts																				
2. Marching on the Spot																				
3. Arm Raises & Breathing																				
4. Letters in the Air																				
5. Tap Dancing																				
6. Buttock Walk																				
7. Buttock Lifts & Sit to Stand																				
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Record the number of times you do each activity each day