



Level 2: Standing - 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 2: Standing 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

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Do only the activities you feel safe and comfortable doing.

- Stand tall through all the activities, feet shoulder width apart.
- 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..
- Over time, hold on less to the sink or counter.
 - Hold on with one hand and only a few fingers of the other hand.
 - Hold on with just a few fingers of each hand.
 - Hold on with only one hand.
 - Hold on with just a few fingers of one hand.
 - Keep hands close to the sink or counter but don't hold on unless you need to.

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.

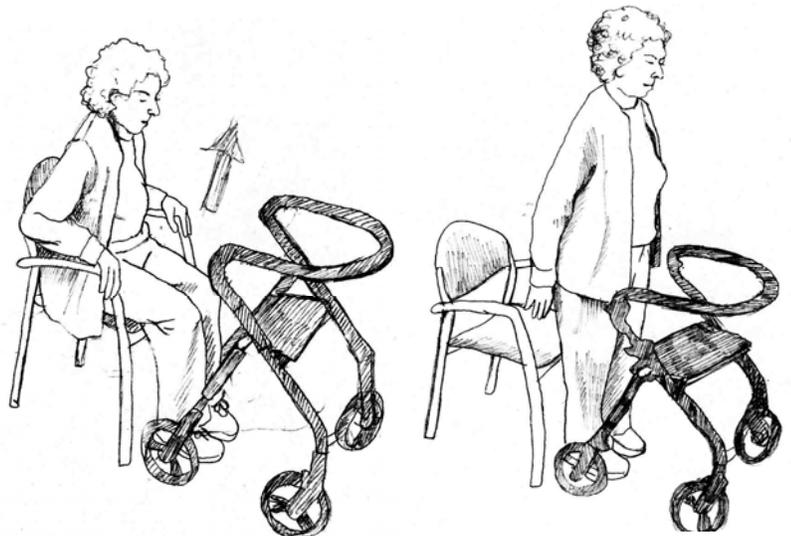
1. Sit to Stand

Sit tall in a firm chair with armrests. Put your walker in front of you and lock the brakes. 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, feeling the weight through your feet. Stand up. Stand for a few seconds (if needed, hold onto the walker). Reach back for the armrests of the chair and slowly sit down. Stand up 2-3 more times.

Too easy?

- Slowly do more.
- Use your arms less.

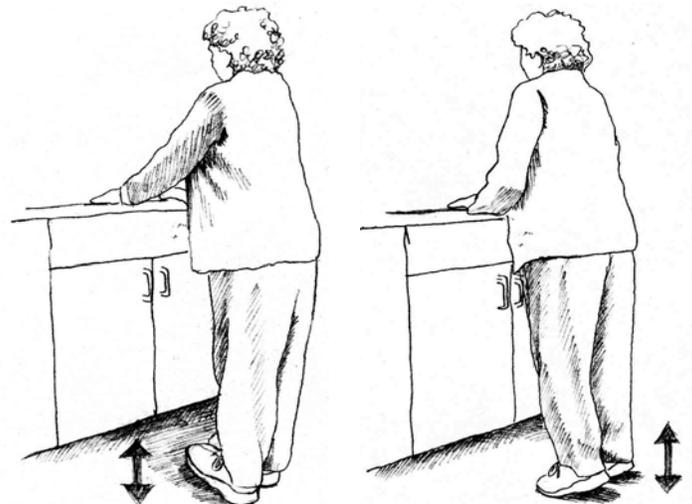


2. Toe Taps and Up on Toes

- Stand tall facing the sink. Hold on with both hands. With one foot, keep heel on floor and lift toes up. Hold. Relax. Do with the other foot. Do 2-3 more times.
- Go up on toes with both feet. Relax. Do 2-3 more times.

Too easy?

- Slowly do more.
- Lift up toes of both feet together. Do NOT lean back.
- Alternate with going up on toes.
- Slowly hold on less to the sink or counter.



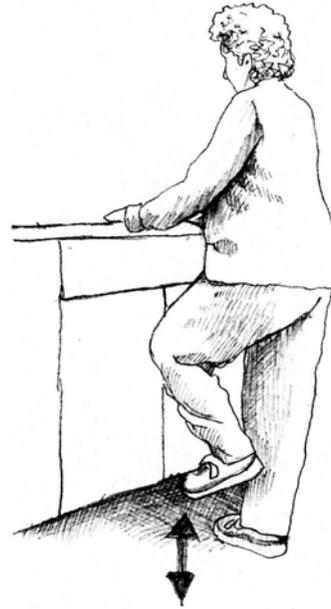
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3. Marching on the Spot

Stand tall facing the sink. Hold on with both hands. March on the spot for 10 seconds. Rest. Repeat.

Too easy?

- Slowly do for longer – up to 2 minutes.
- Raise your knees higher.
- Slowly hold on less to the sink or counter.

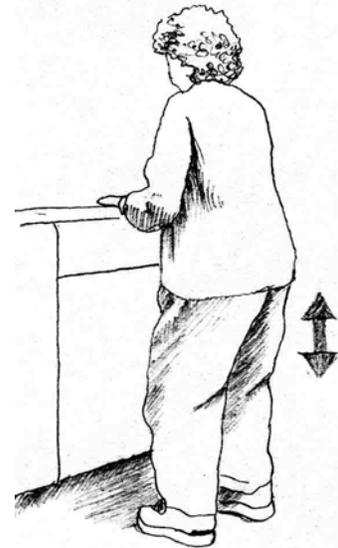
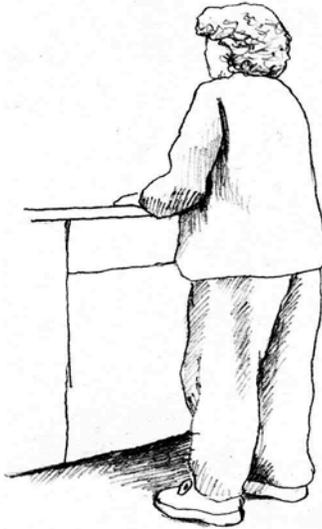


4. Mini Squats

Stand tall facing the sink with feet shoulder width apart. Hold on with both hands. Push hips back and bend knees slightly as if starting to sit down. Do not bend knees so far that your knees go past your toes. Hold. Straighten up tall. Repeat 2 -3 times.

Too easy?

- Slowly do more.
- Slowly hold on less to the sink or counter.

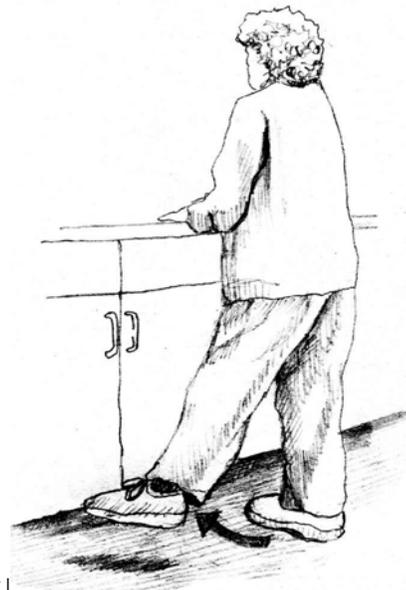


5. Alternate Leg Out and In

Stand tall facing the sink. Hold on with both hands. Keeping toes pointed forward, lift leg slightly out to side. Hold. Don't move upper body. Return to starting position. Do with other leg. Repeat 2-3 times.

Too easy?

- Slowly do more.
- Slowly hold on less to the sink or counter.



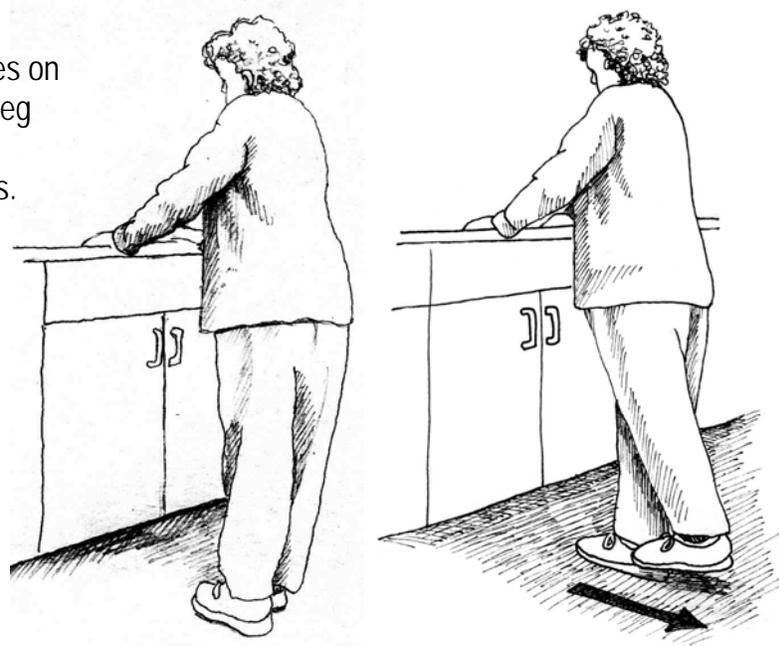
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6. Alternate Leg Behind

Stand tall facing the sink. Hold on with both hands. Lift toes on left foot. Keeping left knee straight and toes up, move left leg slightly behind you. Do not lean forward. Hold. Return to starting position. Do with other leg. Repeat 2-3 more times.

Too easy?

- Slowly do more.
- Slowly hold on less to the sink or counter.

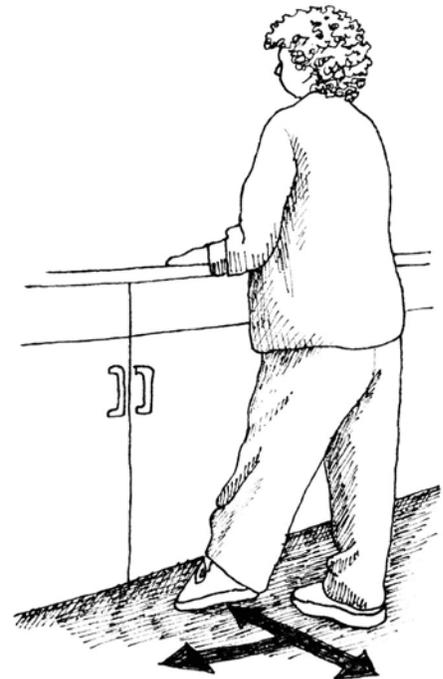


7. Step Dance and Feet Together

- Stand tall facing sink. Hold on with both hands. Step one foot sideways and return, backward and return, forward and return. Do with other foot. Repeat 2-3 more times.
- Step once with one foot and return, then once with other foot and return at different spots all around you. Repeat 2-3 more times.
- Move feet together. Hold position. Move feet apart. Repeat.

Too easy?

- Slowly do more.
- Slowly hold on less to the sink or counter.



SAIL Home Activity Program Level 2: STANDING TRACKER

Name: _____ START DATE: _____

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1. Sit to Stand																			
2. Toe Taps & Up on Toes																			
3. Marching on the Spot																			
4. Mini Squats																			
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Record the number of times you do each activity each day