



# Level 3: Moving - 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 3: Moving 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"><li>• stay at home<ul style="list-style-type: none"><li>○ keep your independence</li><li>○ avoid or delay going to a care home</li><li>○ put less stress on your family</li></ul></li></ul>
<ul style="list-style-type: none"><li>• walk or move more easily<ul style="list-style-type: none"><li>○ keep doing the activities you enjoy</li></ul></li></ul>
<ul style="list-style-type: none"><li>• age well<ul style="list-style-type: none"><li>○ helps prevent and treat dementia and cancer</li><li>○ live well even with chronic disease</li></ul></li></ul>

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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, 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.
- Over time, do more of each activity, up to 15 times.

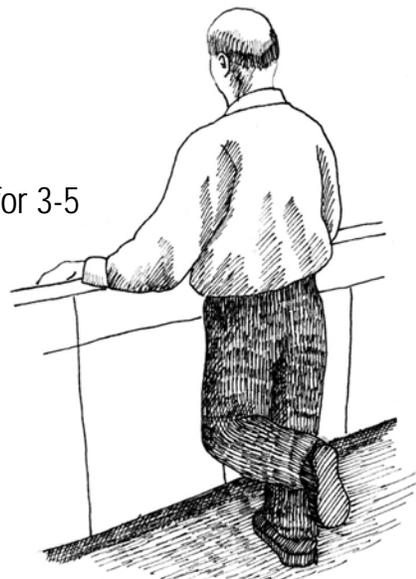
If any of these activities add to your pain or shortness of breath, stop and rest. Do less another day. Talk with your doctor or other health care professional.

## 1. Standing on One Leg

Stand tall facing sink. Hold on with both hands. Stand on one leg for 3-5 seconds. Rest. Stand on other leg. Do 2-3 more times.

### Too easy?

- Slowly stand on each leg longer (up to 30 seconds).
- Work up to standing on each leg for another 30 seconds.
- Slowly hold on less to the sink or counter.
- Sing a song or recite a poem while standing on one leg.

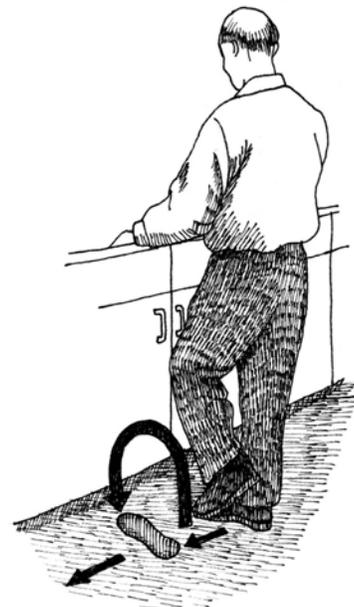


## 2. High Stepping Sideways Walk

Stand tall facing sink. Hold on with both hands. Take two high steps sideways to the left. Take two high steps sideways to the right. Move hands along the counter for support.

### Too easy?

- Slowly do more.
- Say the days of the week or the months of the year forward, then backward, as you step.
- Slowly hold on less to the sink or counter.



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## 3. Tap Dancing

- Stand sideways to sink. Hold on with closest hand. Tap heel of outside leg forward and return, sideways and return, backwards and return. Relax. Do 2-3 more times. Turn and face other direction. Repeat with other leg.
- Tap once with one heel, then once with other heel at different spots all around you. Do 2-3 more times.

### Too easy?

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



## 4. Forward Lunge

Stand sideways to sink, holding on with one hand. Step forward with one leg, keeping chest and head up. Put most of your weight over your front leg, keeping both knees bent. Hold. Step back with front leg to starting position. Do 2-3 more times. Turn and face other direction. Repeat with other leg.

### Too easy?

- Slowly do more.
- Take a bigger step forward.
- Slowly hold on less to the sink or counter.



## 5. Forward and Backward Walk

- Stand sideways to sink, holding on with one hand. Walk forward on toes for 3-5 steps. Relax. Walk backward on toes for 3-5 steps. Relax. Do 2-3 more times.
- Walk forward on heels for 3-5 steps. Relax. Walk backward on heels for 3-5 steps. Relax. Do 2-3 more times.

### Too easy?

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



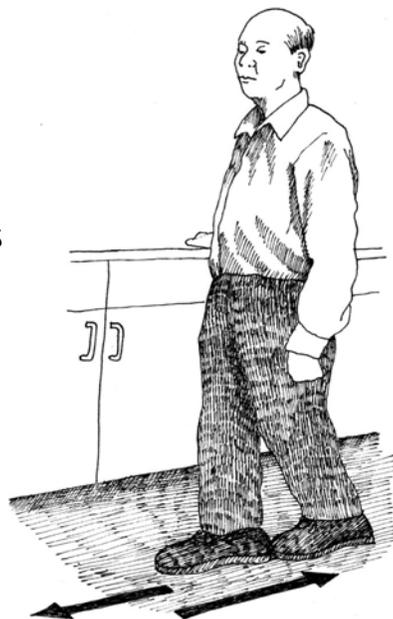
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### 6. Heel to Toe Walk

Stand sideways to sink, holding on with one hand. Walk forward, heel of one foot in line and touching toes of other foot for 3-5 steps. Walk backward, toes of one foot in line and touching heel of other foot for 3-5 steps. Do 2-3 more times.

#### Too easy?

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



### 7. Sit to Stand

Sit tall in a firm chair with armrests. Put your walker in front of you and lock the brakes. Lean forward, nose over toes, and stand up, using your arms as little as possible. Slowly sit down.

#### Too easy?

- Slowly do more.
- Use your arms less until you don't use them at all.
- Stand up faster
- Stand up with your arms folded across your chest (hands touching opposite shoulders).





## SAIL Home Activity Program Level 3: MOVING TRACKER

Name: \_\_\_\_\_ START DATE: \_\_\_\_\_

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3. Tap Dancing																				
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Record the number of times you do each activity each day