



Information found on the World Health Organization's website.

# Examples of home-based exercises

# SUPERMAN

Place your hands under your shoulders and knees under your hips. Lift one arm forward and the opposite leg back, alternating sides. Perform this exercise 20–30 times (or more), rest for 30–60 seconds, and repeat up to 5 times.

This exercise strengthens your belly, glutes and back muscles.



# BRIDGE

Plant your feet firmly on the ground with the knees over the heels. Lift the hips as much as it feels comfortable and slowly lower them again. Perform this exercise 10–15 times (or more), rest for 30–60 seconds, and repeat up to 5 times. This exercise strengthens your glutes.





# CHAIR DIPS



Hold onto the seat of a chair, with your feet about half a meter away from the chair. Bend your arms as you lower your hips to the ground, then straighten the arms.

Perform this exercise 10–15 times (or more), rest for 30–60 seconds, and repeat up to 5 times.

This exercise strengthens your triceps.



# CHEST OPENER

Interlace your fingers behind your back. Stretch your arms and open your chest forward. Hold this position for 20–30 seconds (or more).

This position stretches your chest and shoulders.



# CHILD'S POSE

With the knees on the ground, bring your hips to your heels. Rest your forehead on your thighs and actively stretch your arms forward. Breathe normally.

Hold this position for 20–30 seconds (or more).

This position stretches your back, shoulders and sides of the body.





# SEATED MEDITATION



Sit comfortably on the floor with your legs crossed (alternatively, sit on a chair). Make sure your back is straight. Close your eyes, relax your body and progressively deepen your breathing.

Concentrate on your breath, trying not to focus on any thoughts or concerns.

Remain in this position for 5–10 minutes or more, to relax and clear your mind.



# LEGS UP THE WALL

Bring your hips close (5–10 cm) to the wall and let your legs rest. Close your eyes, relax your body and progressively deepen your breathing. Concentrate on your breath, trying not to focus on any thought or concern. Rest in this pose for up to 5 minutes. This position is meant to be comfortable, relaxing and de-stressing.

