



### Compliments and Complaints

If at anytime you have a concern or comment to make please do not hesitate to contact the Chief Executive Officer on 0260 71 5200 or write to PO Box 77 Tallangatta VIC 3700

### OUR VALUES

**Willingly** being accountable

**Valuing** people

**Achieving** results through teamwork

**Integrity** in all we do

**Respect** for others at all times



**Tallangatta Health Service**  
is a  
**smoke free facility**

### Available at Tallangatta Health Service.

- Acute Hospital Care
- Asthma Education
- Bolga Court : Residential and Respite Care
- Diabetes Education
- Dietician
- District Nurse
- Exercise Classes, and Strength Training
- Home and Community Care
- Lakeview Nursing Home Residential Care
- Medical Centre
- Men's Shed
- Meals on Wheels
- Mixed Community Group (MCG)
- Nurse Practitioner
- Occupational Therapist
- Nutritionist
- Pathology
- Physiotherapy
- Planned Activity Group (PAG)
- Podiatry
- Room Hire
- Social Worker
- Women's Health

## PHYSICAL ACTIVITY EXERCISE GUIDELINES



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## Tips When You Do Stretch Exercises

1. Start the stretch slowly. Stretch until you feel a mild pull on the muscle.
2. Keep a steady, gentle stretch and keep breathing. Relax into the stretch. No bouncing.
3. Take it easy, don't strain. It may feel a bit tight but shouldn't hurt. If a stretch hurts, back off a little until it feels good.
4. End the stretch by slowly going back to the starting position
5. Hold each stretch for 10—30 seconds (except back stretches—hold for 5 seconds). When you start this exercise program, hold each stretch and slowly count to 5. After a few weeks count to 10 or 15. After a few months, work up to a count of 20—30.
6. Keep your joints 'soft'. Don't 'lock' your knees or elbows by straightening them too much when you stretch.
7. Do each stretch 1-2 times. If you want, after a few weeks, you can slowly increase to 3-5 times

Stretching is not a competition. Some people are more limber than others. If you stretch two or more days per week, you will become more flexible.

## Wake Up Your Brain in the Morning Exercise

While still in bed, slowly begin to move your toes. Anyway that feels good. Wiggle, scrunch and stretch. Move all your toes up and down, or work just your big toes. Wiggling your toes activates nerves that stimulate your brain and internal organs.

This exercise will help you wake up and become alert more quickly. Your whole body may feel pleasantly energized. Most important, your first steps—those for throughout the day will be safer ones.

(Falls are the second leading cause of spinal cord and brain injury among people over 65 years old)



## Benefits of Exercise

- Reduces incidence of falls and fall related injuries
- Lessens Arthritis pain
- Improves bone density in people with Osteoporosis
- Is effective in improving glycaemic control in patients with Type 2 Diabetes
- Improves social life and helps maintain independence
- Acts as an antidepressant in depressed people
- and improves mood and anxiety

## Check That You Are Sitting in a Good Position

- Sit up straight and tall, look straight ahead
- Move your shoulders up, back and down and leave them down

- Stick your chin out and pull it back in
- Breathe in and feel your chest lift, keep your chest lifted
- Squeeze your stomach to support your back as you breathe out
- Hips are touching the back of the chair
- Spine is straight. If you need lower back support, use a rolled up towel or small firm pillow
- Feet are flat on the floor, about as far apart as your hips
- Knees should be over your ankles
- Hands hang at your side, relaxed
- Keep reaching up with the top of your head to sit tall but relaxed

