

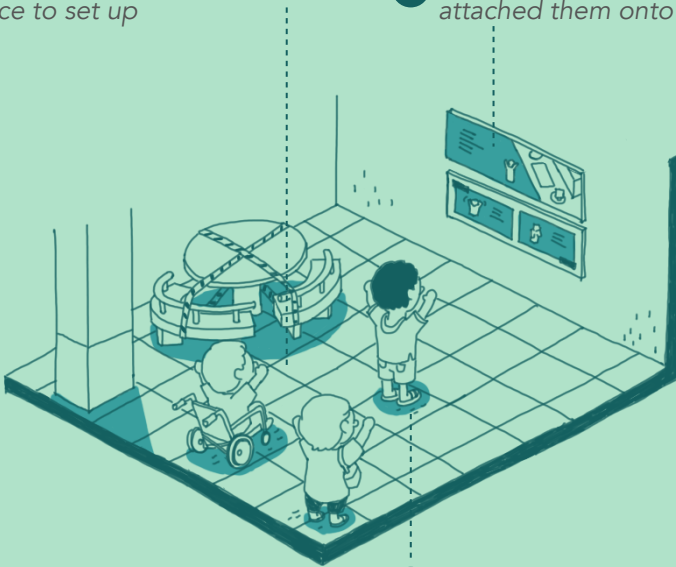
## EXERCISE PITSTOPS

How can we make use of common corridors for a little fresh air and exercise? Create “Exercise Pitstops” along your corridor for elderly neighbours to enjoy, featuring simple movements without needing any additional equipment.

### HOW-TO-DO

1 Find a large common corridor or space to set up

2 Print out the templates and attached them onto the walls



3 Explain and invite your elderly neighbours to participate with/ without you

NEIGHBOUR(S) NEEDED  
**MORE THE  
MERRIER!**

### MATERIAL(S) NEEDED

(MAJONG) PAPER, PENS,  
COLOURING MATERIALS,  
INSTRUCTION MANUAL

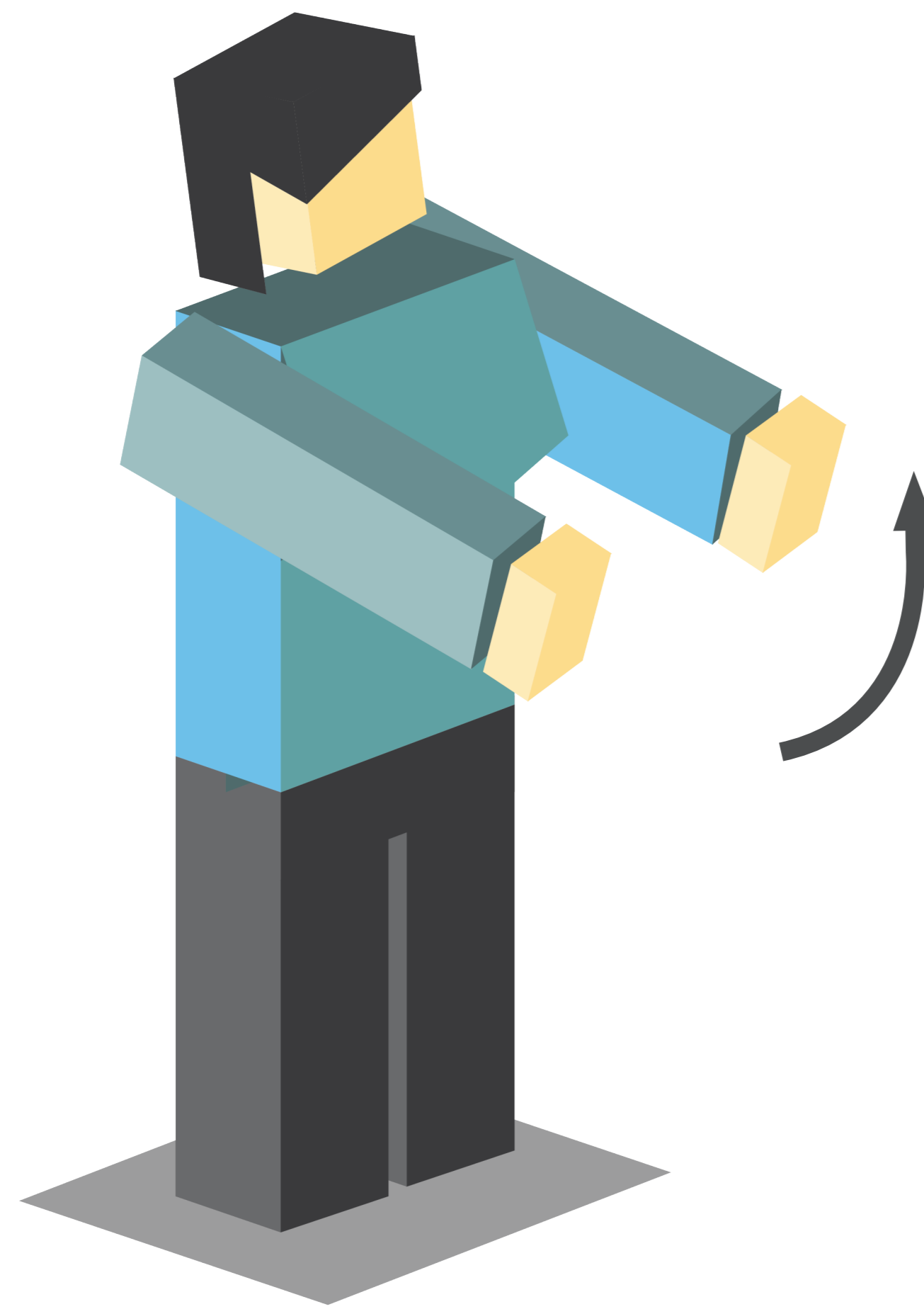


# HI THERE! JOIN US TO PLAY THIS COMMUNITY GAME

## LET US STAY PHYSICALLY HEALTHY AND ACTIVE

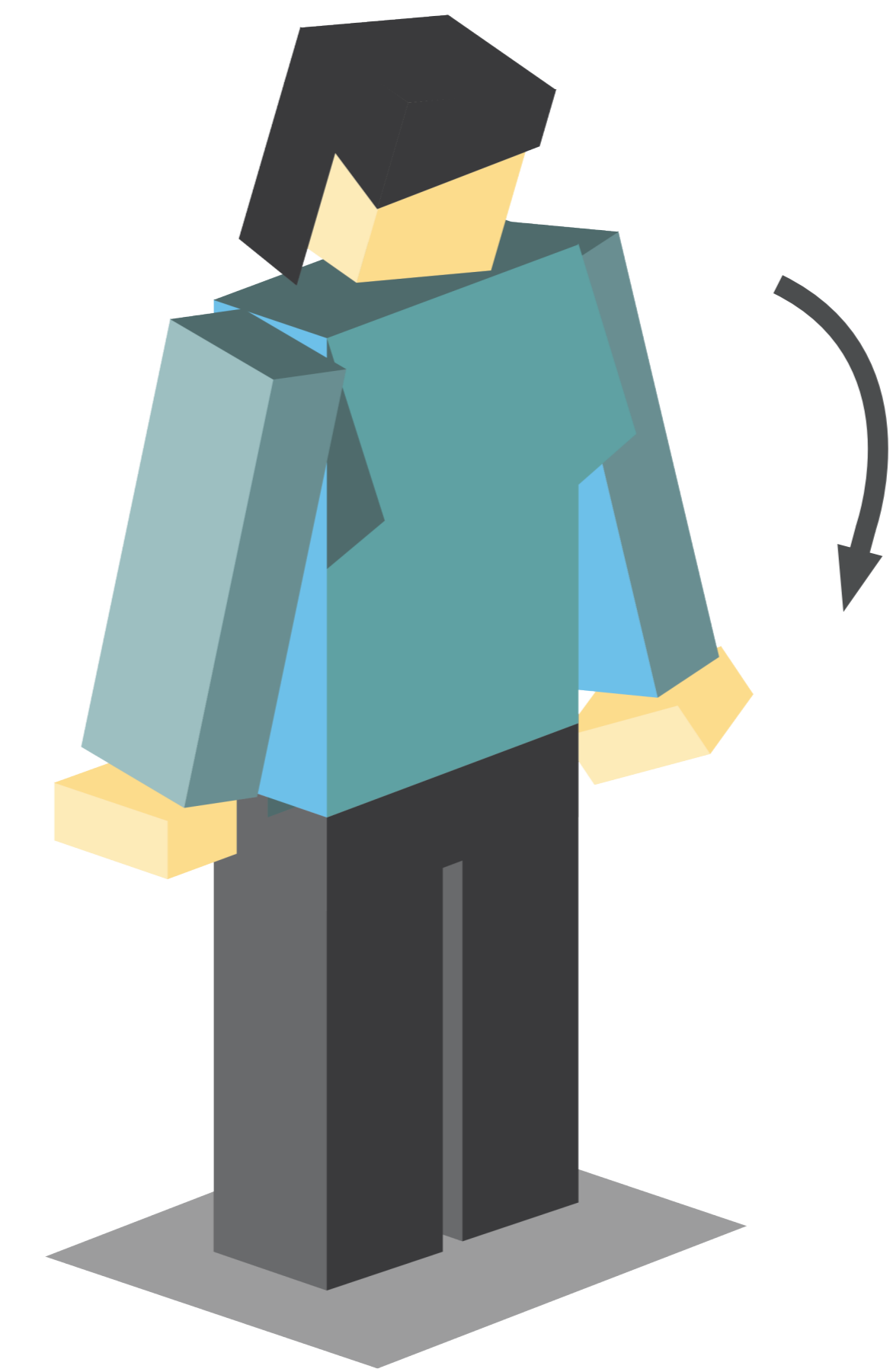
- 1 Check out the various exercise pitstops placed along the corridor or street
- 2 Each exercise is simple and do not require additional equipment
- 3 Follow the instructions at the pitstops to transform your communal space into a make-shift exercise corner
- 4 Remember to stay safe and observe social distancing when your neighbours walk pass
- 5 Have your own exercise ideas? Print them out and add them as additional pitstops

## LIFT UP



**Bring your hands  
up to your chest.  
Breathe in.**

吸气时，抬起双手，  
双掌摆在胸前

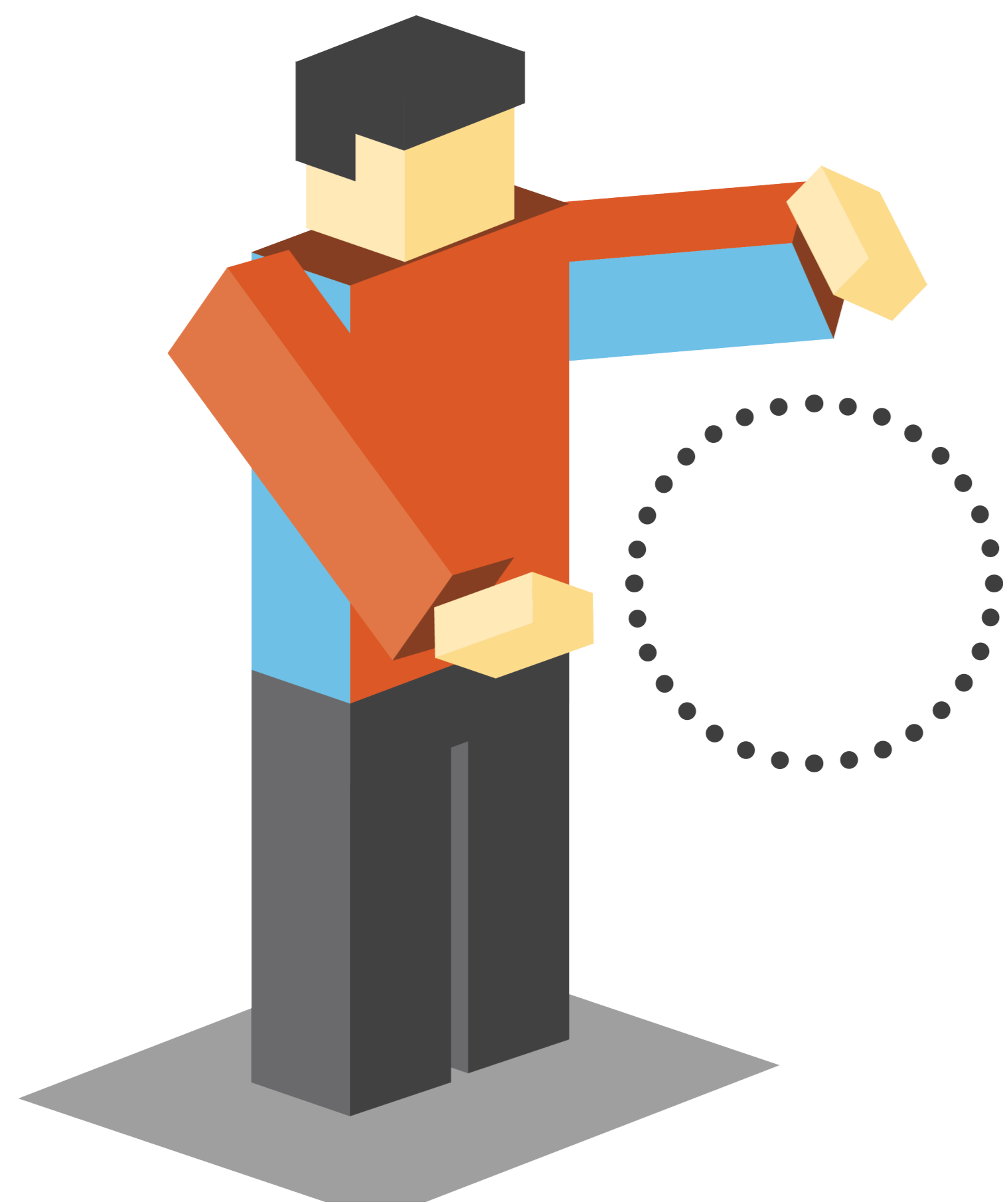


**Bring your hands  
down slowly.  
Breathe out.**

呼气时，慢慢地把双  
手往下摆

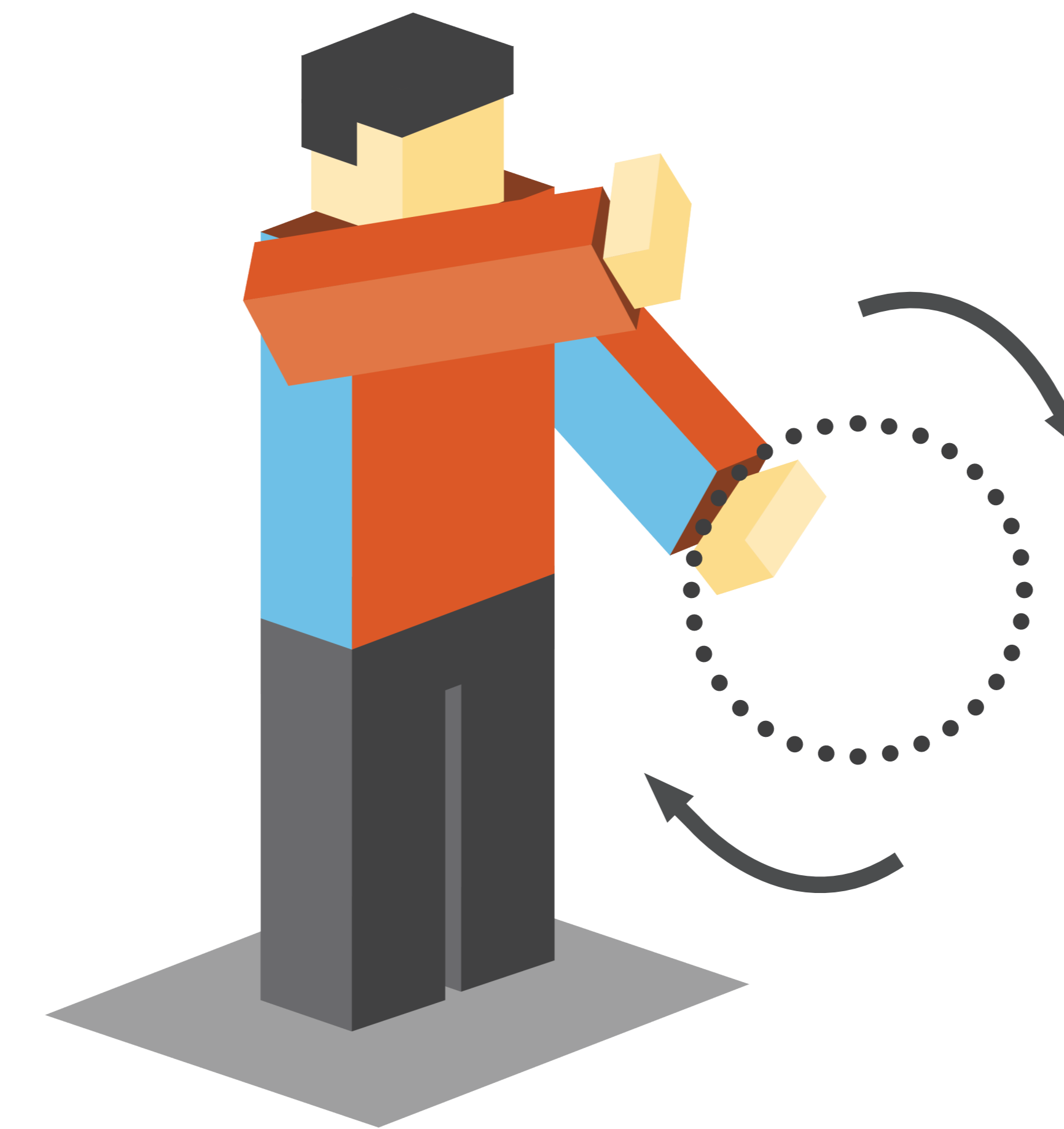
抬起来

## BALL OF A TIME



**Imagine holding a ball in front of you. Breathe in.**

吸气时，将双手抬起  
到面，如同抱着一个  
圆球

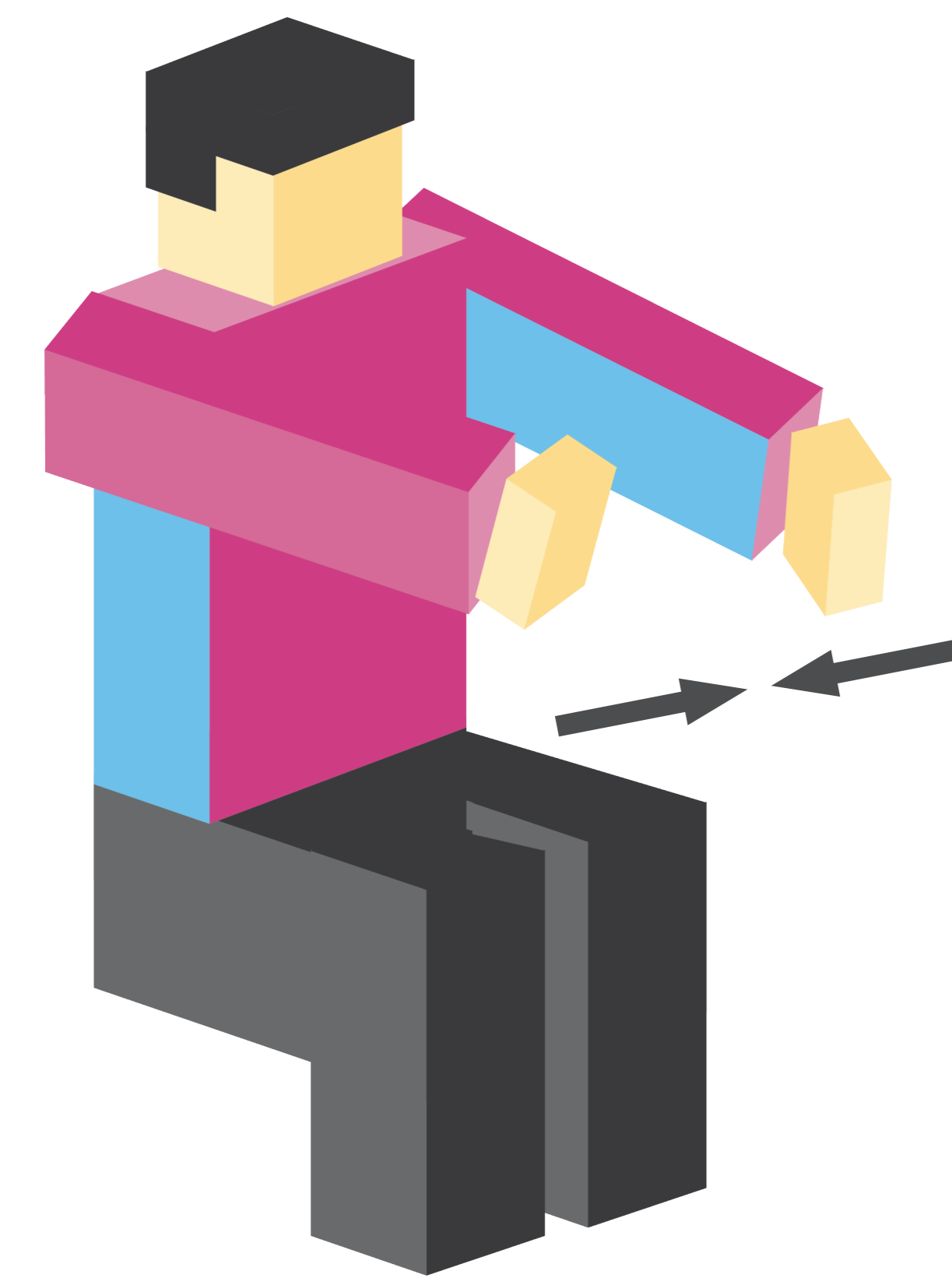


**Imagine turning the ball. Breathe out.**

呼气时，移动手臂，  
如同把圆球转动

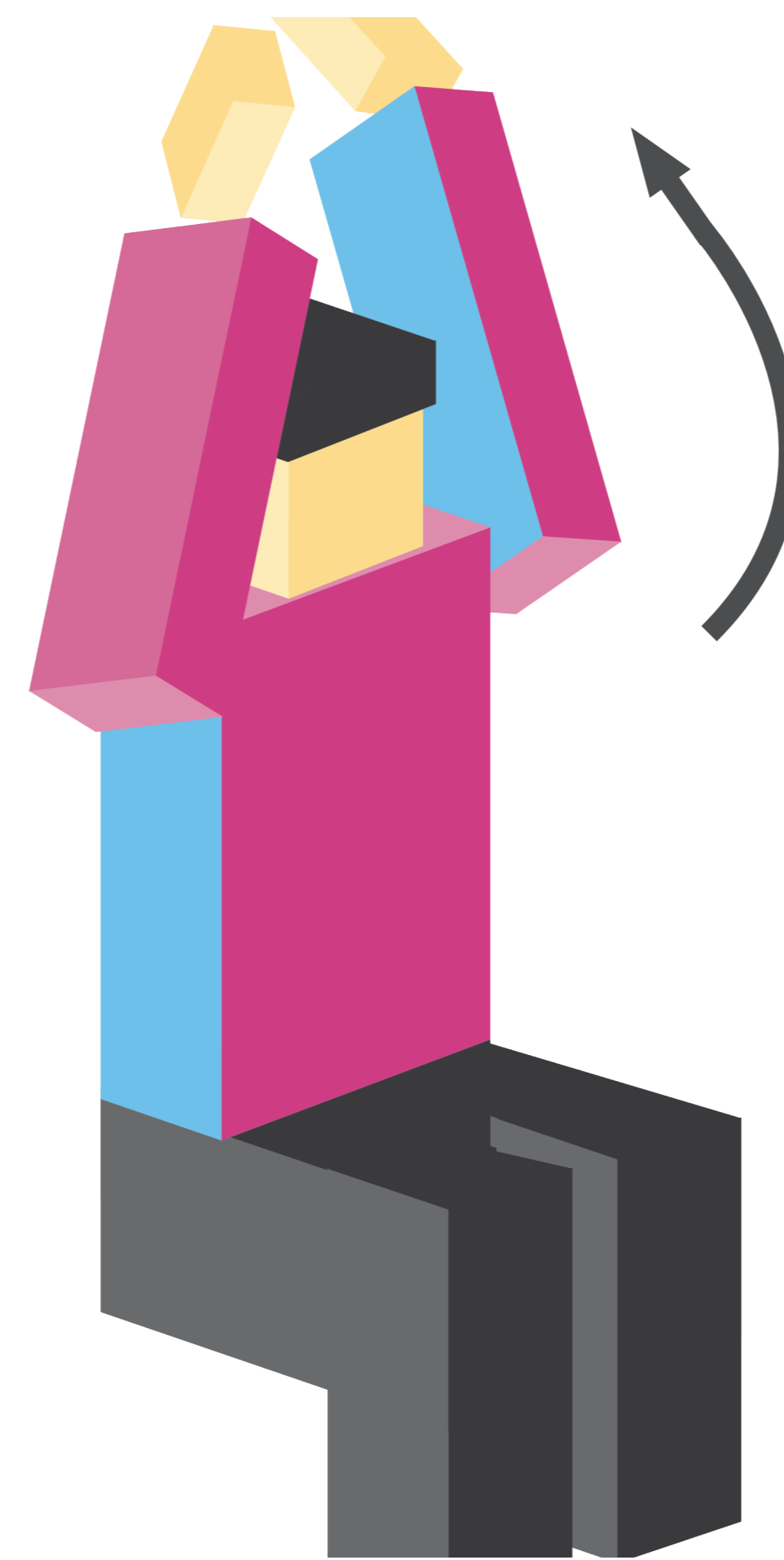
滚滚圆球

# FLOWER IN BLOOM



**Put your hands together.**

把双掌压在一起



**Bring your hands up.**

将双手举直过头顶

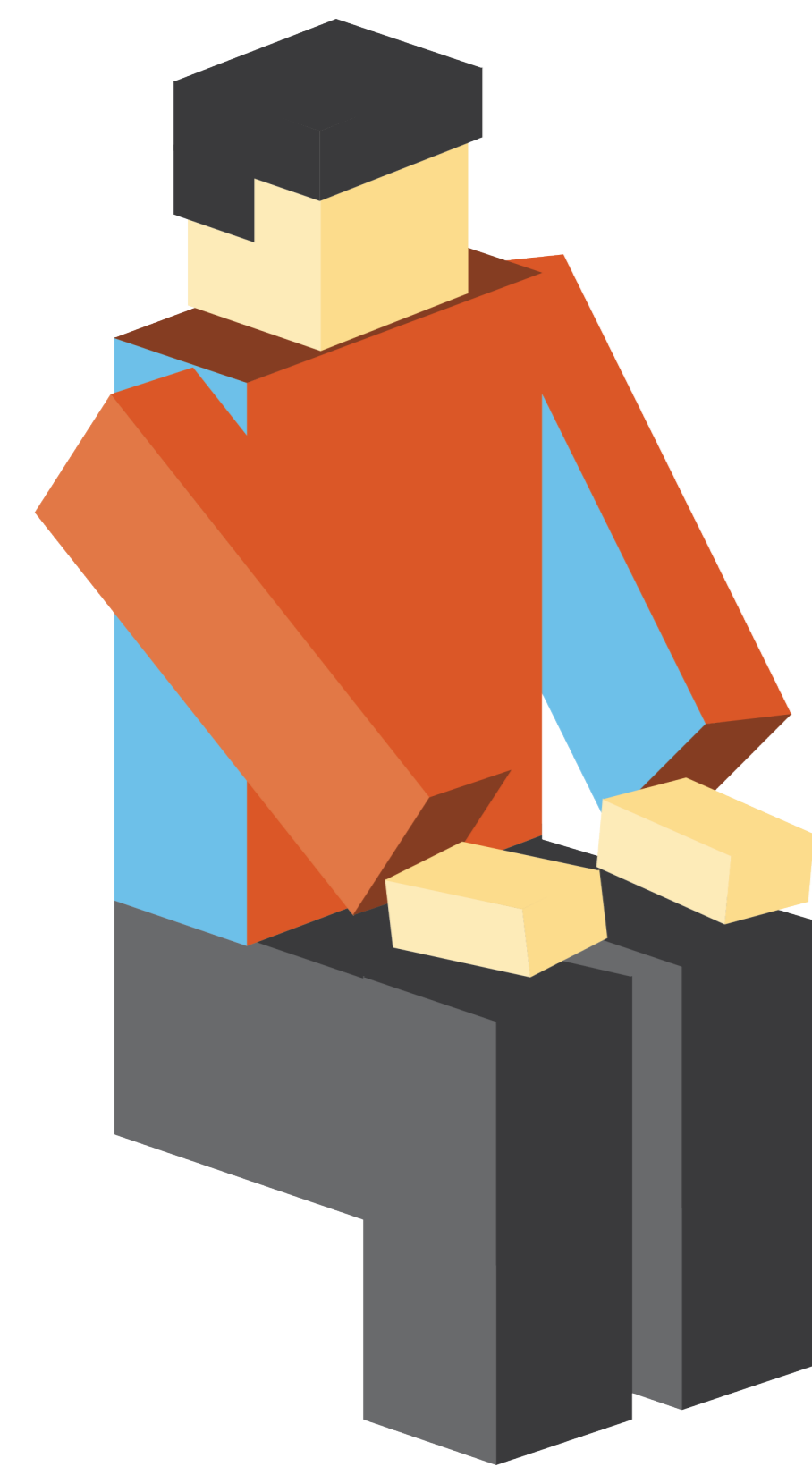


**Open your arms to your sides and repeat.**

将手臂向侧面张开

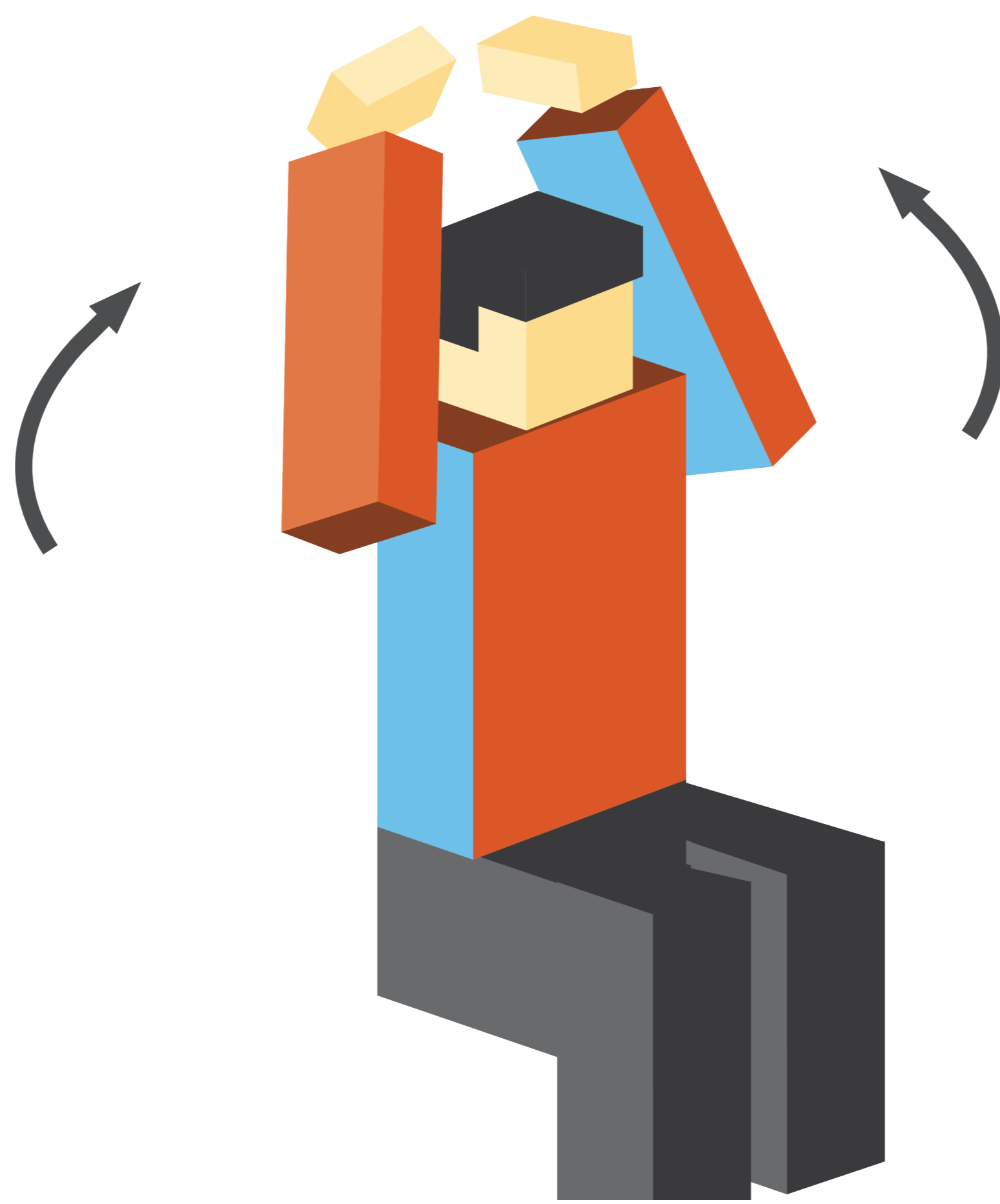
花开富贵

## BREATHING DANCE



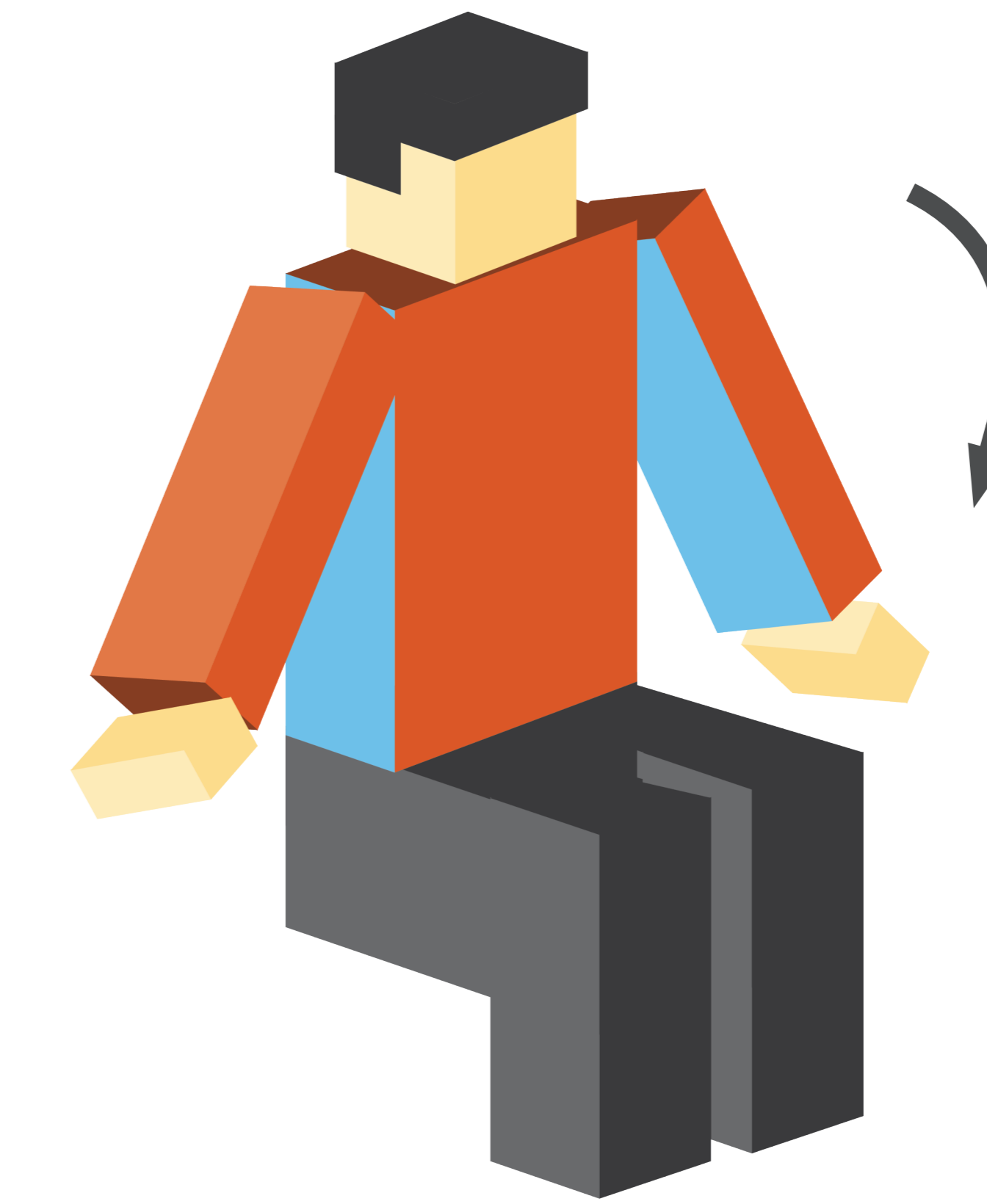
**Put your hands  
facing up on  
your lap.**

将手掌放在膝盖上方



**Breathe in.  
Bring your hands  
up.**

吸气时，将双手抬  
起过头顶



**Breathe out.  
Bring your hands  
down.**

呼气时，放下手臂

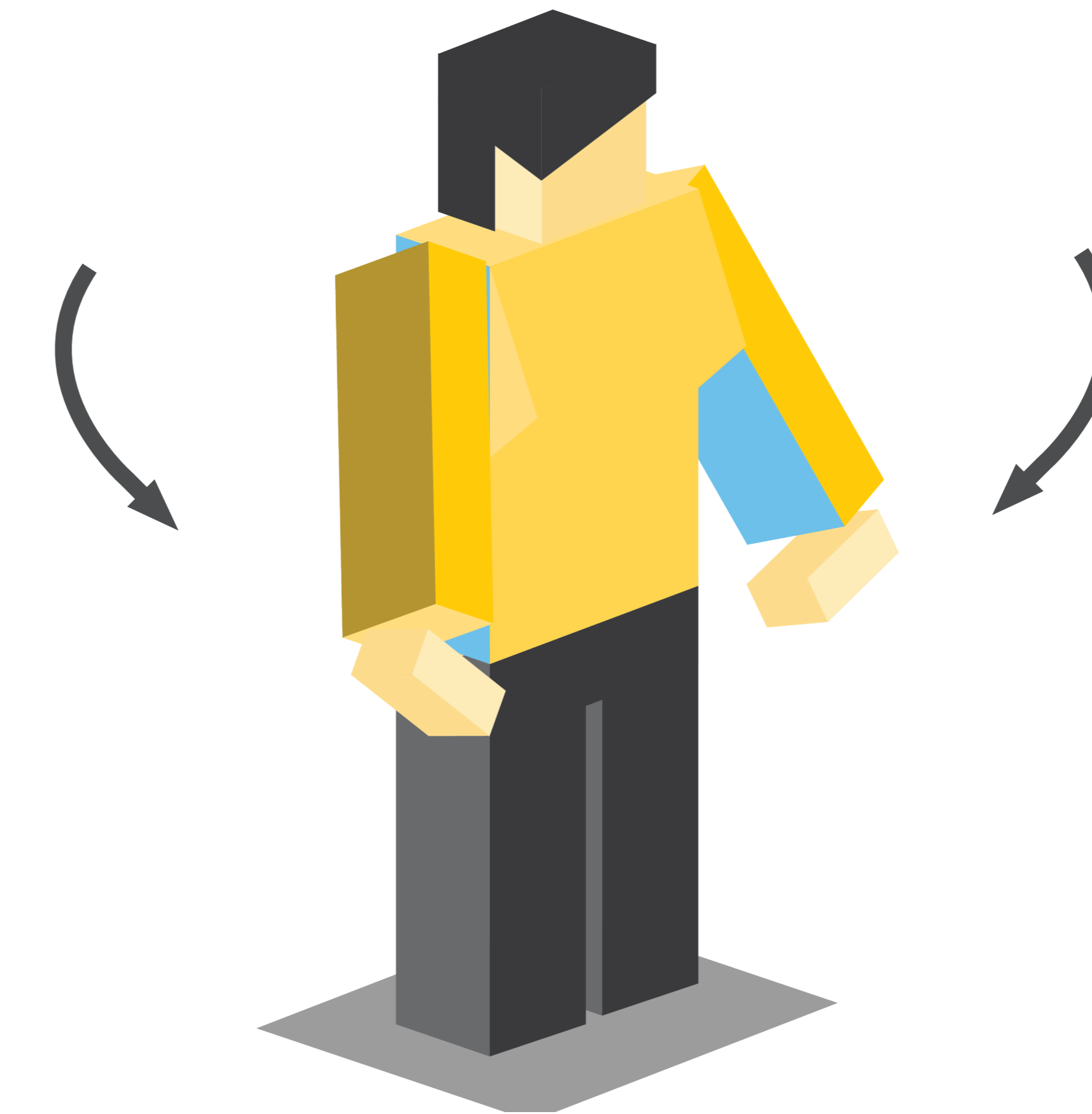
呼吸舞蹈

## W FOR WINNER



**Breathe in.**  
**Bring your hands up**  
**in a "W" shape.**

吸气时，举起双手，  
形成“W”形状



**Breathe out.**  
**Bring your hands**  
**down.**

呼气时，放下手臂

**“W” 形我行!**