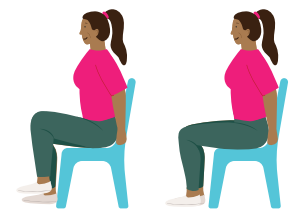


Residential Aged
Care Facility

Move It May 2024

Calendar
of moves



Please ensure exercises are completed upon recommendation and supervision of a health professional

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 Change out of your PJs and get ready to move this month!	2 Knee extensions X7	3 Water the garden or pot plants	4 Mini squats X7
5 Walk or wheelchair a lap of the courtyard X3	6 Heel raises X7	7 Dance to your favourite song!	8 Toe raises X7	9 Ask your OT or /carer to organise a game of mini golf or quoits	10 Sit to stand X7	11 Walk or wheelchair laps of your room X10
12 Standing marches on the spot X10	13 Leg raises X5	14 Seated arm stretches outside	15 Throw a ball with a friend (see who can catch the most!)	16 Seated touch touches X7	17 Wall push-ups X5	18 Ask your physio for arm exercises using light weights
19 Seated leg stretches outside	20 Walk or wheelchair and chat with a friend outside	21 Seated marches X20	22 Ask your physio for exercises using resistance bands	23 Seated overhead punches X10	24 Seated soccer: Kick a ball with a friend see who can stop the most from going through the chair legs!	25 Walk or wheelchair laps of your room X15
26 Ask your OT or carer to organise a game of lawn bowls or ten pin bowling	27 Seated overhead punches X20	28 Count the birds as you go for a walk/ wheelchair today	29 Seated star-jumps X10	30 Put on your favourite song, and complete 2 chair exercises from this calendar	31 Walk or wheelchair laps of the ward X5	1