



BLACK SWAN
HEALTH LTD

5 STEPS TO HELP MANAGE CHRONIC DISEASE WITH EXERCISE

Please note: it is recommended that you follow the sound advice of your doctor before embarking on an exercise program as each individual is different.

1

WARM UP

When - Before a workout

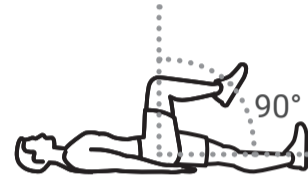
Important - Don't cut corners

Benefits

- Increases focus
- Raises metabolic rate
- Increases cardio-respiratory function



SHOULDER ROLL



LEG RAISE



LEG SWING

2

CARDIO

When - 150 minutes per week

Important - Pace yourself

Benefits

- Weight loss
- Improved heart and lung function
- Improved mood



SWIMMING



WALKING/RUNNING



STAIRS

3

STRENGTH

When - Following cardio

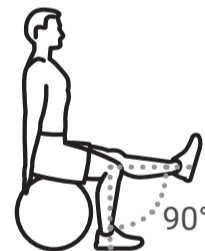
Important - Correct form and technique

Benefits

- Develop strong bones
- Manage chronic pain symptoms
- Control weight



BICEP CURL



LEG EXTENSION



STEP UP

4

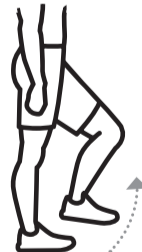
BALANCE

When - Practise all the time

Important - Safe space and balance support

Benefits

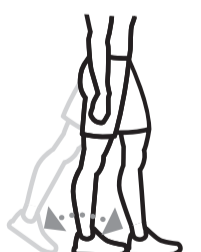
- Improved coordination
- Greater core control
- Better posture



SINGLE LEG STANCE



HEEL/TOE



WALKING HEEL/TOE

5

RELAXATION

When - End of workout

Important - Don't skip relaxation

Benefits

- Lower heart rate
- Better stress management
- Increased awareness



LIE COMFORTABLY

BREATH DEEPLY

TENSE AND RELEASE