



**University
of Manitoba**

Physical activity at home:

Resources for people with health conditions

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Before using this resource:

We are a group of volunteers who have prepared this resource to support people who want to be physically active while at home, due to the pandemic or other reasons. This document offers publicly accessible supports, prepared for people with particular physical conditions. Some of the links listed here, such as the mindfulness and relaxation videos in the “Mental Health” section are appropriate for many, while most of the links are for those with specific health conditions or adapted exercise program needs.

We provide the information contained in this document and in the linked resources on an “as is” basis, for general information only. This document is not intended to substitute for professional physiotherapy or medical diagnosis, advice, or treatment.

If you have concerns or questions about the impact of physical activity on your health condition, please consult a physician or physiotherapist before engaging in physical activity.

The reader must accept full responsibility for the use of the information contained in this document and in the cited resources. Do not use if you do not accept this responsibility, including the associated risks of use.

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Acknowledgement:

We would like to acknowledge the Toronto Rehabilitation Hospital’s *Together in Movement and Exercise*, which had already recommended several of the resources we include in this document: <https://www.uhn.ca/TorontoRehab/Clinics/TIME>

Arthritis:

The Arthritis Society (Canada) offers guidance, and a downloadable “Top Ten Arthritis Exercises” tip sheet:

<https://arthritis.ca/living-well/optimized-self/exercise-motion/the-right-exercise-mix>

Exercise is Medicine offers a downloadable document that gives guidance for exercise for people with Rheumatoid Arthritis:

https://www.exerciseismedicine.org/assets/page_documents/EIM_Rx%20for%20Health_Rheumatoid%20Arthritis.pdf

Exercise is Medicine offers a downloadable document that gives guidance for exercise for people with Osteoarthritis:

https://www.exerciseismedicine.org/assets/page_documents/EIM%20Rx%20series_Exercise%20with%20Osteoarthritis.pdf

Cancer:

Exercise is Medicine offers a downloadable document that gives guidance for exercise for people with cancer:

https://www.exerciseismedicine.org/assets/page_documents/EIM_Rx%20for%20Health_Cancer.pdf

Cancer Research UK offers guidance for exercise for people with cancer:

<https://www.cancerresearchuk.org/about-cancer/coping/physically/exercise-guidelines>

Type 2 Diabetes:

Exercise is Medicine offers a downloadable guide “Being Active when you have Type 2 Diabetes”:

[https://www.exerciseismedicine.org/assets/page_documents/EIM_Rx%20for%20Health_Diabetes%20\(2\).pdf](https://www.exerciseismedicine.org/assets/page_documents/EIM_Rx%20for%20Health_Diabetes%20(2).pdf)

General:

American College of Sports Medicine:

- 1) Tips for how to monitor exercise intensity – are you working too hard, or too little?

https://www.acsm.org/docs/default-source/files-for-resource-library/exercise-intensity-infographic.pdf?sfvrsn=f467c793_2

- 2) Tips for how to set yourself up a regular walking routine:

https://www.acsm.org/docs/default-source/files-for-resource-library/starting-a-walking-program.pdf?sfvrsn=85e9d2d9_2

Exercise is Medicine offers tips for staying active during Coronavirus pandemic:

https://www.exerciseismedicine.org/assets/page_documents/EIM_Rx%20for%20Health_%20Staying%20Active%20During%20Coronavirus%20Pandemic.pdf

Heart Disease:

British Heart Foundation, led by an exercise professional:

- 1) Strength & Flexibility (10 min) for legs in sitting and standing, with balance exercises to finish https://www.youtube.com/watch?v=NWRI2D_vb8g&feature=youtu.be
- 2) Cardiac rehab (50 min) provides a “cardio” routine (e.g. exercises to increase heart rate and fitness) through marching, toe taps, and arm strength
<https://www.youtube.com/watch?v=-JsuNKbAAkU>

High blood pressure/Hypertension:

American College of Sports Medicine offers a downloadable resource which gives recommendations for types of exercise, and how frequent, intense, and long physical activity sessions should be for people who have high blood pressure (hypertension):

https://www.acsm.org/docs/default-source/files-for-resource-library/fitt-recommendations-for-hypertension_update.pdf?sfvrsn=34b7fe2a_2

Exercise is Medicine offers a downloadable guide “Being Active with High Blood Pressure”

https://www.exerciseismedicine.org/assets/page_documents/EIM_Rx%20for%20Health_Hypertension.pdf

Mental Health:

Mindfulness & Relaxation, done while sitting or lying down designed by Toronto Rehab (LEAP Service) therapists to guide you through various wellness exercises:

- 1) Breathing Space (3 min) <https://www.youtube.com/watch?v=PMcxSv4GXIA>
- 2) Breathing Relaxation (15 min) <https://www.youtube.com/watch?v=-z6EsfFi4O4>
- 3) Breathing With Ocean Imagery (20 min)
<https://www.youtube.com/watch?v=LLHYuM3ljUs>
- 4) Progressive Muscle Relaxation (20 min)
<https://www.youtube.com/watch?v=wwLRcWz460Y>

- 5) Body Scan Relaxation (22 min) <https://www.youtube.com/watch?v=oLUSpGNRpes>
- 6) Self-hypnosis (25 min) <https://www.youtube.com/watch?v=JwWmRQo35xl>
- 7) Meditation (30 min) <https://www.youtube.com/watch?v=k2ZDjPuSUv8>

Exercise is Medicine offers a downloadable guide, “Being Active when you have Depression and Anxiety”:

https://www.exerciseismedicine.org/assets/page_documents/EIM_Rx%20for%20Health_Anxiety%20and%20Depression.pdf

Mobility Challenges (from Strokes, Multiple Sclerosis, and Pain):

“**It’s Your Choice**”, designed by physiotherapists at Toronto Rehabilitation Hospital for people with multiple sclerosis and other mobility issues. Variations allow you to select the challenge that is most appropriate for you.

- 1) Information (6 min) <https://www.youtube.com/watch?v=kpTHDR5k-cY>
- 2) Seated Warm-up (12 min) <https://www.youtube.com/watch?v=XPmUqiTBEpU>
(NOTE: Seated warm-up can also be performed as a standalone exercise routine)
- 3) Strength, Balance & Aerobics (24 min)
<https://www.youtube.com/watch?v=Qh94WI9Ecoc>

Gentle Movement Exercises, done while sitting or standing. Designed by Toronto Rehab (LEAP Service) therapists for people with mobility issues and/or pain. Variations allow you to select the challenge that is most appropriate for you.

- 1) Gentle Chair Yoga (10 min) <https://www.youtube.com/watch?v=XMps5-PIJHA>
- 2) Gentle Chair Yoga (20 min) <https://www.youtube.com/watch?v=KEjiXtb2hRg>
- 3) Gentle Chair Yoga (30 min) <https://www.youtube.com/watch?v=1YHjBYcqJ5c>
- 4) Tai Chi and Qi Gong (22 min) https://www.youtube.com/watch?v=pa_I5NAOW4k
- 5) Gentle Mat Exercises (25 min) <https://www.youtube.com/watch?v=C27BEWYC2Ks>

Multiple Sclerosis:

“**MS Active Together**” Series, developed by the UK Multiple Sclerosis Society:

- 1) Move More, online exercise playlists for people with mild to moderate MS symptoms
https://www.youtube.com/watch?v=3pIM5MpCi_8&list=PLseEst8sYZkRM0tVgPigf7fNBbF3xK717 AND
<https://www.youtube.com/watch?v=wOJfB1XdUr4&list=PLseEst8sYZkQubzSGYkYZG9kZeYgcDZO2>
- 2) Pilates Workout for MS, a free online series of Pilates classes to improve balance, walking, body awareness, and relaxation. Some classes are done sitting in a chair, while some have parts done while standing or lying down. Some classes involve a cushion

and/or a resistance band

<https://www.youtube.com/playlist?list=PLseEst8sYZkSVKyHkC9rjkPnSsKThxfbu>

- 3) Yoga for MS, a free online series of Yoga classes, done in a chair or the floor:

<https://www.youtube.com/watch?v=Qsd0vEwXlqE&list=PLseEst8sYZkTsMOepWQ6tVAw06fYWgf-S>

The **Canadian Society of Exercise Physiology (CSEP)** offers a downloadable document for adults with multiple sclerosis:

https://csepguidelines.ca/wp-content/uploads/2018/10/CSEP_MS_PAGuidelines_adults_en.pdf

Older Adults:

Gentle Fitness Exercises for Older Adults, Supported by the British Heart Foundation, offers online videos led by an exercise professional:

- 1) Strength & Flexibility (10 min) for legs in sitting and standing, with balance exercises to finish https://www.youtube.com/watch?v=NWRI2D_vb8g&feature=youtu.be
- 2) Cardiac rehab (50 min) provides a “cardio” routine (e.g. exercises to increase heart rate and fitness) through marching, toe taps, and arm strength

<https://www.youtube.com/watch?v=-JsuNKbAAkU>

Exercise is Medicine offers a downloadable guide “Being Active as we get Older”:

https://www.exerciseismedicine.org/assets/page_documents/EIM_Rx%20for%20Health_Being%20Active%20as%20We%20Get%20Older.pdf

Australian Physiotherapy Association: Safe Exercise at Home

Downloadable recommended exercises and online exercise videos to improve strength, balance, and heart health, designed for three levels

- Level 1 – for those who are unsteady on their feet, maybe using a walking aid or extra support for activities like grocery shopping
- Level 2 – for those whose medical conditions are well controlled, plus are able to manage most daily activities without help, but might feel a little unsteady or get a little short of breath when active
- Level 3 – for those who regularly walk outside for 30 min or more without difficulty

<https://www.safeexerciseathome.org.au/for-older-people>

National Institute on Aging, video playlists by Go4Life:

- 1) Workout Videos:

<https://www.youtube.com/playlist?list=PLmk21KJuZUM7kDgg7EOsXqPKAoOnD5Q8N>

- 2) Exercise Videos:

<https://www.youtube.com/playlist?list=PLmk21KJuZUM4HTTrJ7hrJ8yxhToKkIT8a8>

3) Improving your balance:

https://www.youtube.com/playlist?list=PLmk21KJuZUM6_Gy9jxzF9sTO_6u_tYCOM

Note: When doing balance exercises please ensure you are near a stable surface

4) Building Strength: <https://www.youtube.com/playlist?list=PLmk21KJuZUM6kZzsR2aeT-NXYW2Kkjtxp>5) Stretching: <https://www.youtube.com/playlist?list=PLCCD15A44D95DBCDF>

Mosaic Home Care, activity booklet including a link to an exercise class:

<https://www.mosaichomecare.com/wp-content/uploads/2020/05/May-2020-Activity-Booklet-COVID19-Final-1.pdf>

Fall Prevention Community of Practice LOOP, online free home exercises for homebound older adults, and a downloadable monthly calendar to help planning:

<https://www.fallsloop.com/discussions/11290>

<https://media3.laterlifetraining.co.uk/wp-content/uploads/2020/03/LLT-Calendar-2020-Final.pdf>

<https://www.youtube.com/playlist?list=PLeePVUq4FvWu9uSwUK8YMwZIVjx1CKp8q>

One-sided Hemiplegia/-strokes:

University of British Columbia's Neurorehabilitation Research Program offers multiple videos and downloadable programs for people who have had strokes to exercise and practice therapeutic activities at home:

- 1) Fitness and Mobility Exercise (FAME) Program for people after strokes who are able to stand for 5 min, walk 10 m with or without an aid. The website includes both videos and downloadable handouts of activities appropriate for people after they have had strokes. Manuals to the FAME program are available in multiple languages.

Start here to judge if this is for you: <http://fameexercise.com/for-people-after-stroke/is-fame-for-me/>

For home-based activities: <http://fameexercise.com/famehome/>

- 2) Graded Repetitive Arm Supplement Program (GRASP) offers resources for people whose arms and hands are affected by strokes: <https://neurorehab.med.ubc.ca/grasp/>

Videos of Exercises for People to Move their Weaker Side, done while sitting Led by physical therapists at Flint Rehabilitation, designed for people with one-sided weakness after stroke:

Easy Leg Exercises (10 min) <https://www.youtube.com/watch?v=-rwby0zA6Vs>

Hand Exercises (10 min) <https://www.youtube.com/watch?v=i0JYsLyJEnE>

Core Exercises (10 min) <https://www.youtube.com/watch?v=dGBqTLtdVuA>

Arm Exercises (10 min) https://www.youtube.com/watch?v=kuuGlz_ddOM

Osteoporosis:

Too Fit To Fracture, Osteoporosis Canada offers free downloadable videos and written exercise programs for strength and balance exercises appropriate for people with osteoporosis:

<https://osteoporosis.ca/health-care-professionals/clinical-practice-guidelines/exercise-recommendations/video-series-on-exercise-and-osteoporosis/>

Short downloadable version:

http://www.osteoporosis.ca/wp-content/uploads/OC-Too-Fit-to-Fall-or-Fracture.pdf?_ga=2.176768173.988668796.1587745613-340635600.1587745613&_gac=1.171713172.1587745613.EAlaIQobChMI79fzpr2B6QIVhf5kCh3BlgfYEAAYASAAEgIUDvD_BwE

Full downloadable version:

www.osteoporosis.ca/wp-content/uploads/OC-Too-Fit-To-Fracture-Osteo-Exercise-Book.pdf?_ga=2.109536909.988668796.1587745613-340635600.1587745613&_gac=1.8121094.1587745613.EAlaIQobChMI79fzpr2B6QIVhf5kCh3BlgfYEAAYASAAEgIUDvD_BwE

Parkinson's Disease:

The UTurn Parkinson's Program, usually hosted at Rock Steady Boxing in Winnipeg, MB, is currently offering daily online free exercise programs for those with Parkinson's Disease, streaming through Facebook Live. The classes include Yoga, Boxing, and others.

NOTE: you do not need a Facebook account to view the sessions.

Schedule of classes here: <https://www.uturnparkinsons.org/class-calendar>

Videos of prior sessions are available here: <https://www.facebook.com/pg/uturnpd/videos/>

Pregnancy:

American College of Sports Medicine offers a downloadable guide to becoming or remaining physically active during pregnancy:

https://www.acsm.org/docs/default-source/files-for-resource-library/pregnancy-physical-activity.pdf?sfvrsn=12a73853_4

The **Canadian Society of Exercise Physiology** (CSEP) offers recommendations and a downloadable document for people who are pregnant: <https://csepguidelines.ca/guidelines-for-pregnancy/>

Exercise is Medicine offers a downloadable guide to becoming or remaining physically active during pregnancy:

https://www.exerciseismedicine.org/assets/page_documents/EIM_Rx%20for%20Health_Pregnancy.pdf

Respiratory Conditions:

Exercise is Medicine offers a downloadable guide to physical activity for people with asthma:

https://www.exerciseismedicine.org/assets/page_documents/EIM_Rx%20for%20Health_Asthma.pdf

Living well with COPD offers videos of exercises and other resources for those with Chronic Obstructive Pulmonary Disorder. NOTE: to access the education and physical activity videos, you need to create a free account on the website

<https://www.livingwellwithcopd.com/>