



## ORANGE Symbolises Perseverance and Endurance

You have made the first crossing from Stage 1 to Stage 2. Abraham Lincoln said: "I am a slow walker but I never walk back." It does not matter how slowly you go as long as you do not stop. Our muscles only get stronger if we are moving and our blood pumping. So make more crossings!

"Before I started exercising, I was worried that I may not be able to climb the stairs. I am more confident now, having conquered the fear and doing what I previously thought was not possible."



Sakyah Bte Sapari | Age 64 | Dialysis Centre: Pasir Ris



# Muscle Activation Exercises

Our muscles are activated through nerve impulses. Nerve impulses 'power up' the muscles, causing muscles to contract. This process enables the movements that we rely on to perform tasks, big and small.

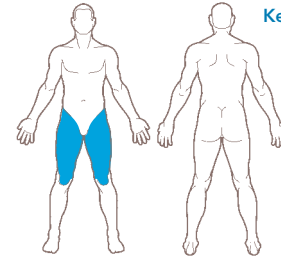
The exercises in Stage 2 facilitate this process of muscle activation. Performed regularly, these could help to build muscle strength.



## CAUTION:

- Do movements in a slow and controlled manner.
- Engage your torso by tensioning the mid-section muscles.
- Do not hold your breath. Breathe normally.
- Have one day of rest in between strength training sessions.

Key muscles at work:  
Front of thigh



## 1) Knee raise



### Start position:

- ▶ Sit upright with legs shoulder-width apart



### Action:

- ▶ Lift your knee towards chest, without bending torso
- ▶ Hold for 15 seconds
- ▶ Return to start position
- ▶ Repeat on the other leg



1



2



3

Start

## 2) Hip adduction



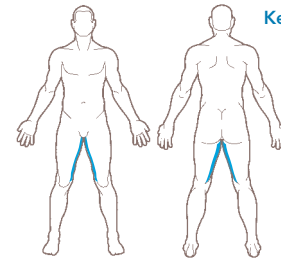
### Start position:

- ▷ Sit upright with pillow placed between knees



### Action:

- ▷ Squeeze legs together
- ▷ Hold for 15 seconds
- ▷ Return to start position



Key muscles at work:  
Inner thigh



1



2

Start

### 3) Hip abduction



#### Start position:

- ▷ Sit upright with a towel tied around your thighs

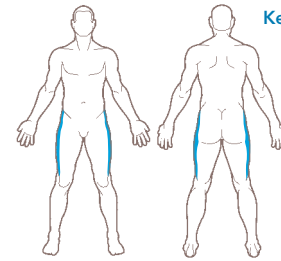


#### Action:

- ▷ Open legs laterally against the resistance
- ▷ Hold for 15 seconds
- ▷ Return to start position



**Note:** Tie towel firmly, but with enough space for outward movements of thighs



**Key muscles at work:**  
Outer thigh



1



2

Start

## 4) Lower leg extension



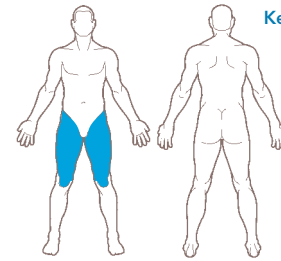
### Start position:

- ▶ Sit upright with both feet flat on the floor
- ▶ Hold onto the side of the seat for support



### Action:

- ▶ Lift leg off the floor, straighten leg
- ▶ Hold for 15 seconds
- ▶ Return to start position
- ▶ Repeat on the other leg



Key muscles at work:  
Front of thigh



1



2



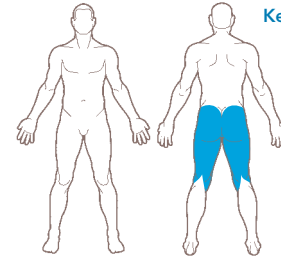
3



4

Start

Key muscles at work:  
Back of thigh  
Buttock



## 5) Hip kickback



### Start position:

- ▶ Stand upright with legs shoulder-width apart, hold on to a support



### Action:

- ▶ Keeping back straight, bring one leg behind, pointing your toes downwards
- ▶ Hold for 15 seconds
- ▶ Return to start position
- ▶ Repeat on the other leg



1



2



3



4

Start

## 6) Supported heel raise



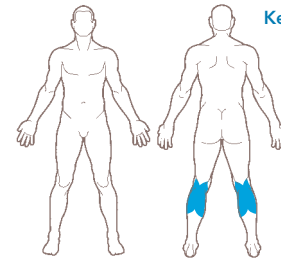
### Start position:

- ▶ Stand upright with legs shoulder-width apart, hold on to a support



### Action:

- ▶ Lift heels of both legs and stand on the balls of feet
- ▶ Hold for 15 seconds
- ▶ Return to start position



Key muscles at work:  
Back of lower leg



1



2

Start



## 7) Supported side lunge



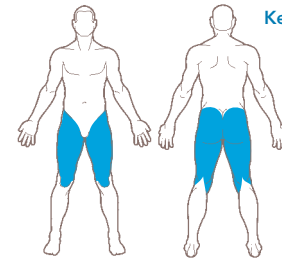
### Start position:

- ▶ Stand upright with legs shoulder-width apart, hold on to a support



### Action:

- ▶ Take a 45-degree step out
- ▶ Bend as low as possible
- ▶ Hold for 15 seconds
- ▶ Return to start position
- ▶ Repeat on the other leg



### Key muscles at work:

Front of thigh  
Back of thigh  
Buttock



1



2



3

Start

# Quizzes

How accurate are the following statements?  
Decide for yourself whether it's a **Yes**, **No**, or **Maybe**.



1. I have missed a few exercise sessions. I should continue at a lower intensity. ●●●
2. I should update my daily log diligently to beautify it. ●●●
3. Doing household chores can be considered a physical activity. ●●●
4. Regular exercise can help to prevent weight gain. ●●●
5. I can exercise just before my dialysis session. ●●●
6. It is best to dress in sports attire when exercising. ●●●
7. If I can't feel my pulse, I should move my fingers around till I feel it. ●●●
8. Stretching causes my body to become longer. ●●●
9. I can achieve good overall strength by doing a combination of resistance exercises that target various parts of the body. ●●●
10. When I exercise, I feel tired. ●●●