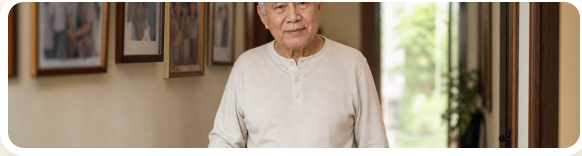


COMPASSION AT EVERY STEP



## Quick Recap

Daily movement keeps muscles, joints, balance, and mood strong. Small steady steps build big gains over weeks.

### Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

*This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.*



## A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know about safe daily movement, what to watch for, and how we help at home.

*“With regular gentle activity, daily life stays comfortable, independent, and full of the things you love.”*

## Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.

COMPASSION AT EVERY STEP

# Importance of Exercise and Activities

A Daily Movement Guide for Strength and Independence



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

## DAILY CARE



### ● Tips at Home

Practical day-to-day tips to keep you active and steady at home.

Build a calm daily routine — short walks, gentle stretching, and simple strength moves at the same times each day. Note any changes and share them with your healthcare providers.

- Aim for 30 minutes of movement most days; break it up if needed.
- Warm up with 5 minutes of easy stretching before stronger activity.
- Hydrate before, during, and after activity, even on cool days.
- Wear supportive shoes and clear pathways before you begin.
- Cool down with slow walking and deep breaths to settle muscles.

## WATCH CLOSELY



### ● What to Watch For

Knowing the signs early means quicker comfort and safer days.

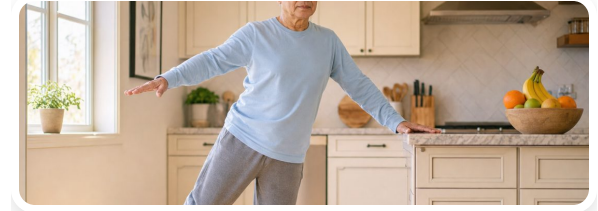
- Track new chest pain, dizziness, breathlessness, or balance loss.
- Monitor joint pain or swelling lasting more than 2 hours after activity.

### Good to know

- Some muscle soreness is normal; sharp or sudden pain is not.
- Stop and rest if you feel faint, lightheaded, or unwell.

**When to call:** Chest pain, fainting, or a fall during activity — call your nurse or doctor. Call **911** for emergencies.

## STAY STRONG



### ● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one short walk, one set of seated marches, one minute of balance work brightens the whole day.

- Strength: light bands or hand weights 2-3 days a week.
- Balance: heel-to-toe walking and single-leg stands near a counter.
- Cardio: walks, stationary bike, or pool exercise as cleared.
- A rest day or two each week supports recovery and progress.
- Pick activities you enjoy — consistency beats intensity.