

IN CELEBRATION OF PHYSIOTHERAPY MONTH: COLONEL NASE EXERCISES AND WALK

Benefits of Exercise

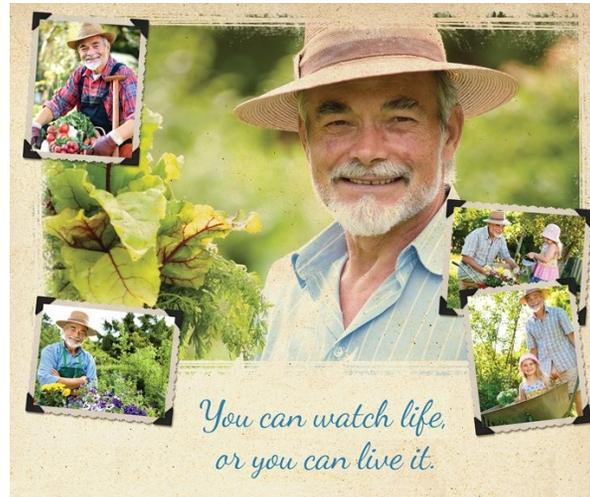
- Improved mood
- Increased energy
- Better sleep
- Decreased risk for cardiovascular disease
- Weight loss
- Reduced risk of falling in the elderly



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The Town of Grand Bay-Westfield gratefully acknowledges the physiotherapists of WorkSafeNB for their valuable contribution to this pamphlet.

The Canadian Physical Activity Guidelines recommend 150 minutes of moderate to vigorous aerobic exercise each week, in sessions of 10 minutes or more (ex: walking, biking, running, stair climbing). Strength training a minimum of 2 times per week using large muscle groups is also recommended.



The Town of Grand Bay-Westfield installed exercise equipment on Colonel Nase Boulevard to promote regular physical activity and encourage the proper use of this equipment as described below.



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Station 1-A: Arm-assisted leg flexion in wheelchair

Position your wheelchair so that you are facing the equipment. Place your feet on the lower platforms or your calves on the upper platforms. Firmly grip the handlebars and pull them towards the ground while tightening your abdominal muscles, which will raise your legs slightly. Slowly allow the handlebars to go back to neutral while tightening your abdominal muscles, which will raise your legs slightly. Slowly allow the handlebars to go back to neutral.



Station 1-A: Squat with resisted elbow extension.

Facing away from equipment, stand on platform with hands on handlebars and bend knees while pushing down on handlebars.



Station 1-B: Wrist Range of Motion

Stand facing the handlebars with hands gripping handlebars. Rotate bars so that your palms are facing up, and then rotate so your palms are facing down. You can also stand perpendicular to the handlebars and tilt your wrist towards your body and away from your body.



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Station 2: Wheelchair Arm and Leg Cycling; Standing Arm Bicycle

Position yourself so that you are facing the exercise equipment. Place your feet on the lower handles and grip the upper handles firmly. The two are connected so your feet will cycle as you are pedalling with your arms. This can also be used as an arm bicycle in standing.



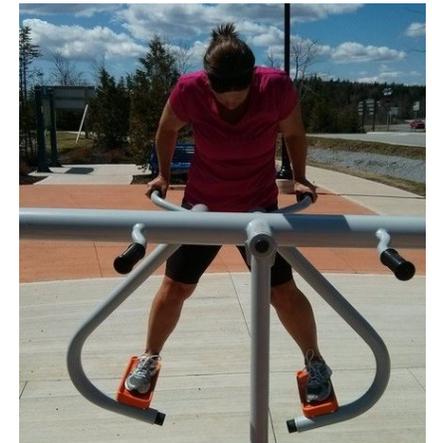
Station 3-A: Trunk Lateral Flexion

Stand with feet planted on the platform and grip the handlebars firmly. Keep your trunk upright and push your lower body from side to side in a controlled way. Try to avoid swinging from side to side!



Station 3-B: Seated Leg Press

Sit with your feet planted on the platforms. Use your legs to push your body away from the platform until your legs are nearly straight. Slowly allow yourself to return to your starting position.



Station 3-C: Standing Hip Abduction

Stand with feet planted on the platform and grip the handlebars firmly. Keep your trunk upright and push both legs out to the side so your legs are spread. Slowly return legs back to neutral.



Station 3-D: Trunk Rotation

Stand with feet planted on the platform and grip the handlebars firmly. Keep your trunk facing forwards and rotate your feet so they are pointing to the left, and then to the right.