

What to do when staying inside

Keep your muscles active!



How to Avoid Disuse Syndrome (lack of physical activity)

■ What is Disuse Syndrome?

It occurs when the mind and body function is impaired due to continued lack of movement.

■ To prevent Disuse Syndrome

Moving the body is important.

Do exercise such as walking, tv or radio exercises, or

Mejiron's active physical exercises.



Follow the tips on the right!
(Big 4 physical exercises)

[Caution]

- ① Move slowly and be careful with your muscles.
- ② Hold position for 2-3 seconds. Increase as you get used to the exercises.
- ③ Number of repetitions should be as many as possible. Increase as you get used to the exercises.
- ④ If you feel pain, stop the exercises and consult a specialist.

Basic Infection Prevention methods:

- ① **washing hands often and thoroughly (for at least 20 seconds) with soap**
 - ② **wearing masks in crowded places**
 - ③ **eating well-balanced and nutritious meals**
 - ④ **making sure you get enough sleep**
- Please keep these methods in mind in the current situation

Stay healthy with Mejiron's Big 4 active physical exercises!

1

Chair Exercises

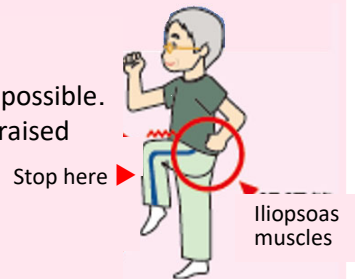
- ① Sit down slowly on a chair and then slowly stand back up.
- ② If possible, get back up just before sitting on the chair, or do the exercise without a chair.



2

Leg Raises

- ① Raise the thigh as high as possible.
- ② If possible, keep your leg raised for a while.



3

Standing on One Leg

- ① Lightly place your fingertips against the wall, then raise the opposite leg and hold.
- ② If possible, do the exercise without touching the wall.



4

Standing on Tiptoes

- ① Raise heels to prevent knees from bending
 - ② Raise and lower your heels slowly
- *do the exercise next to a wall or chair if needed

