



GUIDELINES



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101133322 – HFTeam - ERASMUS - SPORT - 2023 – SSCP

D1.6 Sport Program



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Objectives

Maintenance of the correct activity of the muscle pumps and therefore the correct drainage of liquids, considering that a sedentary working lifestyle can also lead to stagnation (stasis) of liquids



Lengthening of tendons and ligaments, preventing the formation of muscle contractures and disc protrusions due to spending too many hours sitting at a chair



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1. Balance on the heels

Stand next to a stable surface to hold on if needed. Push up onto your tiptoes, lifting your heels off the floor, then lower your heels and lift your toes off the floor. Repeat 10 times.



Adaptation for the disabled people

Aimed at people with disabilities who still allow walking, who work in the office or at home in smart working. Take support from your chair or table to keep your balance. Repeat 2-3 times a week

Adjustments of the office place

The space needed is that of an office: desk and chair plus one or two meters from the chair. The floor must not be slippery and the chair must be stable (office chairs with wheels are not suitable) and possibly the room must be ventilated.



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2. Arms and Shoulders

Stretch your shoulders and lift both hands upwards, bringing your hands across.

Count to 10 for the duration of this movement

You will feel the tendons in your wrists stretch.

Relax the fingers of both hands by swinging them downwards.

It will be enough to apply for a short time.

Repeat 5 times



Adaptation for the disabled people

Aimed at people with disabilities. It can be done it by sitting. Repeat 2-3 times a week

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3. Back and waist exercise

Stand with your hands on your hips. Slowly turn your body at the waist and look over your shoulder until you feel tension.

Stay like this for 10 seconds. Try the other way too.

Keep your knees slightly bent and do not hold your breath.

Repeat it 10 times for both sides

Adaptation for the disabled people

Aimed at people with disabilities. Disabled can also do this by holding the arm of the chair while sitting.

Repeat 2-3 times a week

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4. Walking in place and cycling arms

2 minutes of walking or marching on site to warm up a bit extending your arms to the sides and drawing small circles in the air with your hands. It is common in warm-ups for both training and athletics

Every day or 3 times a week

Adaptation for the disabled people

Aimed at people with disabilities who still allow walking, who work in the office or at home in smart working. Take support from your chair or table to keep your balance.

Repeat 2-3 times a week

Adjustments of the office place

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5. Lunges

Step forward with one foot, bending both knees so that the front leg is at a 90 degree angle and the back shin is parallel to the floor. Stand and bring the back foot to meet the front foot. Repeat the movement across the room 10 times, alternating the stepping foot.

Adaptation for the disabled people

Aimed at people with disabilities who still allow walking, who work in the office or at home in smart working. Take support from your chair or table to keep your balance. Smaller steps and/or five repetition

Adjustments of the office place

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6. Little March

Stand next to a stable surface to hold on if needed.
Lift one leg, keeping your Hips level
Try to hold this for 10 seconds and repeat with other leg



Adaptation for the disabled people

Aimed at people with disabilities who still allow walking, who work in the office or at home in smart working. Take support from your chair or table to keep your balance.
Repeat 2-3 times a week



Adjustments of the office place

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7. Sit down and stand up

Sit on a chair with feet and knees hip with apart.
Stand up then sit back down. Try not to use your hands to help
Make sure the movement is slow and controlled all the way up and down
Repeat 5-10 times



Adaptation for the disabled people

Aimed at people with disabilities who still allow walking, who work in the office or at home in smart working. Take support from your chair or table to keep your balance.

Repeat 2-3 times a week

Adjustments of the office place

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8. Leg Bends

Start in a seated position on the floor with your knees bent at 90 degrees. Gradually lower your upper body backwards until you are laying flat on the floor, facing upwards.

Get yourself back into the seated position in any way you can and repeat the lowering process.

Try to roll the spine as you lower down, ensuring that each vertebra touches the mat one by one

Repeat 5-10 times



Adaptation for the disabled people

Aimed at people with disabilities who still allow walking, who work in the office or at home in smart working. Use your hands to grip your knees or thighs to help guide you slowly

Repeat 2-3 times a week



Adjustments of the office place

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9. Back Bends

Start the exercise lying face down. Bring your fingertips to your temples and spread your elbows wide. Raise your head and shoulders up from the floor at the same time as your thighs. Slowly lower without relaxing completely by preventing the arms from touching the floor.

Repeat 5-10 times

Adaptation for the disabled people

In your wheelchair, or seated on any other stable platform, bend over from the waist until your upper body is facing down toward the floor. From this position, slowly extend the head and back to bring yourself to an upright position and repeat the movement.

Repeat 2-3 times a week

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10. Twist of Torso

Take a chair and take a 2 half liters bottles and do 20 twists of the torso alternating with 10 twists of the wrists always 3 times.

Then sitting on the chair, legs together, we bring the torso forward by hanging on the legs (stretching of the spine).

We alternate pulling your arms up or in front of you

Adaptation for the disabled people

Aimed to all types of disabilities

Repeat 2-3 times a week

Adjustments of the office place

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11. Stretching

Leaning on a chair, stand on the tips of your toes and pull your whole body upwards. Stay in this position for 10 seconds.

Always holding on to the chair, stand on your heels and stay for 10 seconds

Alternatively, the stretching exercise can also be done standing by pulling the arms behind the back and then upwards.

Remember that for each stretching exercise we must count at least 10 seconds.

Adaptation for the disabled people

Aimed to all types of disabilities

Repeat 2-3 times a week

Adjustments of the office place

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