

HEALTHY LIFESTYLE

Get Fit • Feel Great • Have Fun

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Healthy@Home with Healthy Lifestyle



Dear Healthy Lifestyle participant,

We hope Freya the Therapy Dog gave you all a smile, last week, with her mask wearing antics! We also hope you are enjoying watching our Paralympians compete in Tokyo - some truly amazing and inspiring athletes.

In this weeks newsletter, we introduce a simple upper body strength exercise you can add to your home exercise routine and explore a great website with resources to connect to the digital world. To keep your mind active we are also introducing a weekly trivia challenge which will keep you in suspense until we reveal answers the following week.

June's Exercise of the Week - Wall push-ups

The wall push-up is a great exercise to help build muscle tone and strength in the upper body. Upper body muscles are important for lifting, pushing, pulling and they help us get down and up from the floor. Before you start exercising, ensure you remove any trip hazards and are using a slip resistant surface. Wear supportive shoes.

1. Begin standing with feet in line and underneath your pelvis. With your arms stretched in front, at shoulder height or below, place your hands onto a wall.
2. Standing tall, lift your chest and look straight ahead. Gently pull your tummy in to support your back.
3. Gently bend your elbows and bring your chest towards to wall and then straighten your arms to return to the starting position.
4. Complete 5-8 repetitions and gradually increase the number of times you perform across the day.



If this is too difficult, stand closer to the wall. Over time as your strength improves, try standing further away. If your shoulders are uncomfortable, move your hands down lower to chest level.

Be Connected with the digital world

BeConnected is a safe Government website where you can learn terminology and do activities to familiarise yourself with the online world. The best thing to do is to log in and register, as this will save your learning and off you go!

A few tips to help navigate the page and get you started:

- **Home tab** tells you all about Be Connected.
- **Topic library tab** is where you go to select your subject of interest or to start from the beginning. Topics include



"the absolute basics", "getting to know your device" and "safety".

- **Find local help tab** – you are not alone on this journey you can type in your suburb, in the search bar, to find an organisation near you that can help.

You can also contact the helpline 1300 795 897 (9am-5am AEST) for support and more information on local organisations who are offering digital courses.

[Click here to explore Be Connected](#)

We want to hear from you!

Healthy Lifestyle acknowledges the challenges that the digital world may present for a number of our participants and community members. To assist, we are exploring the possibility of providing **digital skills training** to older adults in our programs to best support access and participation in today's digital world such as using computers, smart phones, iPads/Tablets and smart TVs.

To do this, we firstly need to understand your current digital skills, the devices that you have access to (eg. computer, mobile phone or iPad) and your interest in training. We want to help you feel confident and supported with online activities as we will continue to move in this direction with our enrolment processes.

Who knows this could start you on a journey to join the digital world and be connected with family and friends, a great tool in our current living arrangements!

A survey will be sent out in the next few weeks including questions on digital skills, your health needs and an opportunity to provide feedback on our exercise programs.

It is a simple and easy form to complete. We do appreciate your valuable feedback. We will also mail-out a printed survey to participants who do not have email access or request this option.



Trivia Challenge for the Week

Using the below Emoji's, can you guess the movie? The answers will be revealed in the next newsletter!



Kind regards,

The Healthy Lifestyle Team

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