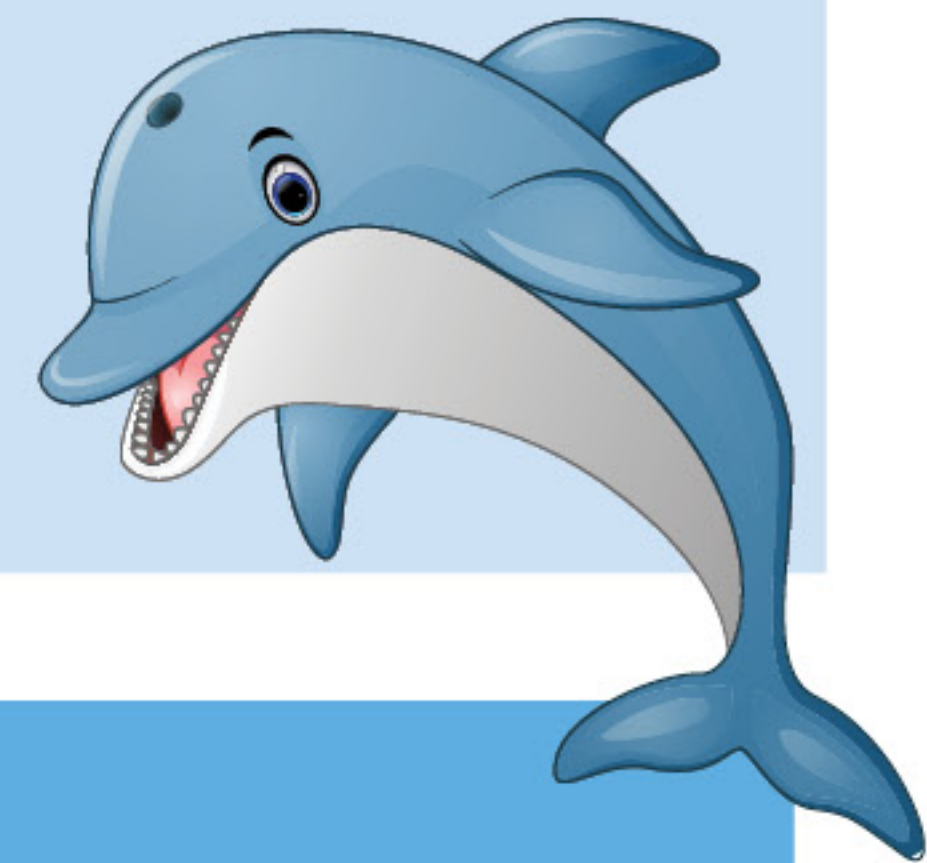







For someone who walks with assistance



Weekend routine

<p>Morning</p> 	<ul style="list-style-type: none"> ➤ Standing and walking opportunities in the house, e.g., <ul style="list-style-type: none"> ■ Walk to bathroom for shower ■ Walk from bathroom to living room after shower (25 steps) ■ Walk to dining room for breakfast (20 steps) ■ Walk around coffee table to couch (15 steps) 
<p>Afternoon</p> 	<ul style="list-style-type: none"> ➤ Walking routine for care and recreation: <ul style="list-style-type: none"> ■ Walk from lounge room to bathroom and back 2 to 4 times (25 steps each) ■ If weather is nice, travel to places (e.g., beaches, museum, parks, zoos), walking from house to car
<p>Evening</p>	<ul style="list-style-type: none"> ➤ Walking routine for care: <ul style="list-style-type: none"> ■ Walk to bedroom (30 steps) ■ Stand while getting pyjamas ready ■ Walk to bathroom (18 steps) ■ Stand at hand basin while brushing teeth ■ Walk to bed (15 steps) 