

EXERCISE PLAN TAKING CARE OF THOSE WHO CARE

WHY IS IT IMPORTANT?

Inactivity and stress are two factors present in parents and caregivers during the child's hospitalization.

BENEFITS

It is crucial to perform exercises that promote muscle stretching, vascularization, mood improvement, and consequently, stress reduction.

Take some time for yourself and perform the exercises described.



Fundação Infantil
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TAKING CARE OF THOSE WHO CARE

**NECK
STRETCHING, BY
GENTLY PULLING
THE HEAD**



**BRING THE KNEE TO
THE CHEST**



**WITH THE BLANKET,
RAISE YOUR ARMS WHILE
INHALING**



**WITH THE BLANKET, STRETCH
YOUR LEG, PULLING IT TOWARDS
YOU**



**PULL YOUR ARM TOWARDS
YOU WITH ASSISTANCE,
STRETCHING THE SHOULDER
MUSCLES**



**TRY TO TOUCH YOUR
FOOT, STRETCHING
THE MUSCLES AT
THE BACK OF YOUR
LEG**



Exercise Plan for
Parents and Caregivers
who spend extended time in chairs
during Child hospitalization



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