**Safe Home Exercise Checklist**

1. **A stable surface to put your computer device on.**
2. **Ample Safe Space to do the demonstrated exercises.**
3. **A family member, friend or carer if advised.**
4. **A supportive chair for doing exercises from and resting on.**
5. **Avoid any rugs or mats that may be a trip risk.**
6. **A glass of water**
7. **No pets present that may cause you to trip or fall.**
8. **Stop exercising immediately if you experience any of the following: chest pain, dizziness or feeling faint, extreme shortness of breath, excessive wheezing or coughing up blood.**