

3 at-home exercises for building strength (no-equipment required)

The experiences of living with hypopara can vary from person to person.¹

In episode 4 of the HypoparaExchange podcast series, Professor Brandi speaks about the importance of physical activity saying that “when living with hypopara, it’s important to consider all aspects of lifestyle, including having an exercise or gym routine that can help with their muscles.”

Physical activity can boost self-esteem, mood, sleep quality, as well as reducing your risk of stress and depression.² Research also tells us that physical exercise can improve parathyroid hormone (PTH) secretion.³ Here are some basic exercises for those who want to start building strength because regular exercise helps muscle and bone strength.⁴

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Depending on your level of fitness, you may not be ready to undergo low intensity training. If that is the case, you could start by regularly going on brisk 15-minute walks outside. Focus on using good walking posture and technique as you steadily build your walking time, here’s a [helpful link](#) to get you started.

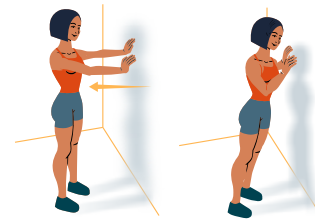
If you feel comfortable exercising, you can try the low-intensity workouts below. These will increase your heart rate, but not to the point that you have to breathe heavily. Repeat the below circuit two times daily to strengthen your muscles.

1. 5x mini squats: Using a chair to support, try mini squats. Rest your hands on the back of a chair for stability and stand with your feet hip-width apart. Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times. Gently come up to standing, squeezing (clenching) your buttocks as you do so. Repeat 5 times.⁵



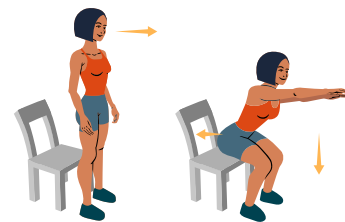
Advanced alternative – 15x squats: Stand with your feet slightly wider than your hips, feet facing forward. Look straight ahead with your arms out in front of your body. With chest out, shoulders back, and abs tight, slowly lower your buttocks down as far as you can. Make sure your knees do not push forward past your toes. Weight should be in your heels, not your toes. Return to starting position, without rounding your back as you stand, and complete 15 times.⁶

2. 15x standing press ups: Use a wall to support standing press ups. Stand arm’s length from the wall. Place your hands flat against the wall at chest level, with your fingers pointing upwards. With your back straight, slowly bend your arms, keeping your elbows by your side. Aim to close the gap between you and the wall as much as you can. Slowly return to the start. Attempt 3 sets of 5 to 10 repetitions.⁵



Advanced alternative – 15x push ups: Start in a plank position with arms extended, and then lower your body until your chest almost touches the floor. Keep your body in a straight line, with elbows close to your sides, and then push yourself back up. If these are too difficult, lower your knees to the floor for a modified version.⁷

3. 5x sit-to-stand: Sit on the edge of the chair, feet hip-width apart. Lean slightly forwards. Stand up slowly using your legs, not arms. Keep looking forward and do not look down. Stand upright and then slowly sit down, bottom-first. Aim for 5 repetitions – the slower, the better.⁵



There are also a lot of videos available on YouTube that run through quick workouts for beginners, these are especially helpful whilst being at home! Here are some we like:

- [15-Minute Beginner Workout](#)
- [15 Mins Full Body Workout | No Jumping | Beginner Friendly](#)
- [Beginner Low-Impact Cardio | 15 Minutes](#)

For more ideas on how to stay active whilst inside and outside check out this [Government guidance article](#).

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4. NHS (2018) Exercise for strong bones. Accessed: <https://www.nhs.uk/live-well/exercise/exercises-for-strong-bones/>
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