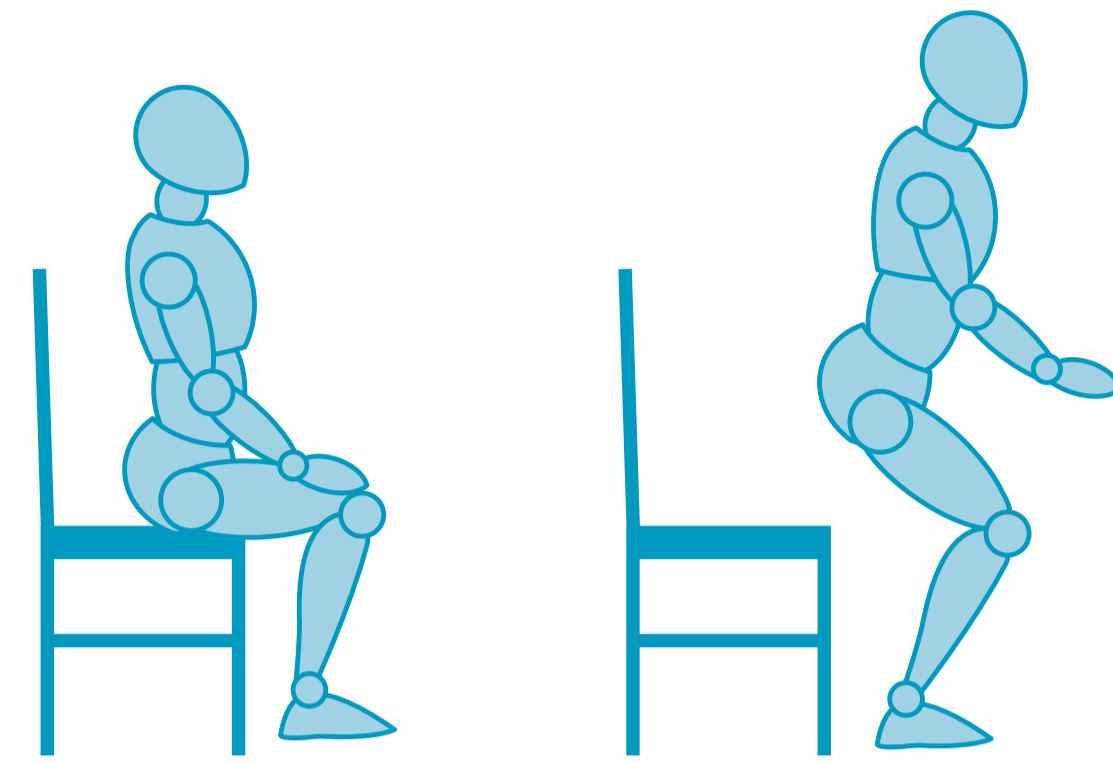


Improve your strength and balance



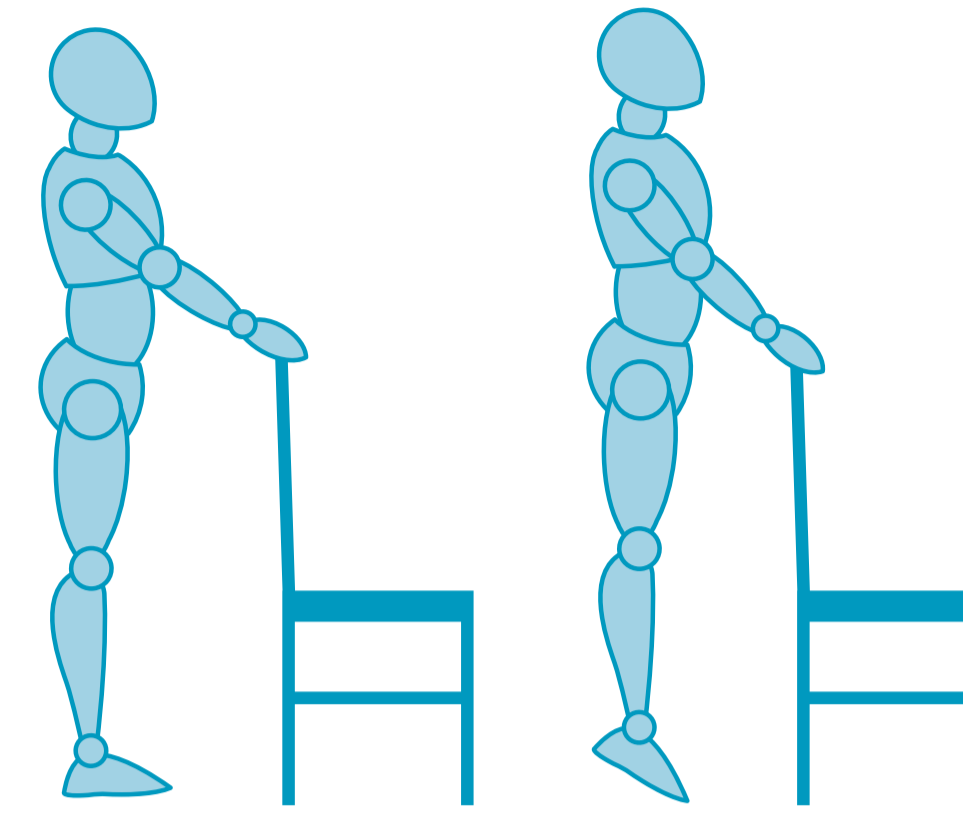
6 simple exercises,
3 times a-week as
well as a daily walk
can help improve
strength and balance.

Sit To Stand



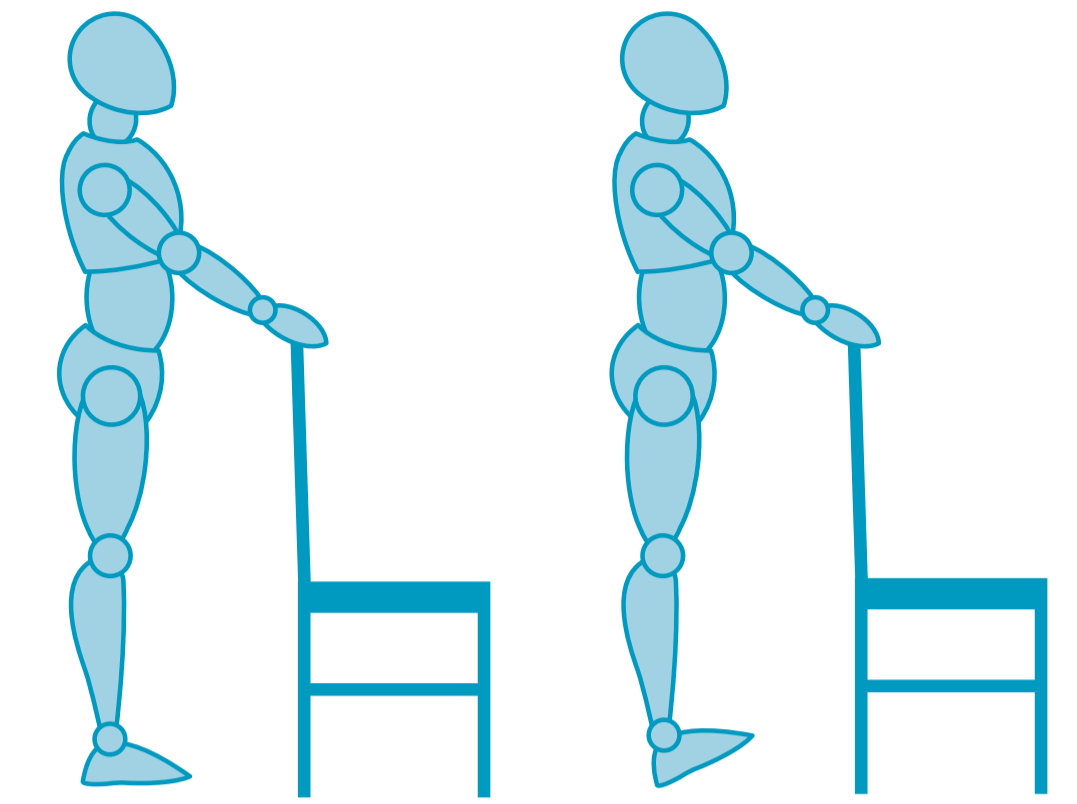
1. Sit up tall near the front of your chair
2. Place your feet slightly back and hip width apart
3. Lean forwards slightly and stand up slowly (use hands if needed)
4. Step back until your legs brush the chair
5. Slowly lower your bottom (use hands if needed)
6. Repeat up to 10 times

Heel Raises



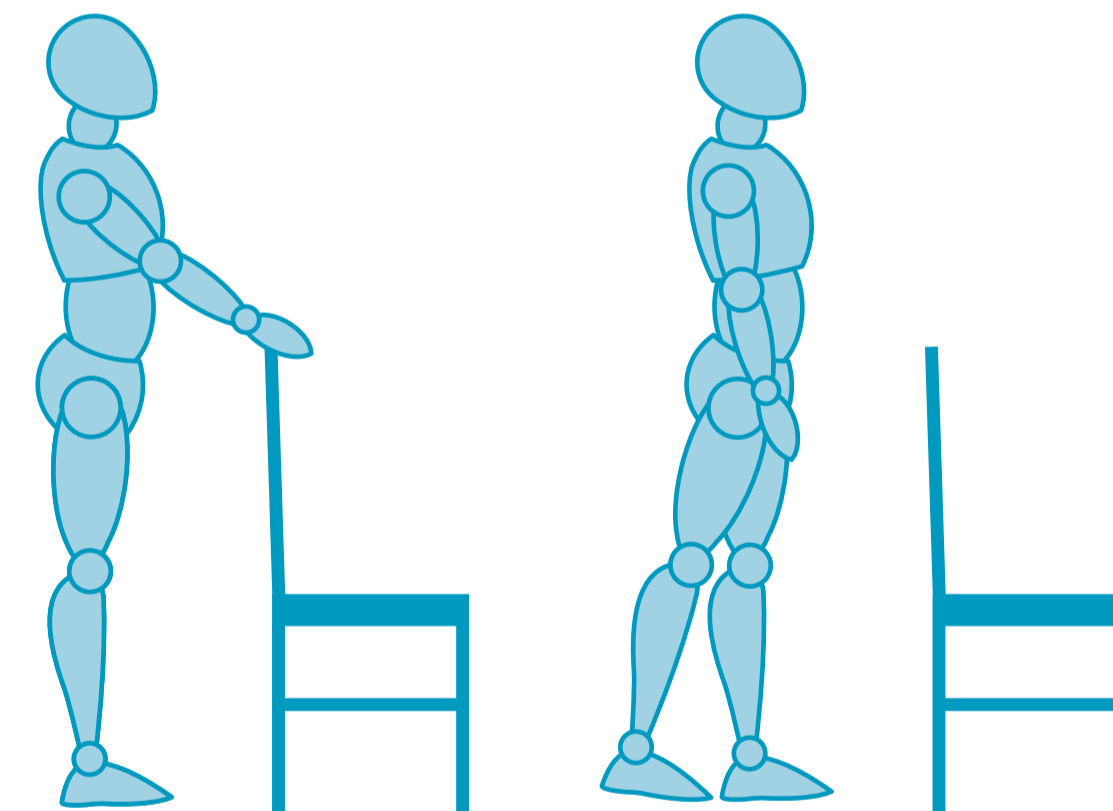
1. Stand tall with your feet hip width apart
2. Slowly lift your heels (light touch on support if needed)
3. Place your weight over your big toes
4. Try not to lock your knees
5. Aim to lift for a count of 3 and lower for a count of 5
6. Repeat up to 10 times

Toes Raises



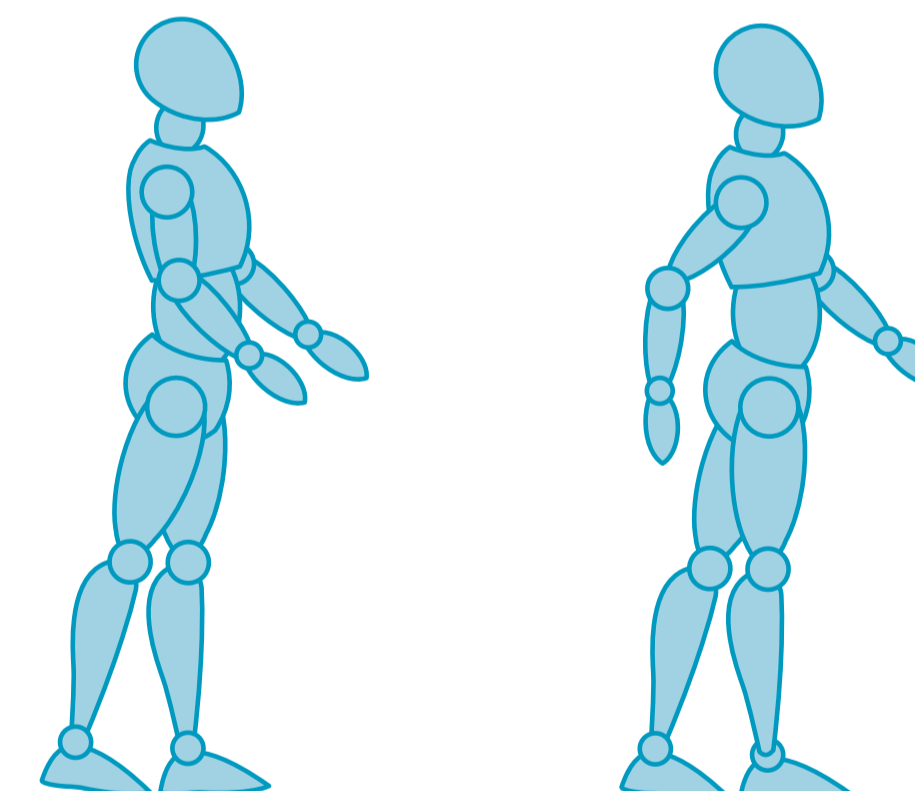
1. Stand tall with your feet hip width apart
2. Hold onto your support (if needed) and slowly lift the front of your foot
3. Keep your knees soft and try not to stick your bottom out
4. Lower your toes slowly
5. Aim to lift for a count of 3 and lower for a count of 5
6. Repeat up to 10 times

Heel Toe Stand



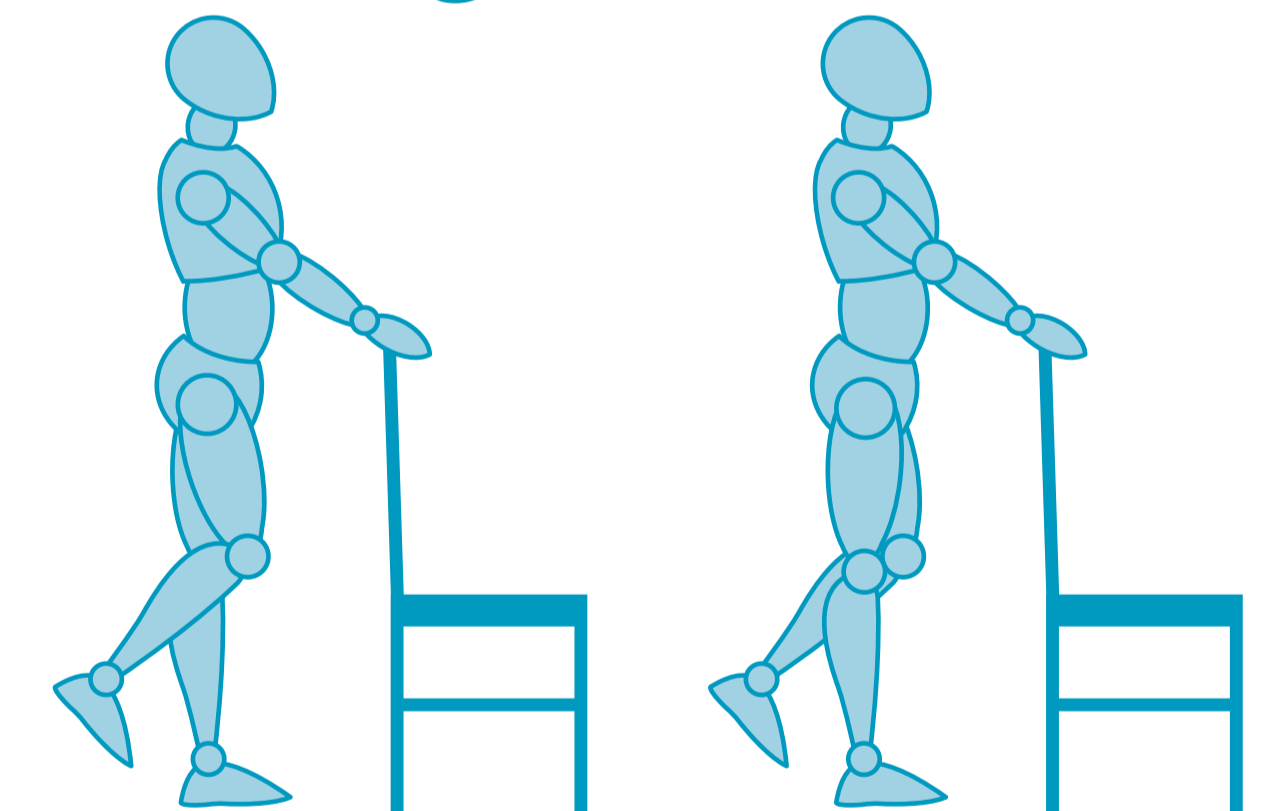
1. Stand tall side on to your support (light touch on your support if needed)
2. Place one foot in front of the other so your feet form a straight line
3. Look ahead and balance for 10 seconds
4. Take foot back to start position
5. Repeat with other foot forwards

Heel Toe Walking



1. Stand tall, side on to your support
2. Hold on to the support (if you need to) and look straight ahead
3. Place one foot directly in front of the other so that they form a straight line, bring the other foot in front and repeat for 10 steps (imagine you're walking along a line!)
4. Turn around and repeat the exercise until you're back to your start position

One Leg Stand



1. Stand close to your support and place hands on support (if you need to)
2. Balance on one leg, keeping your supporting leg straight but knee soft
3. Stand tall and hold for 10 seconds
4. Repeat on the other leg