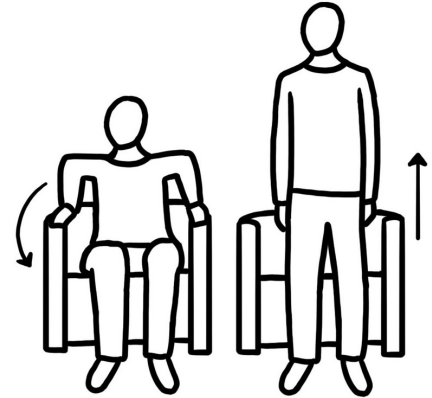




- These exercises will help you to improve your balance and become stronger.
- **Go online to homestrong.net for videos of each exercise and other tips.**

A Sit to Stand (do this 5 to 10 times)

1. Sit in a sturdy chair that will not move.
2. Slowly stand up straight for a count of 3.
3. Slowly sit down.
4. Use your hands to push up, if needed.
5. As you get stronger, try to stand without using your hands.



B Heel Lift (do this 5 to 10 times)

1. Stand up tall facing a sturdy table or kitchen sink.
2. Hold onto the table with one or two hands.
3. Your feet should be shoulder-width apart.
4. Focus on a distant object.
5. Come up onto your toes for a count of 3.
6. Slowly lower your heels to the ground.



C One Leg Stand (do this 5 to 10 times per leg)

1. Stand up tall next to a sturdy table or kitchen sink.
2. Hold on with one or two hands and focus on a distant object.
3. Stand on one leg and try to hold the position for 10 seconds.
4. Turn, face the other way, and repeat with your other leg.

