

Balance & Strengthening Exercises

Balance and strengthening exercises are the most effective way to prevent falls as one gets older.

UP ON TOES


1: BEGIN STANDING ON A FLAT SURFACE, USING A TABLE OR CHAIR FOR STABILITY.

2: SLOWLY LIFT YOURSELF ONTO YOUR TIPTOES AND HOLD FOR SEVERAL SECONDS.

3: SLOWLY LOWER YOURSELF BACK DOWN UNTIL YOUR FEET ARE FLAT ON THE FLOOR. REPEAT SEVERAL TIMES.

MAKE SURE YOU ENGAGE YOUR CORE MUSCLES AND KEEP AN UPRIGHT POSTURE THROUGHOUT.

TIP! ONCE YOU FEEL COMFORTABLE, REMOVE THE SUPPORT OR ADD DIFFICULTY BY STANDING ON A FOAM ROLL.




LOWER LEG LIFTS

1: BEGIN IN THE SAME STARTING POSITION, FEET FLAT ON THE FLOOR.

2: SLOWLY RAISE YOUR RIGHT LOWER LEG UNTIL ALL YOUR WEIGHT RESTS ON THE LEFT. HOLD FOR ABOUT 10 SECONDS.

3: BRING YOUR RIGHT LOWER LEG BACK DOWN UNTIL BOTH FEET REST ON THE FLOOR. THEN REPEAT THE EXERCISE WITH THE LEFT LEG.



HEEL TO TOE

1: BEGIN STANDING UP STRAIGHT, HOLDING ONTO A COUNTER OR OTHER SUPPORT IF NECESSARY.

2: WALK IN A STRAIGHT LINE BY PLACING ONE FOOT DIRECTLY IN FRONT OF THE OTHER, HEEL TO TOE.

3: YOU CAN LAY A PIECE OF PAINTER'S TAPE ON THE FLOOR TO HELP YOU WALK IN A STRAIGHT LINE. THE LINE SHOULD BE ABOUT 10 FT LONG.

4: ONCE YOU REACH THE END OF THE TAPE, TURN AROUND AND REPEAT THE EXERCISE IN THE OPPOSITE DIRECTION.

