

6 Exercises for Strength and Balance

Physiotherapists say these simple exercises can help improve co-ordination and balance. Get on your feet and try them daily – or at least twice a week!

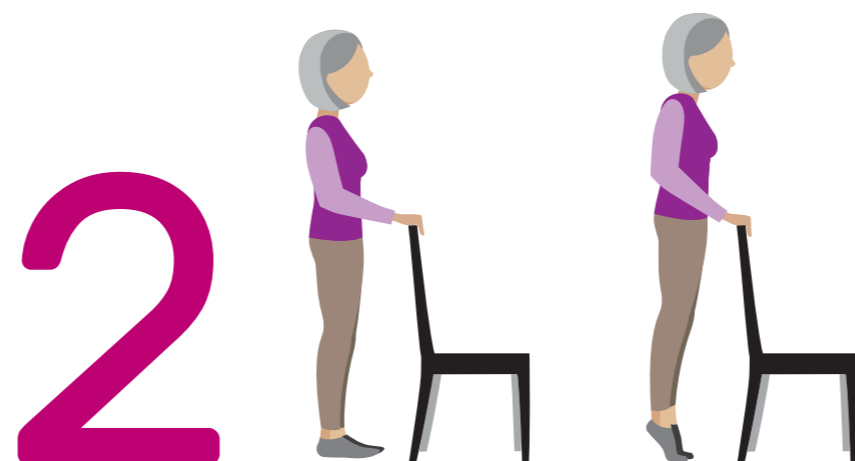


- Make sure the chair you use is sturdy
- Wear supportive shoes
- If you experience chest pain, dizziness or shortness of breath, stop and call your GP or call 111
- A slight soreness the day after exercise is quite normal



1 Sit to Stand

Stand up. Sit down.
Repeat 10 times.



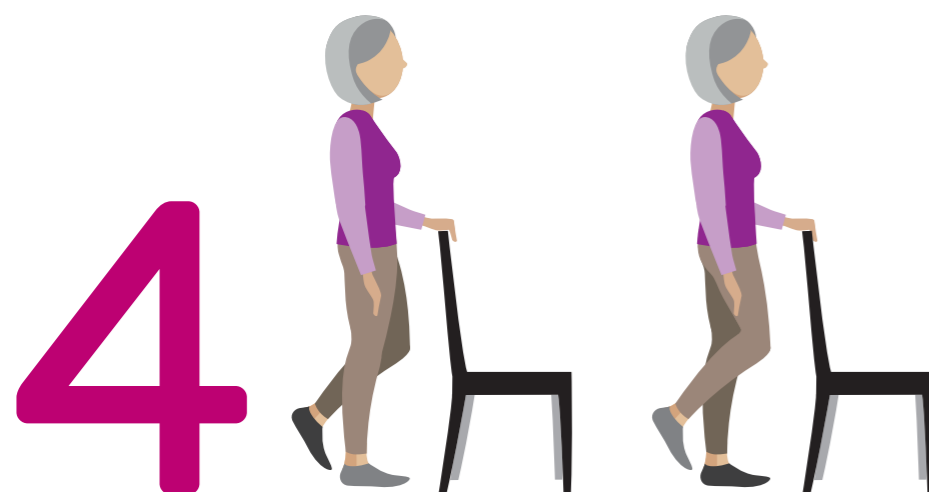
2 Heel Raises

Lift your heels and lower them.
Repeat 10 times.



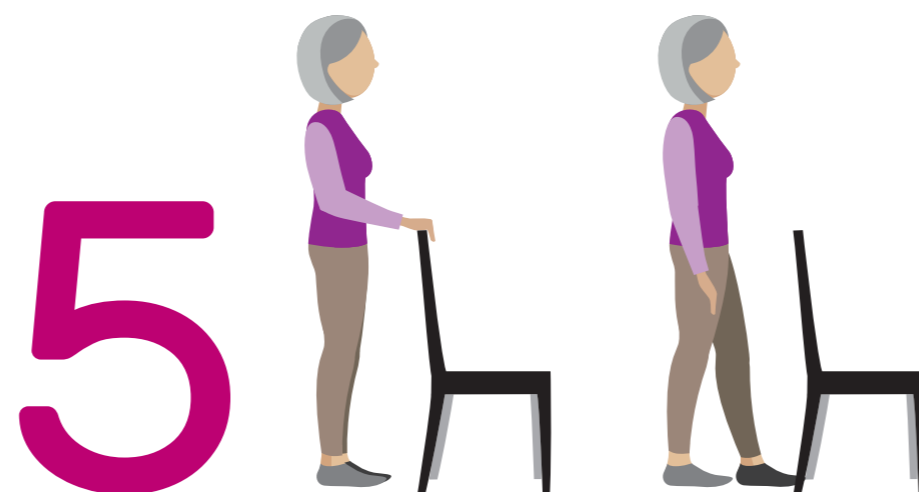
3 Toe Raises

Lift your toes and lower them.
Repeat 10 times.



4 One Leg Stand

Stand on one leg for 10 seconds.
Stand on the other leg for 10 seconds.



5 Heel Toe Stand

Put one foot in front of the other like standing on a tightrope. Hold for 10 seconds.
Swap legs around. Hold for 10 seconds.



6 Heel Toe Walking

Walk one foot in front of the other like walking on a tightrope.
Do 5-10 steps.