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!

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.

- 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

Developed by NHSGGC Mental Health Physiotherapists