



## **1. Heel-toe walking**

- 2. Bring your arms to the side so they're parallel to the floor.**
- 3. Use chalk or a string to make a line to follow.**
- 4. Walk in a straight line, placing the back of your heel against the toes of your opposite foot.**
- 5. Move slowly and with control.**
- 6. Continue for 5 to 20 steps.**



## 2. Chair leg raises

1. To increase the difficulty, this exercise can be done with an ankle weight.
2. Sit in a chair with a straight spine and both feet directly under your knees.
3. Slowly, straighten your left leg, holding it up for a few seconds.
4. Lower it back down and repeat with your right leg.
5. Do 1 to 3 sets of 10 to 20 repetitions.



### 3. Rock the boat

1. Stand with your feet hip-width apart.
2. Press your weight into both feet firmly and evenly.
3. Yield your weight onto your left foot and lift your right foot.
4. Hold for up to 30 seconds.
5. Slowly lower your left foot to the floor and repeat on the other side.
6. Do each side five to 10 times.



#### 4. Flamingo stand

1. Stand on your left leg with your right leg lifted.
2. Use a chair or wall for support as you stretch your right leg forward.
3. Maintain good posture by keeping your spine, neck, and head in one line.
4. To increase the difficulty, extend your hand to reach for your right foot.
5. Hold for up to 15 seconds.
6. Then do the opposite side.

