

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.

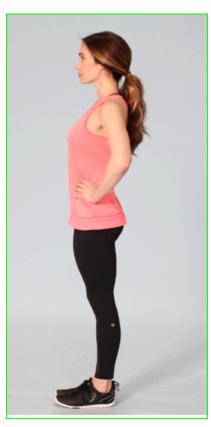




3. Rock the boat

- 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.