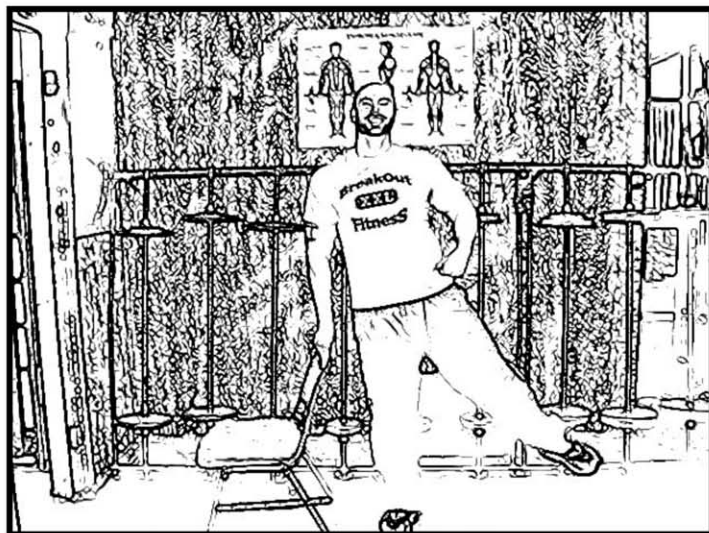
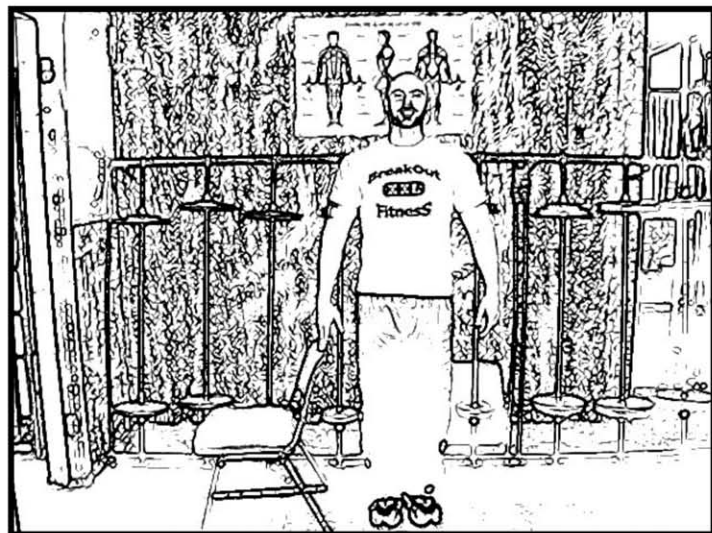


Side Leg Lift

- Always consult a physician before beginning any exercise routine.
- Muscle decline can be a result of disuse more than just aging, so exercise can be a fountain of youth.
- 30 minutes of moderate activities (brisk walking, bike riding) should be done 4-5 days a week.
- Exhale through the mouth with exertion, inhale through the nose as you relax.
- Include strength exercises for all your major muscle groups at least twice a week, but vary the exercises so you don't work the same muscle group 2 days in a row.



Focus of exercise: Improve Balance, Outer Thigh and Hip muscles

Stand next to a sturdy chair, holding on for support if needed, feet forward and shoulder width apart. This is the starting position. Inhale, then exhale and lift one leg out to the side for a count of 3, always keeping with a slight bend in both knees and lifting from the hip. Inhale and lower leg to the starting position for a count of 3 and repeat for 8-15 repetitions, switch legs and repeat 8-15 reps for 1 set. Focus on using the outer thigh and hip as well as the glutes, instead of arching or lifting with the back muscles.

Complete 2 sets of 8-15 reps with each leg.