

balance and hold for 10 seconds.
Switch legs. Repeat 5-10x.



Single Leg Balance

Hold your support. Lift one leg up and hold for 2-10 seconds then lower slowly. Switch legs. Repeat 5-10x.

Sideways Leg Raises

Hold your support. Keep legs straight and raise one leg out to the side. Hold for 2 seconds then lower slowly. Switch legs. Repeat 5-10x.



Heel Raises

Hold your support. Lift your heels off the floor and hold for 2 seconds. Lower slowly. Repeat 5-10x.

Sit-to-Stand

Sit on a chair with your feet flat on the floor. Lean forward keeping your back straight. Repeat 5-10x.

