

## Move Your Body

# Strengthen Your Legs

Simple steps to

## STAY ON YOUR FEET®

Please see your Doctor if you have concerns before starting. Before beginning each exercise make sure the chair or support you are using is suitable. Move slowly and stop if you feel faint or have any pain or discomfort.

### Knee Extension

- Sit with your back well supported.
- Straighten your right leg by lifting your lower leg from the knee and keeping your thigh flat against the chair.
- Hold leg straight out for 5 seconds.
- Lower slowly and place foot on the ground.
- Repeat 7 times.
- Repeat from the start using your left leg.

Hold on

Lift heel up



#### Make it harder

1. Repeat again
2. Add a small ankle weight, start light with a 1kg weight

### Mini Squat

- Face forwards holding on to sturdy support such as the kitchen bench or heavy table.
- Place your feet shoulder width apart.
- Slowly bend at your knees and squat down.
- Slowly stand back up.
- Repeat 7 times.

Hold on

Shoulder width apart



#### Make it harder

1. Get progressively lower
2. Remove hands from the support if you feel steady

## Heel Raise

- Face forwards holding on to sturdy support with your feet shoulder width apart.
- Come up onto your toes lifting heels from the ground.
- Keep your heels raised and count to 3.
- Repeat 7 times.

### Make it harder

1. Repeat again
2. Remove your hands from support



Shoulder width apart



Raise heels

## Toe Raise

- Face forwards holding on to sturdy support with your feet shoulder width apart.
- Come back on your heels lifting toes from the ground.
- Keep your toes raised and count to 3.
- Repeat 7 times.

### Make it harder

1. Repeat again
2. Remove your hands from support



Shoulder width apart



Raise toes

## Sit To Stand

- Use a sturdy chair that is not too low and lean it against a wall.
- Sit on the chair and place your arms across your chest.
- Place feet flat on the floor, behind the line of your knees.
- Lean forward and stand up slowly without using your hands.
- Sit down slowly.
- Repeat 7 times.

### Make it easier

1. Use two hands to help you stand up
2. Progress to single arm support when able

Arms across chest

Feet flat



\*Please see a health professional if you have any concerns before starting these activities.

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These exercises are adapted from The Otago Exercise Programme, University of Otago Medical School, New Zealand.