

6 Exercises for Strength and Balance

Physiotherapists say these simple exercises can help improve co-ordination and balance. Get on your feet and try them daily – or at least twice a week!

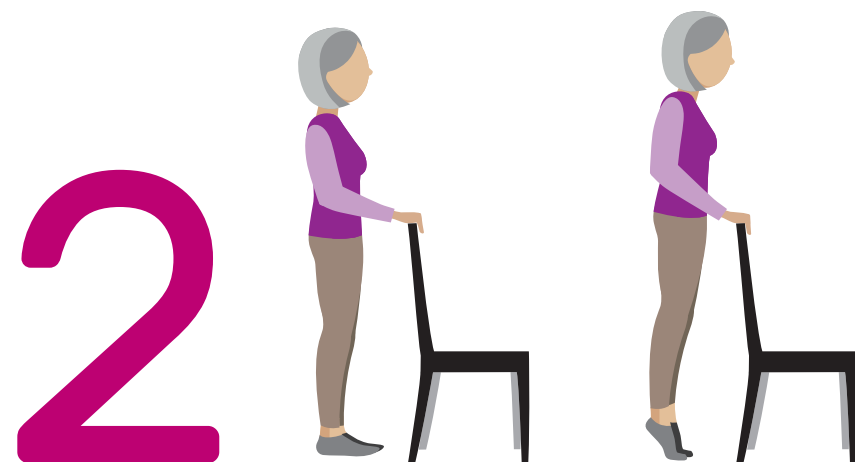


- Make sure the chair you use is sturdy
- Wear supportive shoes
- If you experience chest pain, dizziness or shortness of breath, stop and call your GP or call 111
- A slight soreness the day after exercise is quite normal



Sit to Stand

Stand up. Sit down.
Repeat 10 times.



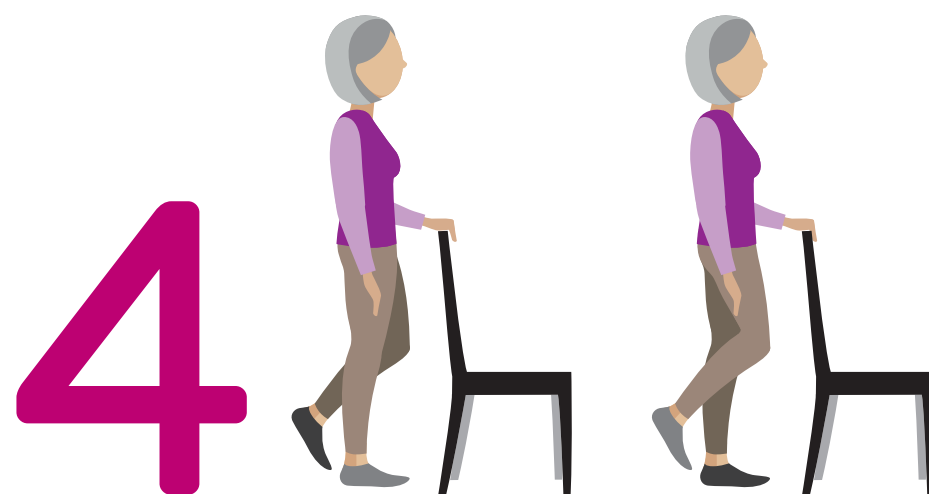
Heel Raises

Lift your heels and lower them.
Repeat 10 times.



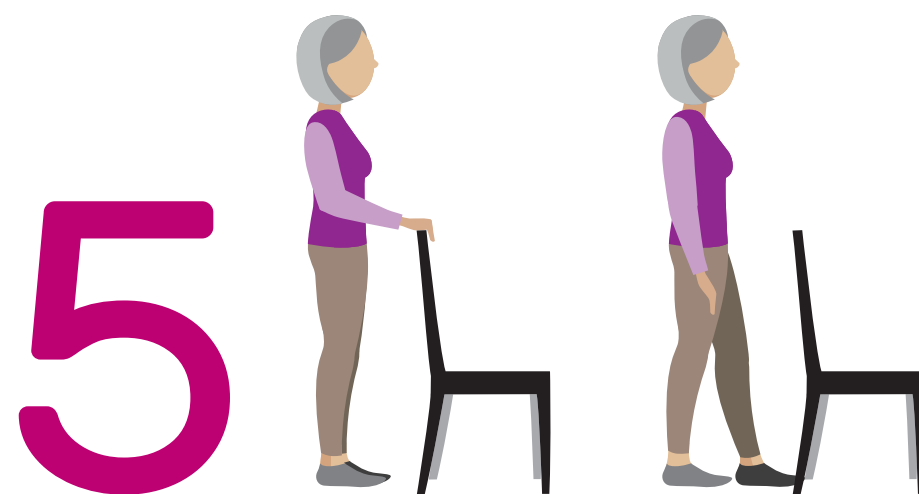
Toe Raises

Lift your toes and lower them.
Repeat 10 times.



One Leg Stand

Stand on one leg for 10 seconds.
Stand on the other leg for 10 seconds.



Heel Toe Stand

Put one foot in front of the other like standing on a tightrope. Hold for 10 seconds.
Swap legs around. Hold for 10 seconds.



Heel Toe Walking

Walk one foot in front of the other like walking on a tightrope.
Do 5-10 steps.