

# Strength & Balance Exercises

Do these exercises twice a day, increasing the number of repetitions as your strength and balance improve. Aim for smooth controlled movements.

**If you are unsure about doing any of these exercises see your doctor or an accredited exercise physiologist for advice.**



## HEEL RAISES

Stand facing the bench holding on with both hands. Place your feet shoulder width apart. Slowly raise up onto your toes, hold for one second and then lower down onto your heels. Repeat 10 times.

*As you progress hold on with one hand.*

*Once you can do this safely try not holding on.*



## WALKING SIDEWAYS

Make sure the floor area is free of mats and other obstacles. Holding the edge of the bench, take 4 steps to the right, pause and take 4 steps to the left. Repeat 5 to 10 times.

*As you progress hold on with one hand.*

*Once you can do this safely try not holding on.*



## SIT TO STAND

Sit toward the front of a stable chair with your feet shoulder width apart and close to the chair. Lean forward and push up using your leg muscles (use arms if needed). Slowly sit down into the starting position. Repeat 5 to 10 times.