



# Exercises

These exercises are designed to help you **build strength**, **improve balance**, and **increase flexibility**. In addition to at least 30 minutes of moderate-intensity physical activity, include these exercises in your daily program.

Begin your exercise session by taking **5 deep breaths** – in through your nose and out through your mouth. It is important to keep breathing deeply throughout the exercise session.

## 1 Walking in Place



- Stand up
- Walk in place, raising knees as high as possible
- Continue for 2 minutes
- Breathe deeply while walking



# Exercises

## 2 Leg Curls



- Stand behind chair and grasp its back
- Keeping knees together, lift your right leg to make a right angle
- Count to 10 holding this position
- Lower foot to the floor
- Repeat 5 times
- Repeat with left leg



# Exercises

## 3 Upper Body Twists



- Stand with feet apart and hands on hips
- Slowly turn upper body as far as possible to the left
- Hold this position, counting to 5
- Slowly turn upper body as far as possible to the right
- Hold this position, counting to 5
- Repeat 10 times



# Exercises

## 4 Bicep Curls



- Sit or stand
- Make a loose fist with right hand
- Bend bottom part of arm toward top part (fist to shoulder)
- Repeat 10 times
- Repeat with left arm
  - \* For additional challenge, use 1-pound hand weights