



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 Stand Up and Sit Down

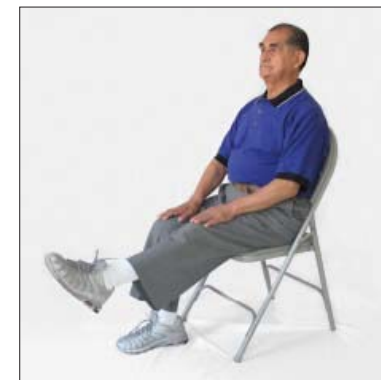


- Start in a seated position with arms crossed
- Stand up, trying not to use arms
- Sit down, trying not to use arms
- Repeat 10 times



Exercises

2 Leg Lifts

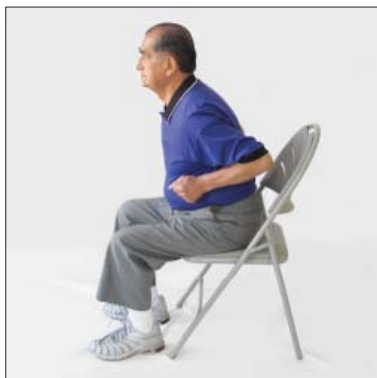


- Sit in a chair
- Straighten right leg
- Lift leg as high as is comfortable
- Lower leg, keeping it extended and elevated
- Repeat 8 times
- Repeat with left leg
 - * For additional challenge, use 1-pound ankle weights



Exercises

3 Two-Arm Row



- Sit or stand, bending forward slightly at the waist
- Make fist with hands and extend both arms forward
- Pull arms back, bending elbows into a 90-degree angle
- Slowly straighten arms, extending them forward
- Repeat 10 times



Exercises

4 Arm Raises



- Sit or stand
- Begin with arms straight down at sides, palms inward
- Raise both arms to side, shoulder height
- Hold position for 1 second
- Slowly lower arms
- Repeat 10 times
 - * For additional challenge, use 1-pound hand weights