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

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
### 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

### 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