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. **Toe Raises**

   - Stand behind chair, holding its back with both hands
   - Lift straight up, rising onto toes
   - Hold this position for 5 seconds
   - Lower to a resting position, with heels on the floor
   - Repeat 10 times

2. **Side Leg Raises**

   - Stand behind chair, holding its back with one hand
   - Keeping back and both legs straight, slowly lift right leg 6-10 inches out to the side
   - Hold right leg out for 10 seconds
   - Repeat 5 times
   - Repeat with left leg
Exercises

Wall Push-Ups

• Stand facing the wall with arms extended and palms flat on the wall
• Keeping body straight, lean towards the wall bringing face close to wall
• Push against the wall to return to a straight, standing position
• Repeat 10 times

Abdominal Crunches

• Sit up straight in chair, with arms crossed over chest
• Lean forward until crossed arms make contact with, or are as close as possible to, thighs
• Return to a straight, seated position
• Repeat 10 times