



# 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



# Exercises

## 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

## 3 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



# Exercises

## 4 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