WHEN EXERCISING, REMEMBER TO:

» Check with your healthcare provider before you start a new exercise program.

» Wear comfortable, supportive footwear.

» Be aware that muscle soreness after exercise is normal.

» Start with 5 repetitions of each exercise. Add 1 or 2 everyday until you reach 15 repetitions.

» Use a firm, stable chair for support.
SIT TO STAND

» Sit in a chair, feet hip-width apart
» Slowly stand up half way
» Make sure your knees do not come forward past your toes
» Keep your hips, knees, and ankles in line
» Stand up straight and tall, then return to seated position
» Repeat up to 15 times
STANDING LEG CURL

» Stand with feet hip-width apart
» Shift weight onto one leg
» Bend other knee
» Raise heel toward buttocks as far as it is comfortable
» Return to starting position
» Repeat on each leg up to 15 times
STANDING LEG LIFT

» Stand with feet together, hold a chair for support
» Shift weight onto one leg
» Raise the other leg out to the side
» Keep your back straight and tall
» Slowly return leg to the floor
» Repeat on each leg up to 15 times
HEEL RAISE

» Stand with feet hip-width apart
» Hold on to back of chair and look forward
» Slowly raise both heels off the floor, standing on toes
» Hold for 5-10 seconds
» Return to start position
» Repeat up to 15 times
TOE RAISE

» Stand with feet hip-width apart
» Hold onto back of chair and look forward
» Slowly raise toes off the floor, putting weight onto heels
» Hold for 5-10 seconds
» Return to start position
» Repeat up to 15 times
WALL PUSH-UP

» Facing a wall, stand arms’ length away and place hands on the wall at shoulder height, and shoulder-width apart
» Tighten the abdominal muscles
» Keeping back and legs straight, bend elbows while lowering upper body toward the wall
» Hold for 2-3 seconds
» Straighten arms pushing against the wall and return to starting position
» Keep elbows slightly bent
» Repeat up to 15 times