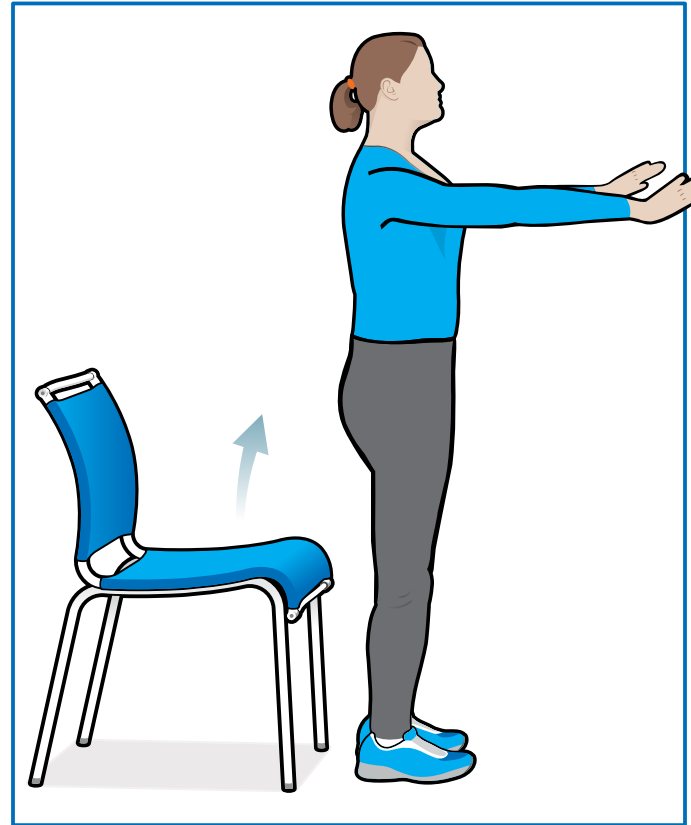


WHEN EXERCISING, REMEMBER TO:

- »» 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.



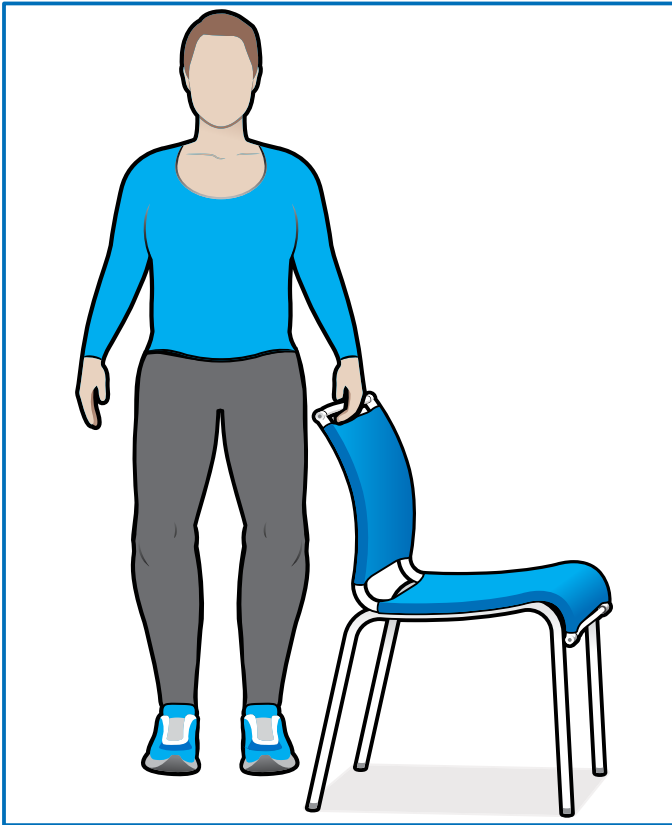
SIT TO STAND

- » 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**



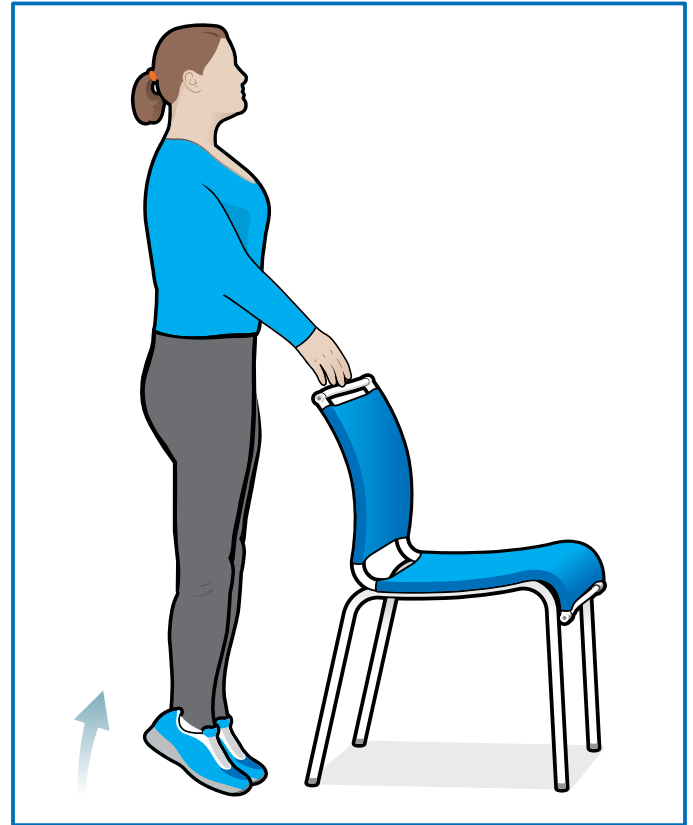
STANDING LEG CURL

- » 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**



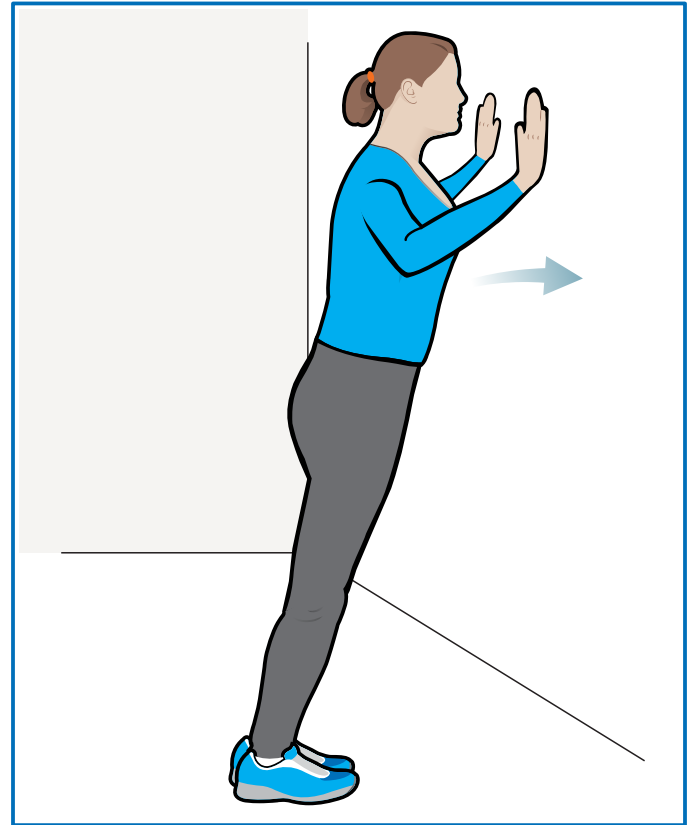
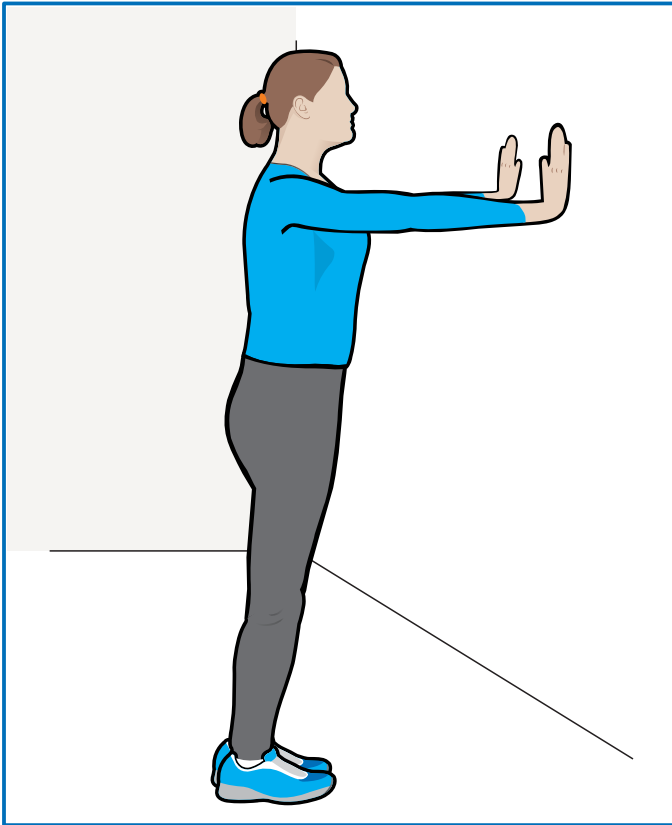
HEEL RAISE

- » 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**