



Stand with one foot in front of the other (walk stance)

- Stand next to a sturdy table or counter for support.
- Place one foot in front of the other with a 10 cm (4 inch) gap between the toe of your back foot and heel of your front foot.
- Hold for 10 seconds and repeat with the other foot in front.

For increased difficulty:

1. Use your hands less for support
2. Place your back and front foot closer together.
3. Repeat it twice on each leg.
4. Slowly walk heel to toe alongside a table or counter.



Sit to stand from a chair

- Sit in a chair with arm rests.
- Scoot your bottom to the front edge of the chair and put your hands on the arm rests.
- Place your feet hip width apart.
- Lean forward and stand up slowly.
- Slowly lower yourself to sit back into the chair.
- Do this 5 times

For increased difficulty:

1. Use your hands less for support or try not using your hands.
2. Repeat 10 times

Reduce your risk of falling! Everyday...

- Do the exercises on this sheet.
- Do a total of at least 20-30 minutes of physical activity.
- Eat at least 3 nutritious meals.
- Drink 5-8 glasses of water.
- Take a supplement of 1,000 IU (international units) of vitamin D3.
- Wear shoes with a good grip and flat or low wide heel both inside and outside of your home. Avoid flip flops and slippers.
- Pick up any loose items on the floor of your home or yard.
- Have your hearing and vision checked once a year.
- Review your medications at least once a year with your pharmacist.

Home Balance & Strength Exercises



Hip Extension

- Stand 12 to 18 inches from counter.
- Bend at hips; hold onto counter.
- Slowly lift one leg straight backwards.
- Hold the leg up for 3-5 seconds.
- Slowly lower leg.
- Repeat 8 times with each leg.

For Increased difficulty:

1. Use your hands less for support
2. Repeat 10 -15 times



Lift your leg to the side

- Stand next to a sturdy table or counter for support.
- Keep your toes pointing forward, lift one leg out to the side and hold for 5 seconds.
- Slowly lower your leg to the ground.
- Repeat with the other leg.
- Do this 8 times on each side.

For increased difficulty:

1. Use your hands less for support.
2. Slowly walk sideways alongside a table or bench, first to your left and then to your right.



Raise up onto your toes

- Stand next to a sturdy table or counter for support.
- Raise onto your toes by lifting both heels off the ground and hold for 5 seconds.
- Slowly lower your heels back to the ground.
- Do this 5 times.

For increased difficulty:

1. Use your hands less for support.
2. Stand on your right leg and raise onto your toes. Repeat on your left leg.
3. Repeat 10 times.



Lift your knees

- Stand next to a sturdy table or counter for support.
- Lift your foot off the ground and hold it for 5 seconds
- Repeat with the other foot.
- Do this 8 times on each leg.

For increased difficulty:

1. Use your hands less for support.
2. Lift your knee to hip level.
3. Hold it for 10 seconds.