

Sit-to-Stand

- Sit in a sturdy chair in front of a table, feet flat on the floor.
- Scoot toward the middle of the seat. Then, stand up by bending forward at the waist so that “your nose is over your toes.” If you need extra assistance, you may use your hands to push yourself up using the chair’s armrests or the table.
- Then, sit back down (using your hands to assist, if necessary).
- Perform **2 sets of 10 repetitions**, at least **2 times per week**.



Tandem Stance

- Stand with a table or sturdy chair nearby.
- Place the heel of one foot directly in front of the toes of the other foot and try to balance in this position.
- If this is too difficult, you may hold onto the table/chair using light support. You may also separate your feet so that there is some space between your heel and the toes of the opposite foot.
- Try balancing in this position for **up to 30 seconds**, then return to the starting position (feet side-by-side).
- Perform **3 repetitions** with the **left leg** in front and **3 repetitions** with the **right leg** in front, at least **2 times per week**.
- **Challenge:** When this gets easy, try adding head turns by slowly turning your head to look left and right while standing heel-to-toe.



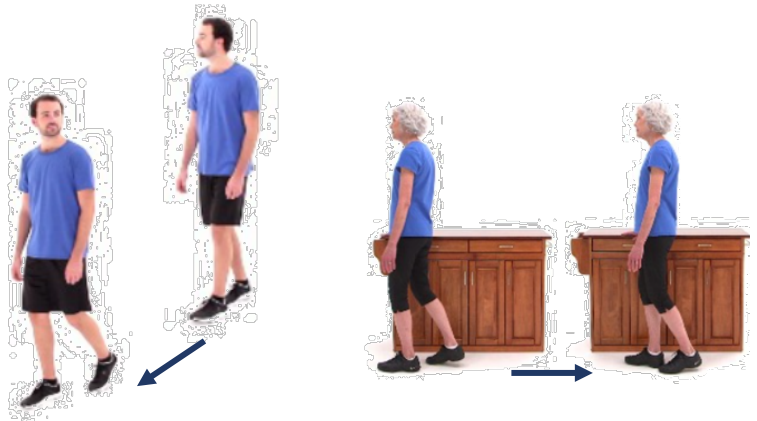
Single-leg Stance

- Stand and hold onto a table or sturdy chair. Bend one knee.
- Slowly remove your hand(s) from the table/chair.
- Try to maintain your balance in this position for **up to 30 seconds**. Then, lower your foot back down to the floor.
- Perform **3 repetitions on each leg**, at least **2 times per week**.



Walking Forward and Backward

- Stand with a counter or wall nearby. Be sure the path in front and behind you is free of any obstacles.
- Walk forward, while slowly turning your head to look toward the left and right sides.
- Once you reach the end of the counter or wall, walk backwards. You may look straight ahead when walking backwards.
- You may use light support at the counter or wall, if needing extra assistance.
- Perform the exercise for **1 minute**. Rest. Repeat **3-5 times**, at least **2 times per week**.



Tandem Walking

- Stand with a counter or wall nearby. Be sure the path in front and behind you is free of any obstacles.
- Walk forward, placing the heel of one foot directly in front of the toes of the other foot. Continue this heel-to-toe pattern as you walk forward. When you get to the end of the counter/wall, turn around and repeat.
- You may use light support at the counter or wall, if needing extra assistance.
- Perform the exercise for **1 minute**. Rest. Repeat **3-5 times**, at least **2 times per week**.

