



5 Simple Standing Exercises

for strength and balance

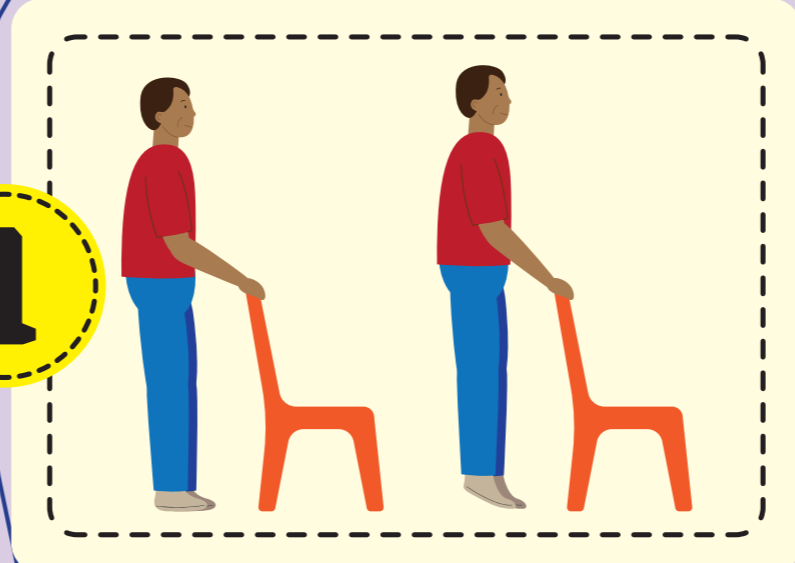
These simple exercises can improve your strength, balance and coordination.

Get on your feet and try to complete these daily.

For every exercise make sure you have support in front of you like a bench or rail.

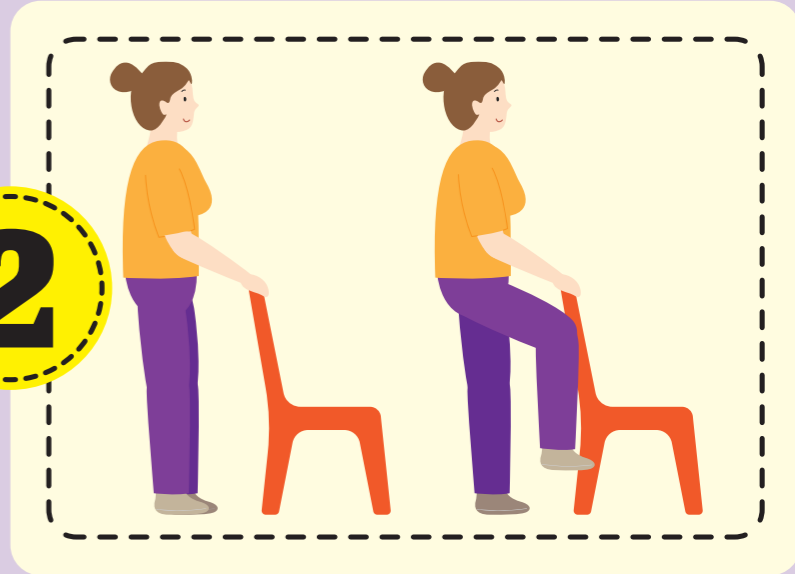
Make sure you have sturdy support in front of you.
Wear supportive shoes.
Slight soreness the day after exercise is normal.
If you have concerns speak to your GP or medical professional.

1



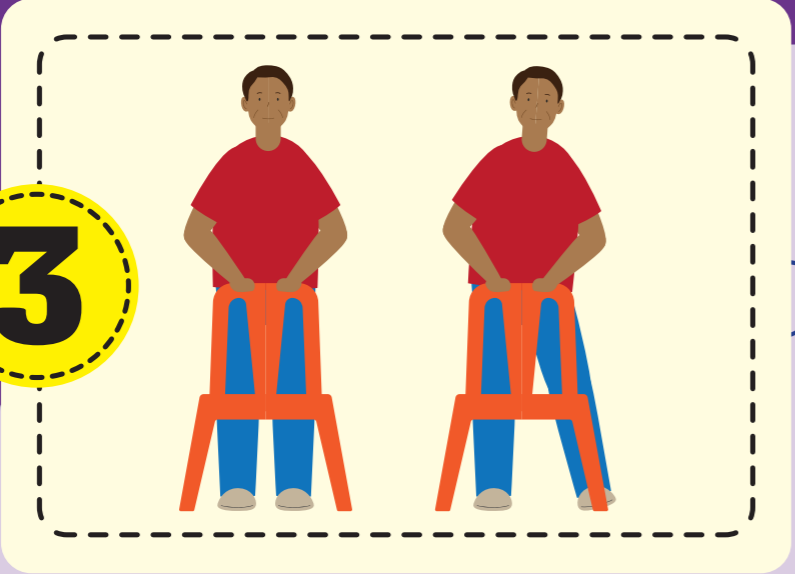
Heel Raises
Slowly lift your heels and lower them. Repeat 10 times.

2



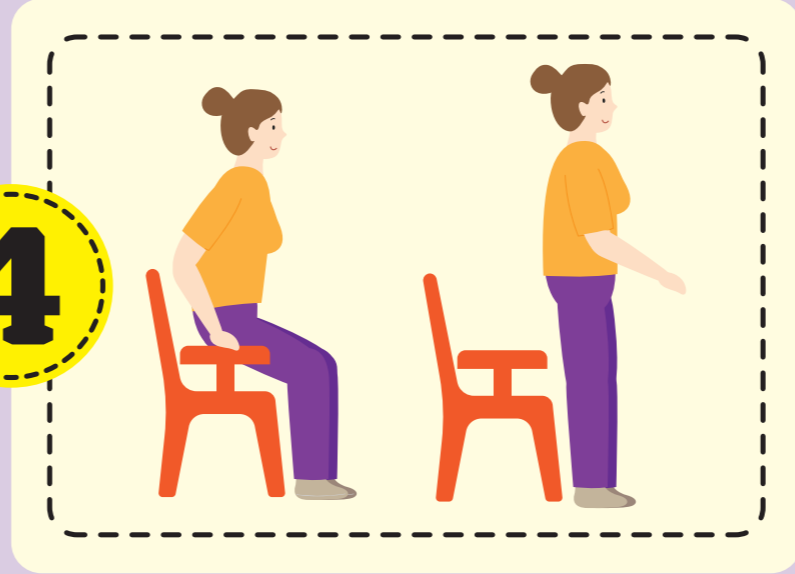
Standing Marching
Raise one leg off the ground, then the other. Repeat 20 times alternating legs.

3



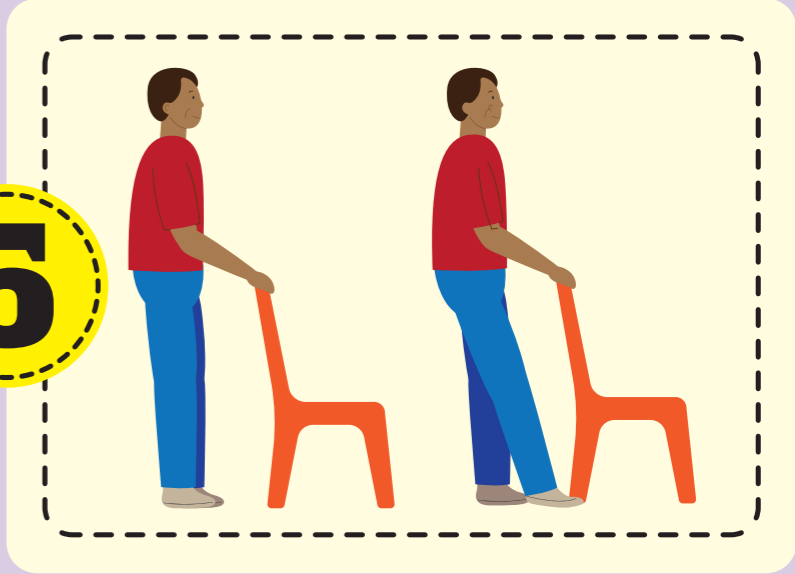
Sideways weight shifting
Stand with your hip width apart. Shift your weight side to side. Repeat 10 times on each leg.

4



Sit to Stand
Stand up and sit down slowly using the armrests if required. Repeat 10 times.

5



Heel Toe Stand
Put one foot in front of the other like standing on a tightrope. Bring your feet slightly apart if this is too challenging. Hold for 10 seconds, repeat on each leg.