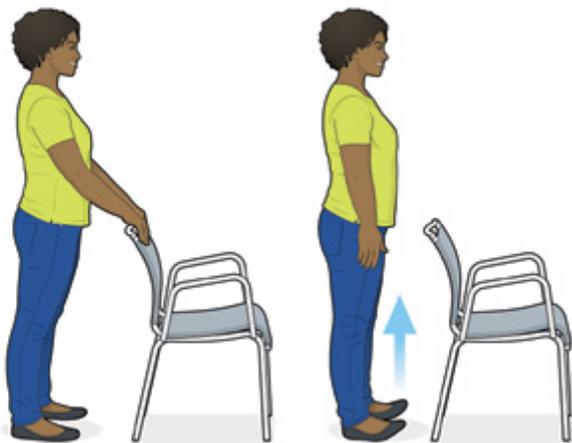


Balance Exercises

Single Leg Balance

- First, you're going to stand with a chair in front of you so you can hold on to it for balance, if needed.
- Bend your right knee and lift your right foot off the ground.
- Hold it for about 10 to 20 seconds.
- Put your right foot back on the ground and now raise your left foot.
- Hold it up for 10 to 20 seconds.
- Let's repeat the activity on each leg again, holding the leg up for 10 to 20 seconds.



Toe Raise

- Next, rock back on your heels while standing up.
- Let's repeat this 20 times.

Heel Raise

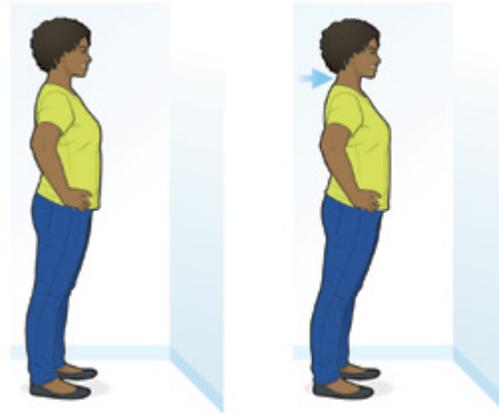
- Next, we are going to do some heel raises.
- First, stand on both feet, rise on the balls of both feet, lifting your heels.
- We'll repeat this 20 times.
- Does anyone want to try it on 1 leg? If so, try to raise your right heel 5 times. Now switch to your left heel, lifting it 5 times.



Balance Exercises

Forward Lean

- Let's head over to the wall for the forward lean.
- We're going to stand on both feet with your hands on your hips.
- Bend forward as if to touch your forehead to the wall.
- Hold 10-15 seconds.



Balance/Reach

- Let's do some balance reaches.
- Bend your knees and lower your body, while reaching across the body with the right hand.
- Hold it for 5 seconds and then reach across with the left hand and hold it for 5 seconds.
- Repeat 10 times for each side.

Three-way Leg Swing

- Let's finish our break with some three-way leg swings.
- Stand on a single foot, hands on hips (or hold on to either a chair or the wall).
- Swing the other foot forward and hold it for 5 seconds.
- Return the leg to the middle position again.
- Repeat the forward lift 10 times.
- Now let's lift it sideways 10 times.
- Each lift should be held for 5 seconds.
- And finally, backwards 10 times.

