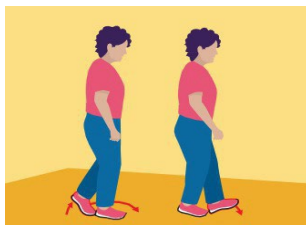


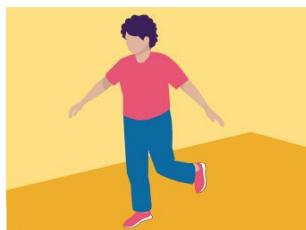
10 Exercises for Seniors to Improve Strength and Balance



Exercise 1: Walking Heel to Toe

This exercise makes your legs stronger, which enables you to walk without falling.

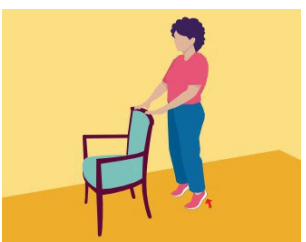
Put your right foot in front of your left foot so that the heel of your right foot touches the top of the toes of your left foot. Move your left foot in front of your right, putting your weight on your heel. Then, shift your weight to your toes. Repeat the step with your left foot. Walk this way for 20 steps.



Exercise 2: Rock the Boat

Stand with your feet apart, so that the space between them is the same width as your hips. Make sure both feet are pressed into the ground firmly. Stand straight, with your head level. Then, transfer your weight to your right foot and slowly lift your left leg off the ground. Hold that position for as long as possible (but no more than 30 seconds).

Slowly put your foot back onto the ground, then transfer your weight to that foot. Slowly lift your opposite leg. Start by doing this exercise for balance five times per side, then work your way up to more repetitions.



Exercise 3: Toe Lifts

This strength training exercise for seniors also improves balance. You'll need a chair or a counter.

Stand straight and put your arms in front of you. Raise yourself up on your toes as high as you can go, then gently lower yourself. Don't lean too far forward on the chair or counter. Lift and lower yourself 20 times.



Exercise 4: Single Limb Stance

Stand behind a steady, solid chair (not one with wheels), and hold on to the back of it. Lift your right foot and balance on your left foot. Hold that position for as long as you can, then switch feet.

The goal should be to stand on one foot without holding onto the chair and hold that pose for up to a minute.



Exercise 5: Back Leg Raises

This strength training exercise for seniors makes your bottom and your lower back stronger.

Stand behind a chair. Slowly lift your right leg straight back – don't bend your knees or point your toes. Hold that position for one second, then gently bring your leg back down. Repeat these ten to 15 times per leg.



Exercise 6: Side Leg Raise

You'll need a chair for this exercise to improve balance.

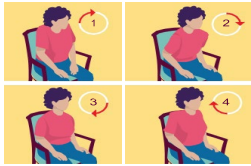
Stand behind the chair with your feet slightly apart. Slowly lift your right leg to the side. Keep your back straight, your toe facing forward, and stare straight ahead. Lower your right leg slowly. Repeat this exercise 10 to 15 times per leg.



Exercise 7: Hand and Finger Exercises

In the first exercise, pretend there's a wall in front of you. Your fingers will climb the wall until they're above your head. While holding your arms above your head, wiggle your fingers for ten seconds. Then, walk them back down.

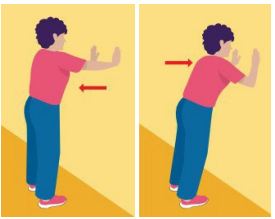
During the second exercise, touch your hands while they're behind your back. Reach for your left hand while your right hand is behind your back. Hold that position for ten seconds, then try with your other arm.



Exercise 8: Shoulder Rolls

This is a simple exercise for seniors. You can do it seated or standing.

Rotate your shoulders gently up to the ceiling, then back and down. Next, do the same thing, but roll them forwards and then down.



Exercise 9: Wall Pushups

Stand an arm's length in front of a wall that doesn't have any paintings, decorations, windows, or doors. Lean forward slightly and put your palms flat on the wall at the height and width of your shoulders. Keep your feet planted as you slowly bring your body towards the wall. Gently push yourself back so that your arms are straight. Do twenty of these.



Exercise 10: Marching in Place

Marching is a great balance exercise for seniors. If you need to hold onto something, do this exercise in front of a counter.

Standing straight, lift your right knee as high as you can. Lower it, then lift the left leg. Lift and lower your legs 20 times.

Before starting an exercise program, please consult your medical provider. Falls don't have to be a fact of life – exercising can make you stronger and fitter. Try to do 2 exercises a day 5 days a week. You don't need fancy equipment – just pull up a chair!