

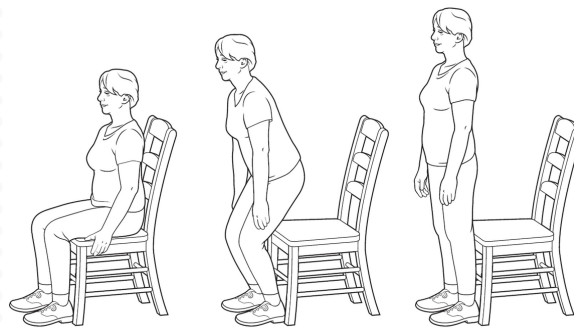
EXERCISE FOR *Balance*

FALLS DO NOT HAVE TO BE A NORMAL PART OF AGING.
 TRY THESE EXERCISES TO IMPROVE YOUR BALANCE
YOU CAN DO THIS!

01

CHAIR RISE EXERCISE

Weakness makes you 2.6 times more likely to fall.
 Try this exercise to get stronger!

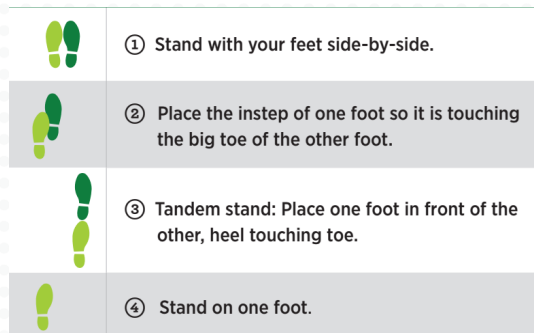


- **DESCRIPTION:** Start sitting in a chair and move to standing. Start by using your hands. Over time, if able, complete without using your hands.
- **REPS:** complete as many as you can with good form and slow speed.
- **FREQUENCY:** 3 times per week.

02

BALANCE EXERCISE

Evidence has shown that the best way to improve your balance is to PRACTICE.

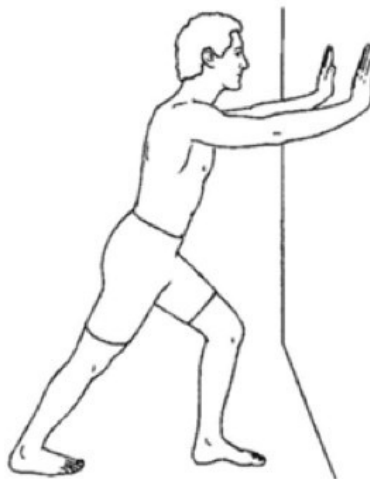


- **DESCRIPTION:** Pick a Balance Position (Listed to the Left) that is a challenge but that you can complete safely. **NOTE:** Complete this exercise next to a stable surface, such as a counter top.
- **REPS:** hold for 60 seconds
- **SETS:** repeat 1-3 times
- **FREQUENCY:** daily

03

CALF STRETCH

Good flexibility in your calf is important for walking.
 It can prevent you from catching a toe and tripping.



- **DESCRIPTION:** Press your hands against the wall or place them on a counter top. Plant your back foot as pictured.
- **REPS:** complete 3 times with the right foot back and 3 times with the left foot back.
- **HOLD:** 30 seconds each
- **FREQUENCY:** daily