

WALK WITH CONFIDENCE

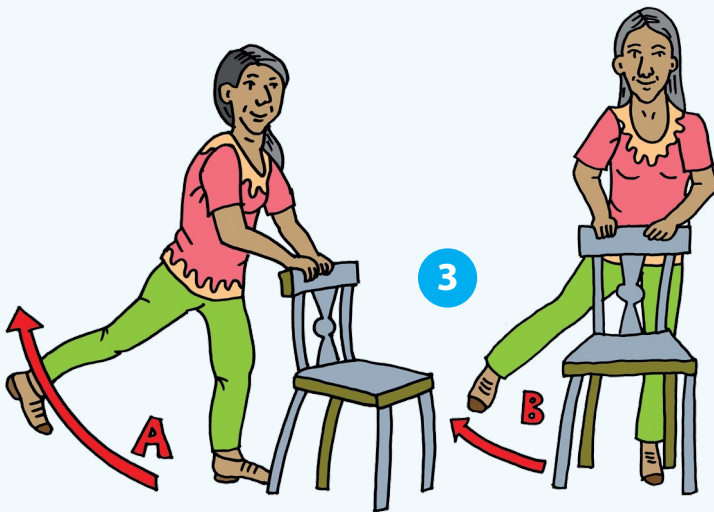
Home exercises to improve your strength and balance

- Complete each movement slowly and gently.
- Keep a good posture and remember to breathe.
- Take a short break in between each set.
- Add intensity by using 1–3 kg ankle weights, starting with the lightest weights.
- Complete this programme every day.

1. Sit on a chair with your back straight. Straighten and lift your right leg and slowly bring the leg back down. Repeat on the other left leg. Repeat 10–15 times. Take a short break and repeat.



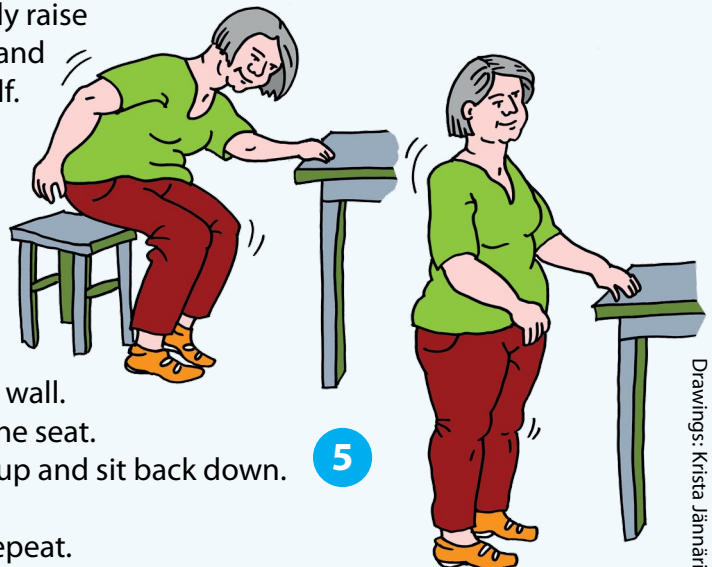
2. Stand and lean on the back of a chair or a table. Raise your knee and lift your foot off the floor, switch legs. Repeat on both legs 10–15 times. Take a short break and repeat.



3a. Place your feet shoulder-width apart. Stand and lean on the back of a chair or a table. Lift your right leg straight back and gently bring the leg back down. Repeat 10–15 times. Repeat the movement on the left leg. Take a short break and repeat.

3b. Place your feet shoulder-width apart. Stand and lean on the back of a chair or a table. Lift your right leg straight to the side heel first and slowly bring the leg down. Repeat 10–15 times. Repeat the movement on the left leg. Take a short break and repeat.

4. Stand and lean on the back of a chair or a table. Slowly raise yourself up on your toes and then gently lower yourself. Repeat 10–15 times. Take a short break, shake your legs gently and repeat.



5. Place a chair against a wall. Sit close to the edge of the seat. Lean forward and stand up and sit back down. Repeat 10–15 times. Take a short break and repeat.

Mark each exercise on your exercise log. This helps you keep track of your exercise and make it a regular habit. Remember that climbing the stairs is also great exercise!

Regular exercise improves muscle strength and balance

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