

Seniors Strength and Balance



Sit to Stand

Sit on the edge of the chair, feet hip-width apart.

Stand up slowly by leaning forward slightly and using your legs. Keep your hip up, shoulders back. Keep looking forward not down.

Stand upright before slowly sitting down, bottom-first.



Calf Raise

Stand with feet together.

Lift both heels off the floor as far as comfortable.

Lower heels back down slow and controlled.



Side Leg Raises

Stand with feet together.

Raise your leg to the side as far as comfortable, keeping your back and hips straight.

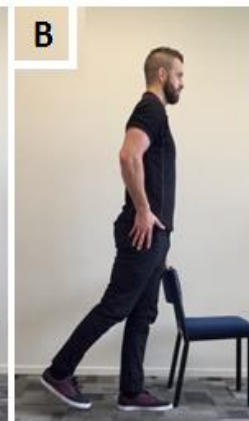
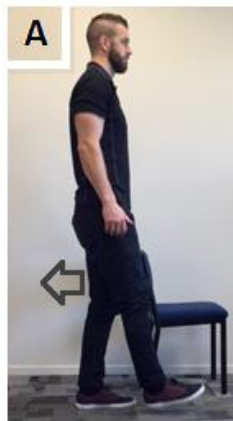
Return to starting position. Repeat with the other leg.



Marching

Stand with feet hip width apart.

March continuously, lifting knees as high as comfortable.



Rear Leg Raises

Stand with feet together.

Raise your leg backward as far as comfortable, keeping your back and hips straight.

Return to starting position. Repeat with the other leg.

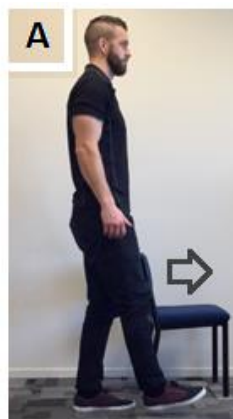


Balance

Stand with feet together.

Raise one leg forward and hold balancing, use support if required.

Now repeat with the other leg.



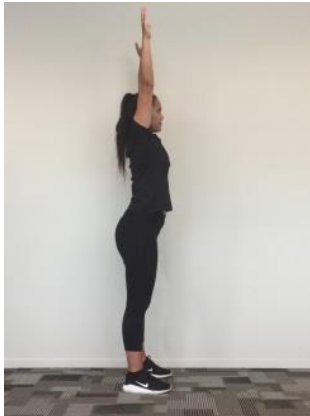
Front Leg Raises

Stand with feet together.

Raise your leg forward as far as comfortable, keeping your back and hips straight.

Return to starting position. Repeat with the other leg.

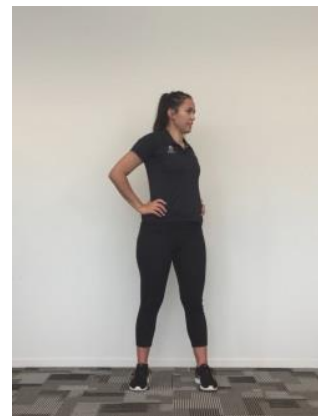
Seniors Strength and Balance



High and Low Stretch



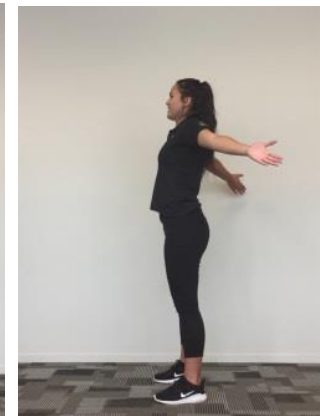
Side Stretch



Side Turns



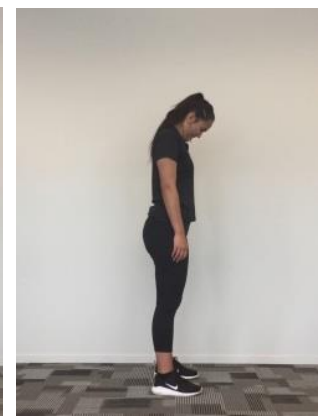
Lumbar Stretch



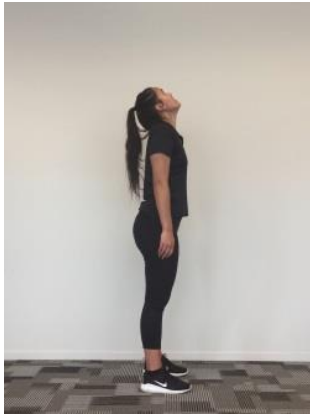
Chest Stretch



Shoulder Stretch



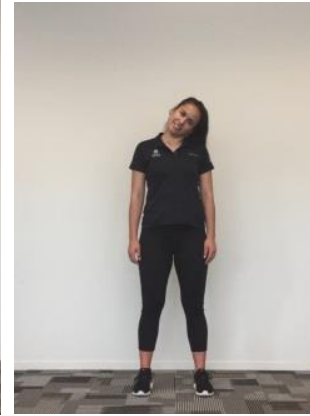
Chin Downs



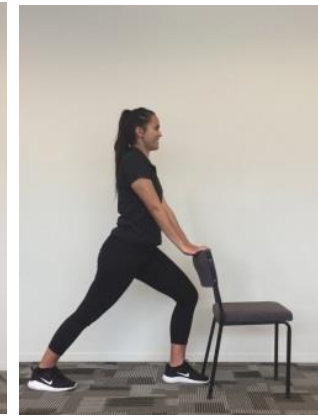
Chin Ups



Shoulder Raise



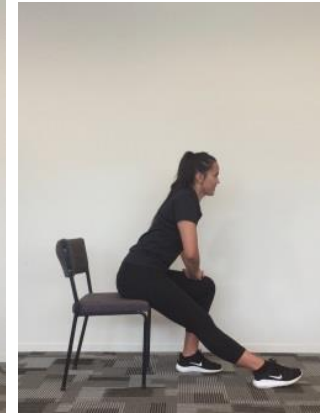
Head Tilts



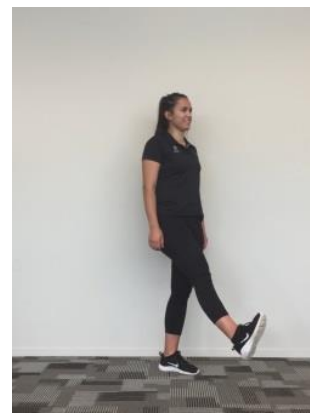
Calf Stretch



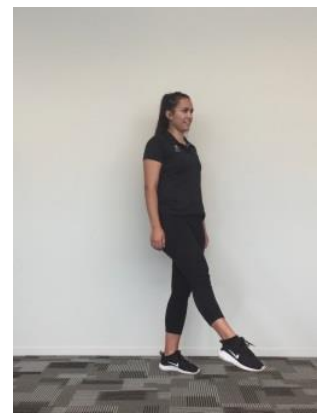
Short Calf Stretch



Thigh Stretch



Toe Pullbacks



Toe Points