

# 5 SIMPLE EXERCISES TO HELP PREVENT A FALL



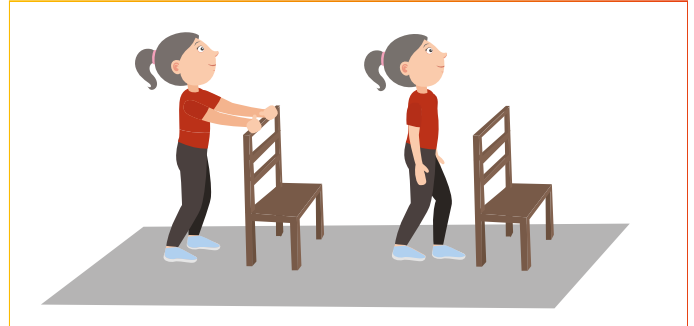
**Don't hibernate  
this winter**

## Before you start

- Make sure the chair or table you use for support is sturdy
- Stop exercising if you experience any unusual pain or discomfort & seek advice from a qualified health professional
- Try to practice these exercises every day. You can incorporate them into your daily routine.

## 1. Heel-Toe Stand

Stand tall with two hands on your support. Put one foot straight in front of the other or slightly off-center if you find it difficult. Look ahead. Let go of your support and try to balance for 10 seconds. Return to your start position & switch feet. Repeat 5-10 times for each leg.



## 2. Knee Raises

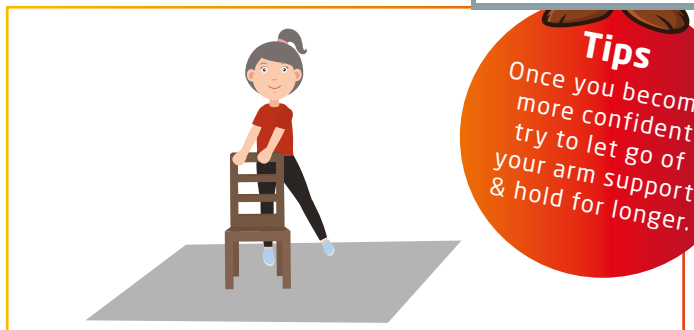
Start by holding on to your support. Lift your right knee up as far as is comfortable. Try not to lean to the side. Place the foot down slowly. Repeat 5-10 times on each leg. When your balance improves try to let go of your support.



**Keep these  
exercises  
somewhere handy**

## 3. Sideways Leg Raises

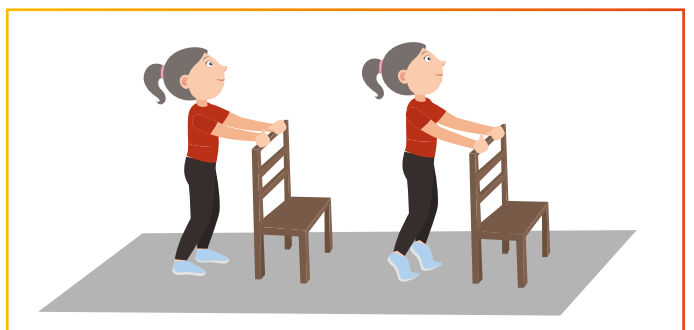
Stand next to your support and hold if needed. Stand on one leg. This will be your starting position. Keeping your leg straight, raise your leg as far out to the side as possible without pain. Keep your body still and straight (don't lean). Hold for a few seconds then bring your leg back down slowly. Repeat 5-10 times.



**Tips**  
Once you become  
more confident  
try to let go of  
your arm support  
& hold for longer.

## 4. Heel Raises

Stand tall, holding your support, if needed. Lift your heels off the floor, taking your weight onto your toes. Hold for 2-10 seconds, then lower slowly with control. Repeat 5-10 times. When your balance improves try to let go of your support.



## 5. Sit-to-Stand

Start by sitting in the chair. Take a deep breath, as you exhale, slowly push up off the chair using your leg muscles. As you do this, lean your chest forward slightly and press your hands into your thighs for support. Stand up straight and take another deep breath. Making sure the backs of your legs are touching the chair, slowly return to a sitting position as you exhale. Repeat 5-10 times.

