## SIT TO STAND

- This is easy

If you only have time for one exercise do this one!

- From a sitting position stand up as tall as you can

- Sit back down and repeat!

 This is great to keep our hips stay in good working order!

# **ARM RAISE**

 Stand tall and raise both arms until they are level with shoulders then return to side

 When this feels easy start carrying bottles of water [or something similar] in each hand

 Great for helping us do everyday tasks like picking things up

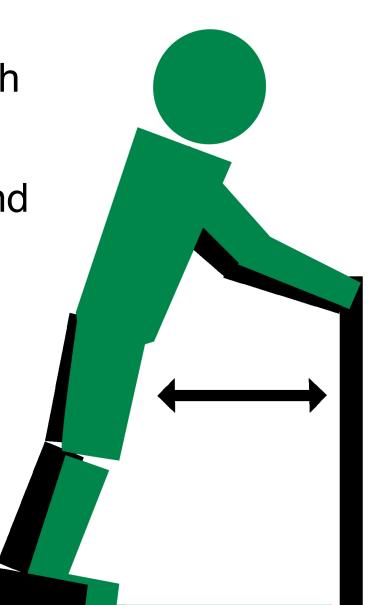
#### **BENCH PRESS UP**

 Lean against the railing with straight arms

 Allow your arms to bend and let your chin get closer to the railing

Push back to straight back position

 Great for helping our arms stay strong



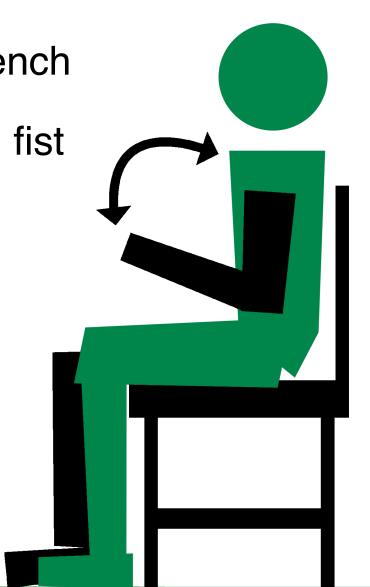
#### **BICEP CURLS**

- Sit comfortably on the bench

- Lift each arm in turn until fist touches shoulder

 If this is too easy carry a bottle of water [or something similar]

- Great for helping us lift everyday things like shopping or suitcases

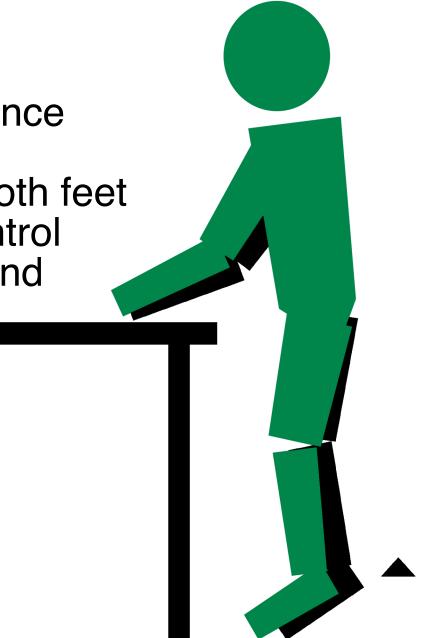




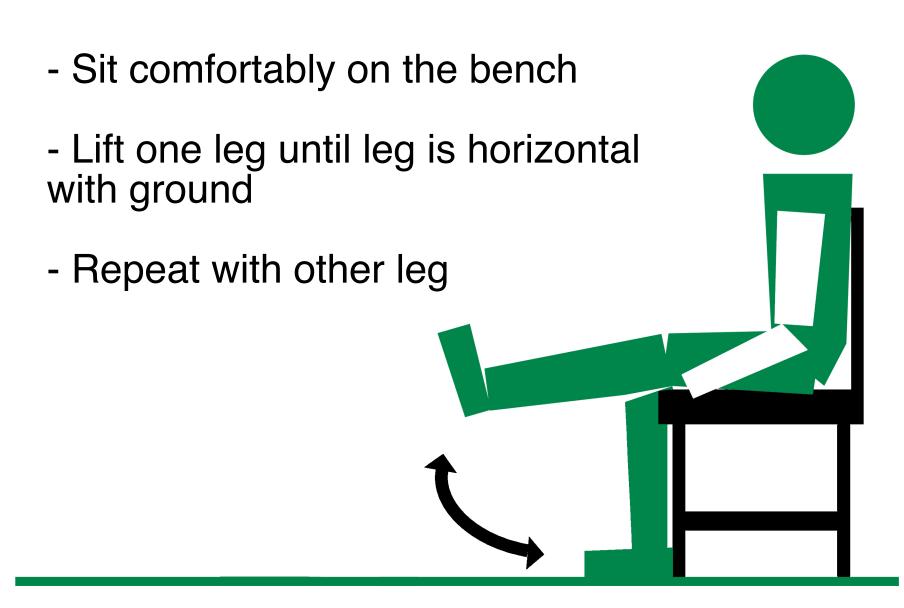
- Use the railing for balance

 Lift your weight from both feet onto your toes and control the return to solid ground

 Great for helping our balance



# FRONT KNEE EXTENSION



# **HEEL TO TOE WALK**

- Stand at back of bench
- Hold on for balance
- Walk heel to toe with each step
- If too easy do this without holding on for balance
- Great for helping our balance

# **LEG FLEXION**

- Use the railing for balance

Bend at the knee and bring your heel towards your bottom

- Repeat with other leg

- Great for helping our legs stay strong

## **ONE LEG STAND**

- Use the railing for balance
- Lift one heel up behind you and try to balance for a count of 10
- If that is easy try to balance without holding on
- Do with each leg in turn
- Great for helping balance

