

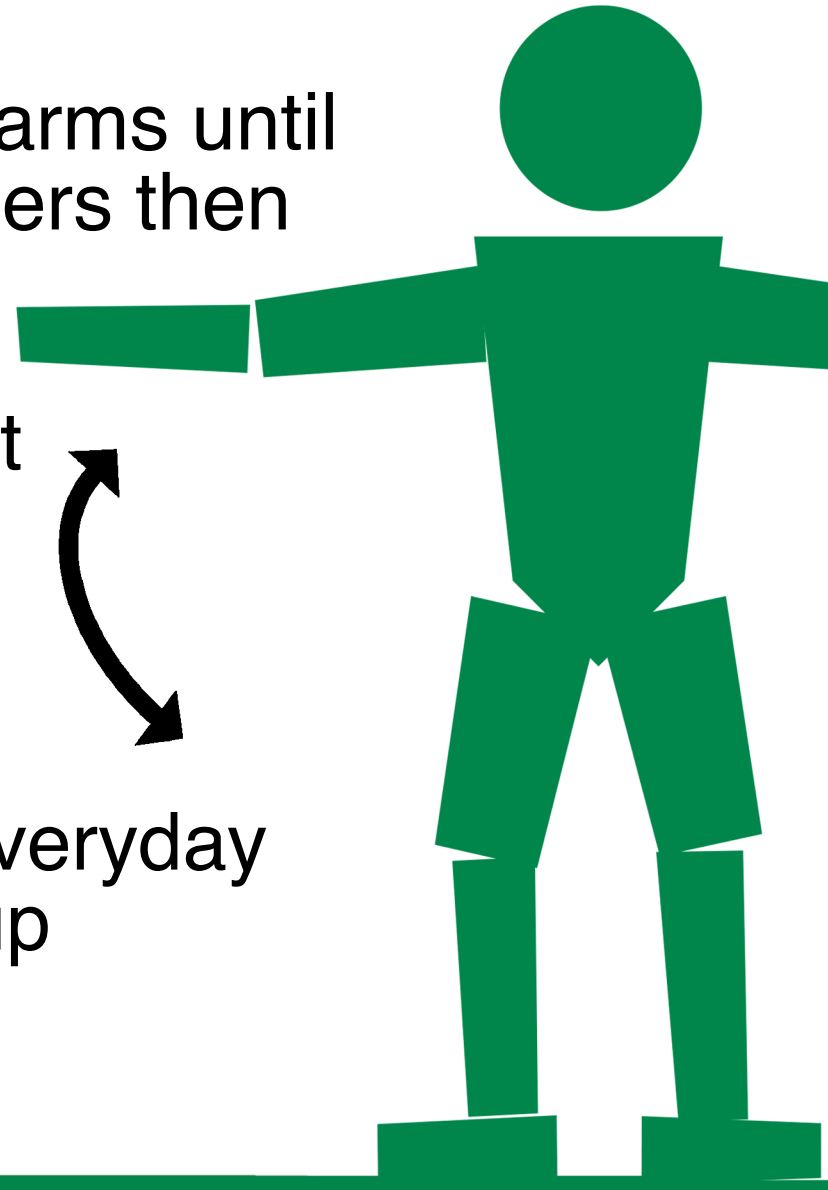
SIT TO STAND

- 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!



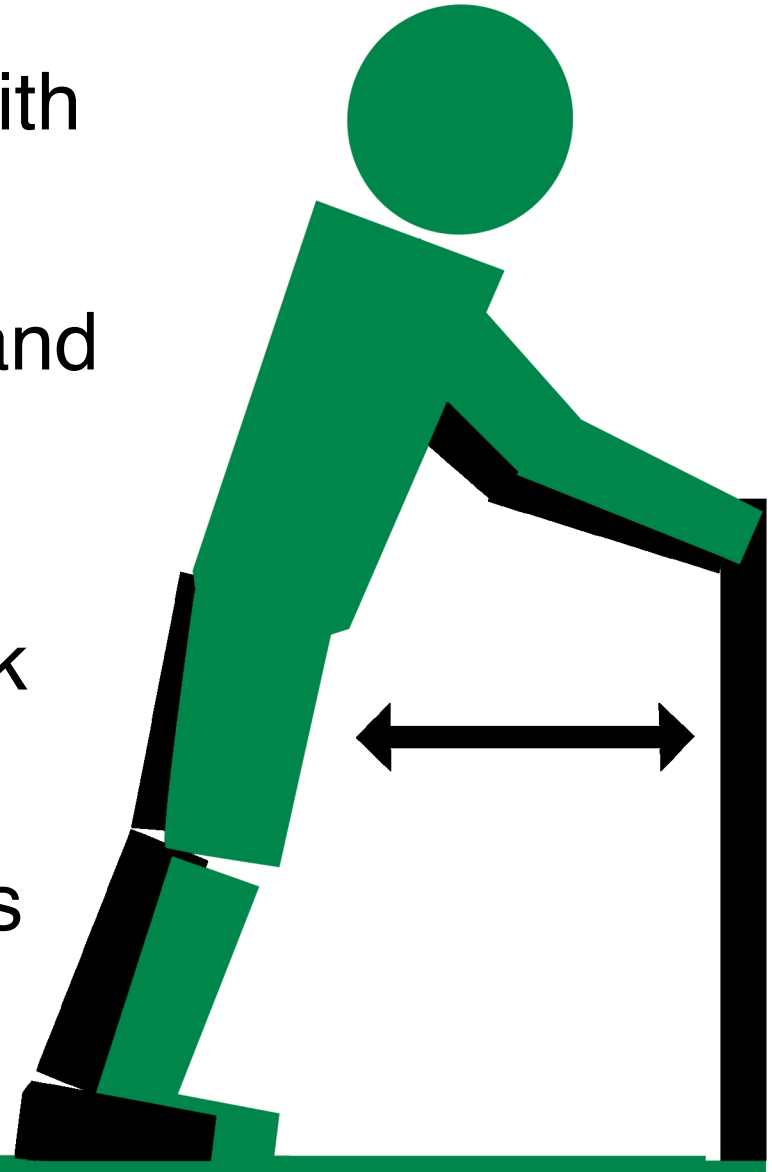
ARM RAISE

- 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



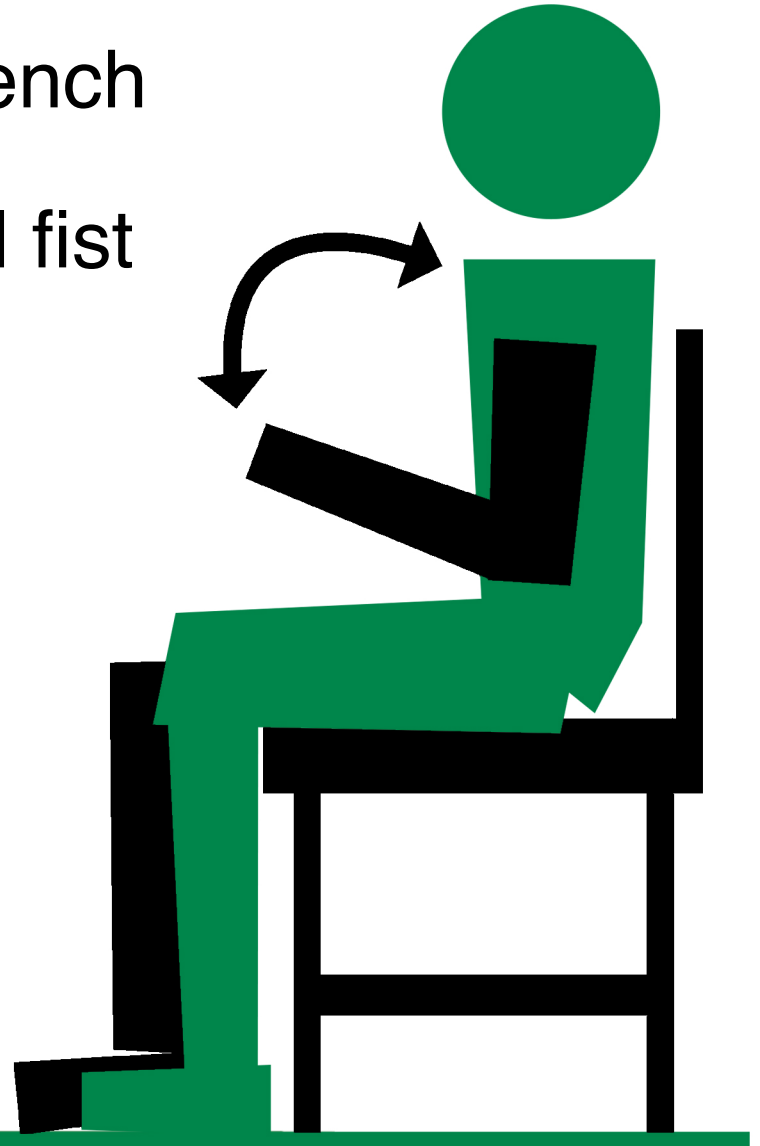
BENCH PRESS UP

- 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



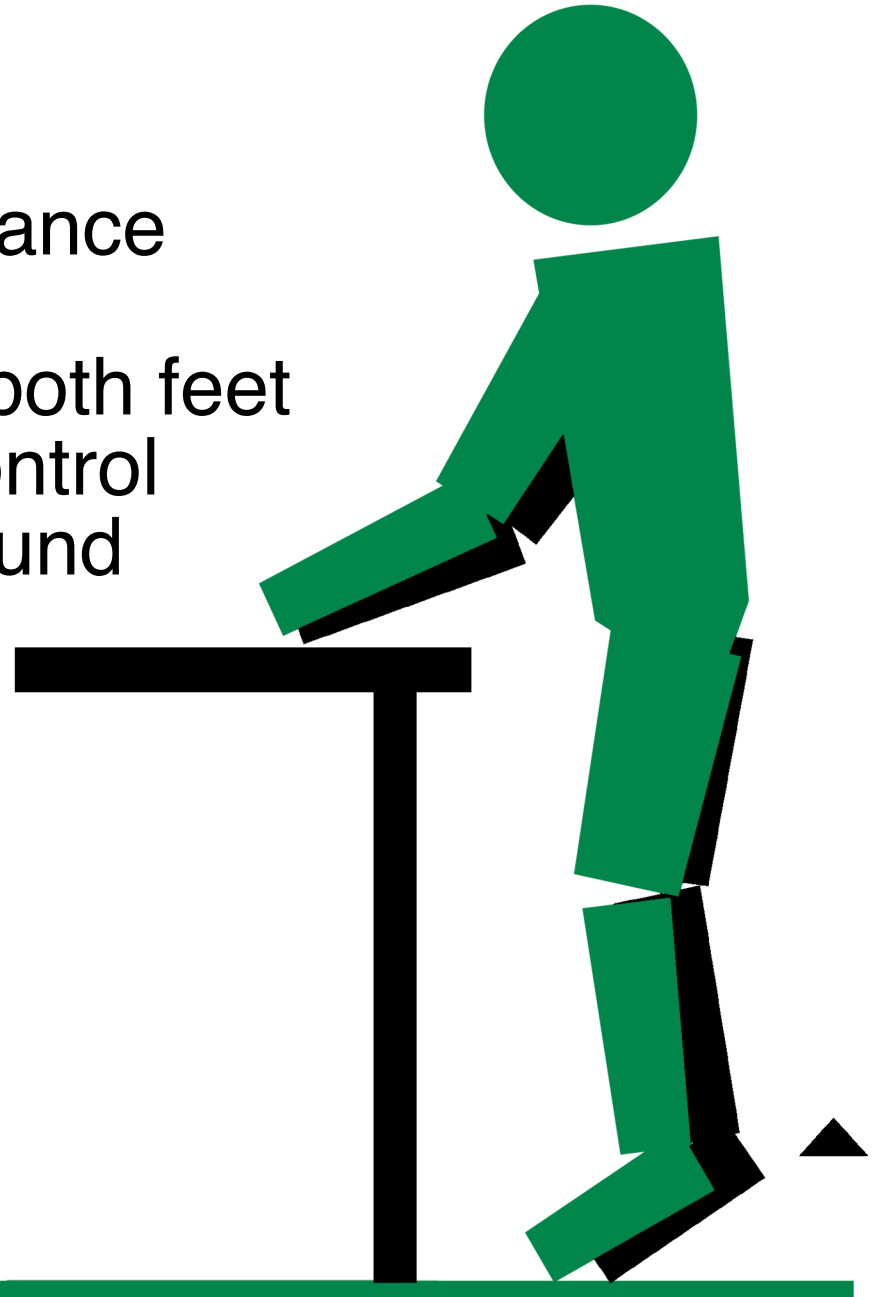
BICEP CURLS

- 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



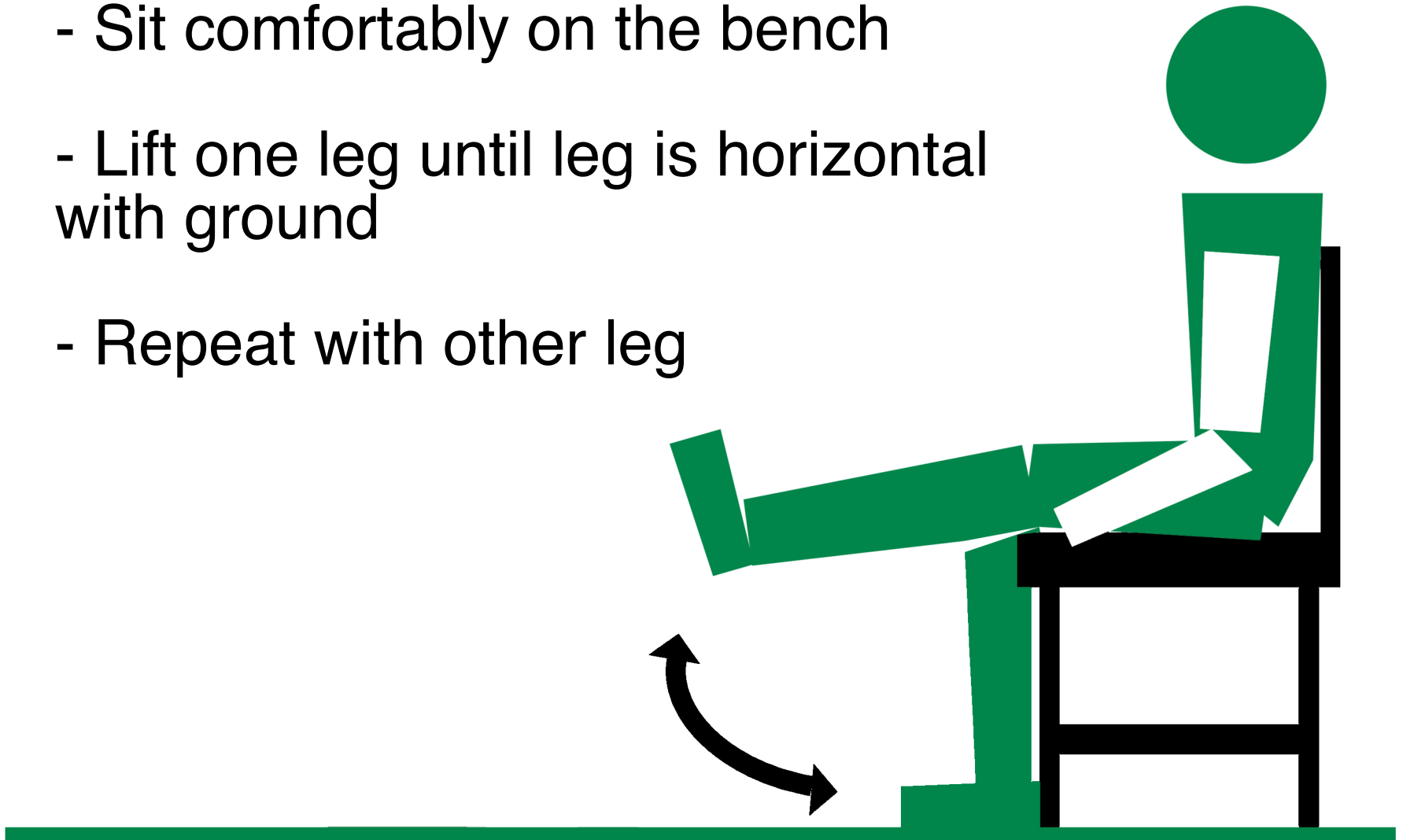
CALF RAISE

- 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



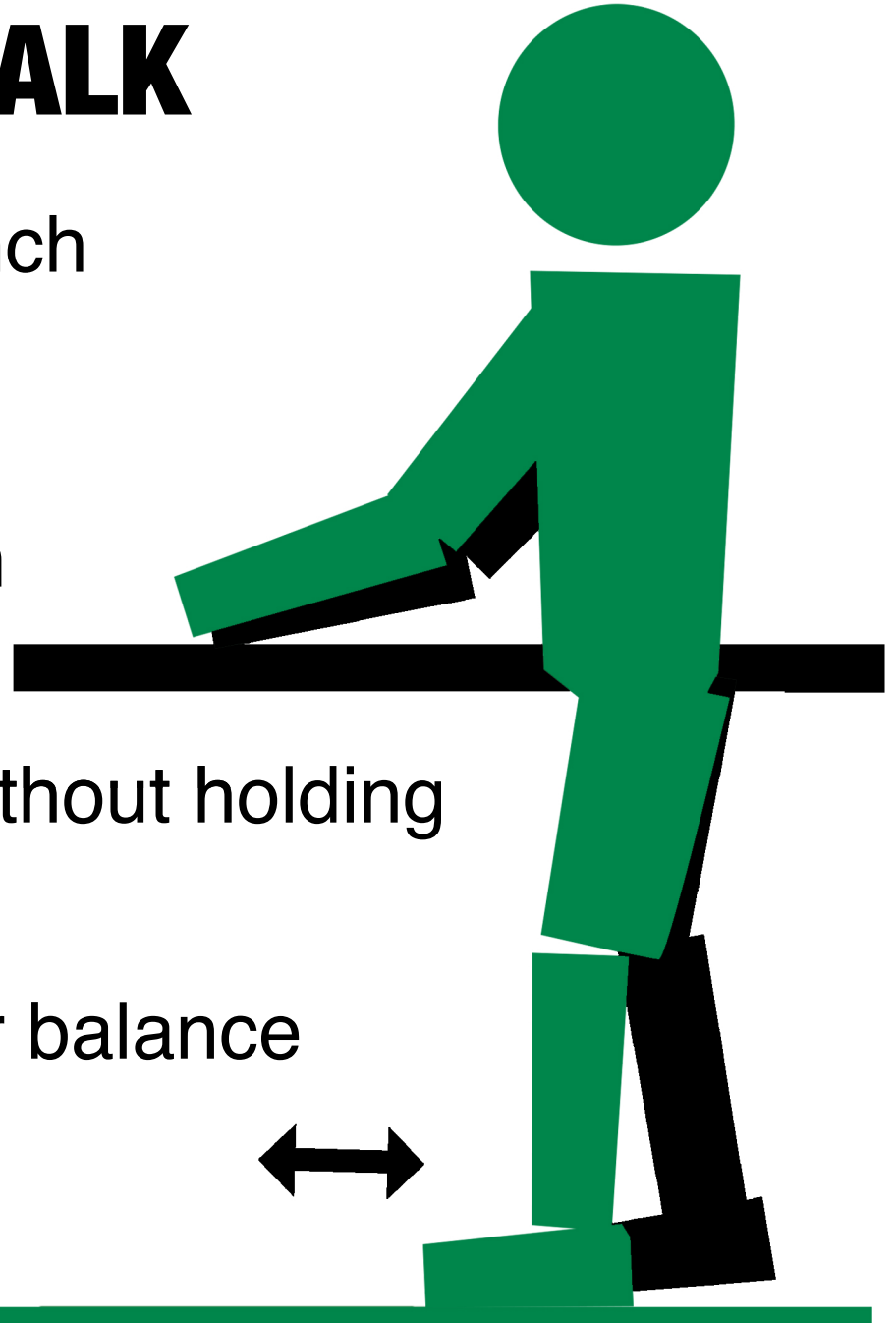
FRONT KNEE EXTENSION

- Sit comfortably on the bench
- Lift one leg until leg is horizontal with ground
- Repeat with other leg



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

