

STRENGTH and BALANCE

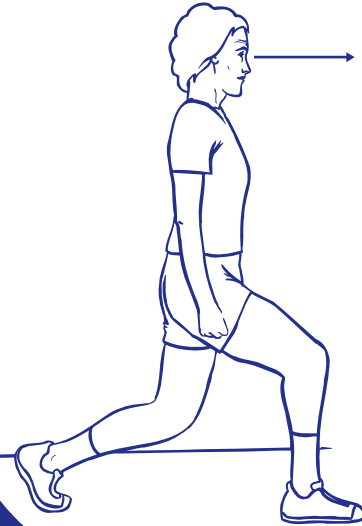
1. LEG SQUAT



Strengthens hips, thighs and lower legs.

- Stand with feet shoulder-width apart.
- Lower hips downward and backward to a 3/4 knee position.
- Keep feet flat, use arms for balance, look straight ahead.
- Hold for 1 second, then return to starting position.

2. LEG LUNGE



Strengthens muscles in legs and abdomen.

- Place one foot in front of you (about 1-2 feet).
- Lower body, keep front foot flat and back foot relaxed.
- Keep weight centred and look straight ahead.
- Hold for 1 second, then return to starting position.

3. CHAIR STAND



Strengthens muscles in the hips and thighs.

- Sit on chair, knees bent, feet flat on floor.
- Stand up, using hands as little as possible.
- Hold for 1 second, then sit back down.

4. SIDE LEG RAISE



Strengthens muscles at sides of hips and thighs.

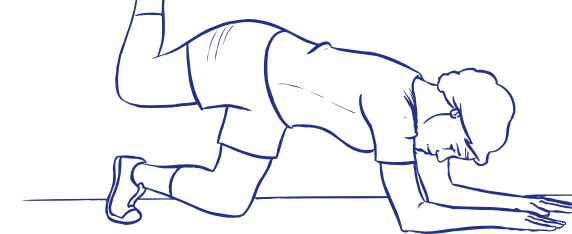
- Hold on to wall or chair, stand straight with feet slightly apart.
- Lift one leg out to side (about 1-2 feet), relax your foot.
- Hold for 1 second, then lower leg until foot barely touches floor.

Smart Moves

Exercises for fall prevention for older adults

15 simple exercises to improve strength, balance, and flexibility

5. HIP EXTENSION



Strengthens buttock and lower back muscles.

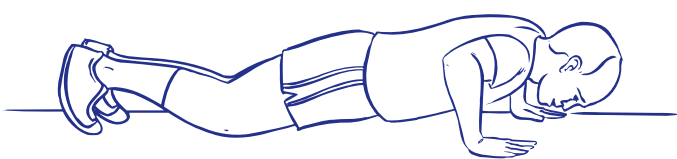
- Kneel on floor, bring elbows down to support your weight.
- Lift one leg straight up, keep foot flexed and push heel up to the ceiling.
- Hold for 1 second, then lower leg until knee barely touches floor.
- If your knees hurt, do the modified hip extension.



Modified hip extension

- Hold on to chair, stand straight, feet slightly apart.
- Lift one leg back without bending knee or pointing toes.
- Hold for 1 second, then bring leg back down until foot barely touches floor.

6. PUSH UPS



Strengthens chest, arm and shoulder muscles.

- Kneel on floor with hands in front, shoulder-width apart.
- Move hands forward until body is straight (plank position). Keep knees on floor.
- Lower body until face and chest are near floor. Keep neck straight.
- Hold for 1 second, then push up to starting position.
- If your knees hurt, do the modified push up.



Modified push up

- Stand with arms outstretched against wall, keep feet flat and slightly apart.
- Bend elbows and lean into wall until face and chest are near.
- Hold for 1 second, then push up to starting position.

How to start

Warm up with endurance exercise. Do something continuous that gets your heart rate up. Walk, ride your bike, go swimming, or play tennis. For a simple warm-up, march on the spot for at least 10 minutes.

Good technique

Keep your back straight. Relax your shoulders. Keep your abdominal muscles tight. Focus on what you're doing. Refer to the illustrations. Perform exercises slowly.

For all strength and balance exercises

- Don't forget to warm up.
- Hold on to a chair if you need to.
- Repeat 10 to 15 times.
- Inhale and exhale slowly. Do not hold your breath.
- Rest, then do another set of 8 to 15 repetitions.
- Work both sides.
- Do the modified versions if you are just starting out.

About leg exercises

If you have no orthopedic problems with your knees or hips, they are safe for you to perform. If you experience instability, hold on to a chair. If you feel pain while bending your knees, you should not perform leg exercises.

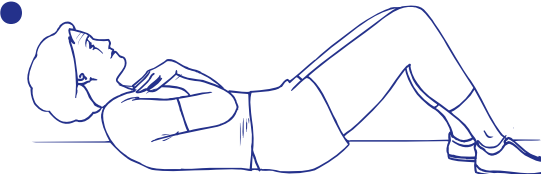
How to improve your balance with these exercises

- Follow these steps over several weeks:
- Begin by holding on to a chair for support.
 - Then try holding on to a chair with only one or two fingertips.
 - When you feel steady, do not use a support.

How to progress with strength and balance exercises

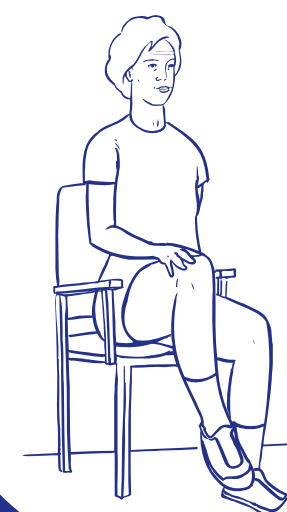
- Increase the number of repetitions.
- Increase the range of the movement.
- Do the exercises at a slower pace.
- Add modifications for balance.
- Increase the resistance with weights, if you are ready.

9. ABDOMINAL CURL



Strengthens abdominal muscles.

- Lie on floor, knees bent, feet flat.
- Place hands on chest, keep neck straight.
- Lift upper body up, press lower back firmly into floor.
- Hold for 1 second, then return to starting position.
- If you have osteoporosis, do the modified abdominal curl.



Modified abdominal curl

- Sit in chair with back supported.
- Place hand on thigh and lift one foot off floor.
- Press hand firmly against leg to create resistance.
- Tighten your abdominal muscles.
- Hold for 5-10 seconds, then return to starting position.

7. HEEL RAISES



Strengthens ankle and lower leg muscles.

- Hold on to chair, stand straight, feet slightly apart.
- Keep knees slightly bent and weight on balls of feet.
- Stand on tiptoe, as high as possible.
- Hold for 1 second, then lower heels back down.

8. BACK EXTENSION



Strengthens lower back and hip muscles.

- Lie on floor, face down, keep neck straight.
- Raise one arm above head with palm down.
- Rest other arm at shoulder-height on floor, hand flat. Use hand to support chin if more comfortable.
- Lift arm and opposite leg off floor, as high as possible. Keep foot relaxed.
- Hold for 5-10 seconds, then return to starting position.

