

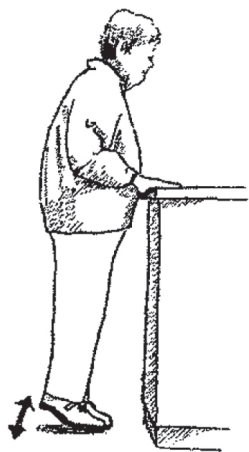
EXERCISE 1

Slow Toe Taps

1. Stand facing the kitchen sink. Hold on with both hands.
2. Starting with the right foot keep the heel on the floor and lift your toes up.
3. Count 1, 2, 3 while you lift your toes and then lower them and relax.
4. Repeat with the left foot. Lift, 1, 2, 3 lower, relax.
5. Continue to do this 3 to 5 times with each foot.
Do them slowly.
6. Gradually add one or more repetitions every few days until you can do this 15 times with each foot.

ACTIVITY CHECKLIST

- ☐ How are you feeling after this exercise?
- ☐ Are you ready to continue?



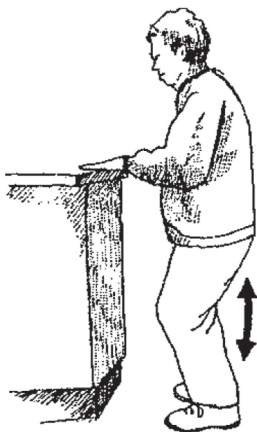
EXERCISE 2

Up on Toes

1. Stand facing the kitchen sink. Hold on with both hands.
2. Raise up onto the toes of both feet. Come down slowly.
3. Again, up on toes, down slowly.
4. Continue doing this 3 to 5 more times if you can.
5. Gradually add one more repetition every few days or once a week until you can do this 15 times.

ACTIVITY CHECKLIST

- ☐ How are you feeling after this exercise?
- ☐ Should you stop, or are you okay to continue?
- ☐ As you are able, try to decrease the amount of support through your hands as your strength and balance improve.

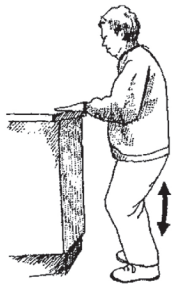


EXERCISE 3

Mini Squats

1. Stand facing the sink with your feet comfortably apart.
2. Hold on with both hands.
3. Bend your knees slightly keeping your back straight.
Keep your heels on the floor.
4. Hold for a few seconds if you are able. Now straighten your knees.
5. Bend your knees slightly again, hold...then straighten.
Do this 3 to 5 times.
6. Add one more squat every few days as you are able until you can do 15.

Remember don't bend too far – do a small squat only.



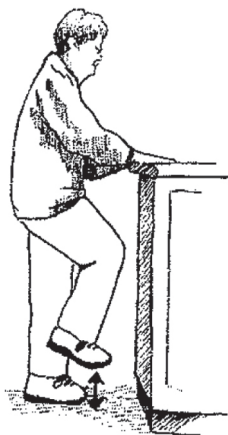
EXERCISE 3

Mini Squats

ACTIVITY CHECKLIST

- ☐ Were you comfortable doing this exercise?
If so, please continue.
- ☐ Check your posture:
 - Stand tall and strong
 - Toes pointing forward, not turned in or out
 - Are your shoulders back and is your chin tucked in

It is okay to give yourself permission to quit if you have had enough for today.



EXERCISE 4

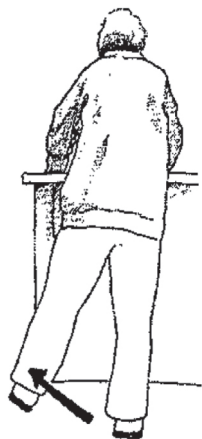
Walking on the Spot

1. Stand facing the kitchen sink. Hold on with both hands.
2. Walk or march slowly on the spot. Count to 30.
3. Bring your knees up and slowly lower your foot back to the floor.
Great work!
4. Every third or fourth day gradually increase the time spent walking by one minute.

When you are strong enough, you may want to begin walking around your home for a few minutes without stopping. When you do this, use the mobility aide that you normally use for walking.

ACTIVITY CHECKLIST

- ☐ How are you feeling after this exercise?
- ☐ Are you standing tall and strong?
- ☐ Are you ready to continue?



EXERCISE 5

Alternate Leg Out and In

1. Stand facing the sink. Hold on with both hands.
2. Keeping your toes pointing forward, lift your left leg out to the side.
3. Hold this position for a few seconds if you can, then slowly lower leg back to the centre.
4. Now lift your right leg out to the side. Hold and lower back to the centre.
5. Keep alternating legs, left...then right...Repeat 3 to 5 times.
6. Keep strong and tall. Do not let your upper body sway.
7. Do one more set - including both left and right legs each week until eventually you can do 15 sets.



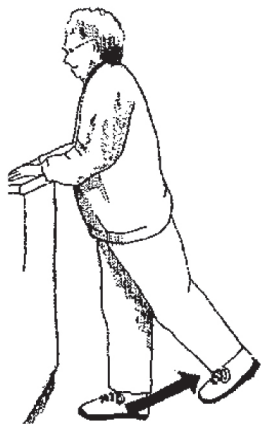
EXERCISE 5

Alternate Leg Out and In

ACTIVITY CHECKLIST

- ☐ How are you feeling after this exercise?
- ☐ Remember, as your strength and balance improves try to decrease the amount of support through your hands.
 - Try holding on with one hand, and a few fingers of the other hand
 - When you get comfortable with that, hold on with a few fingers of each hand
 - Now try to rest one finger of each hand on the counter
 - Then try one finger of one hand
 - When you are strong enough, try no hands
 - You may not be able to do this in the beginning, but as you get stronger you will rely less on the support of your hands

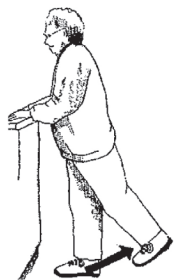
Are you ready to continue?



EXERCISE 6

Alternate Leg Behind

1. Stand tall and strong facing the sink. Hold on with both hands.
2. Extend your left leg behind you without bending your knee.
3. Return your leg to the starting position.
4. Next extend your right leg behind you, then return.
5. Check that you are keeping your back straight and not leaning too far forward.
6. Continue alternating each leg, repeating 3 to 5 times.
7. Increase the amount you do every few days until you can do 15 sets.

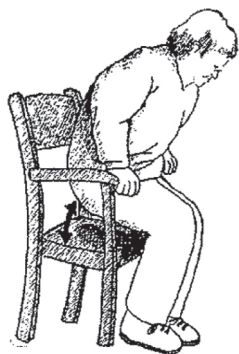


EXERCISE 6

Alternate Leg Behind

ACTIVITY CHECKLIST

- ☐ How are you feeling after this exercise?
- ☐ Are you ready to continue?
- ☐ Before you continue, take a minute and check your posture:
 - Stand tall and strong
 - Feet on the floor with toes pointing forward
 - Keep your head up looking forward
- ☐ Rest if you need to.

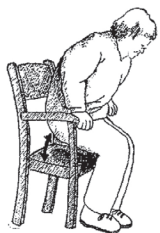


EXERCISE 7

Sit to Stand

It is important **not** to rush through this exercise.

1. Sit in a firm chair with the back of the chair against the wall if possible. If you have a walker place it in front of you - lock the brakes.
2. Bring your bottom a little closer to the front of the chair if needed.
3. Place your feet flat on the floor, close to the chair. Put your hands on the armrests.
4. Lean forward and stand up.
5. Stand tall for a few seconds, holding onto your walker if you need it for support.
6. Step back until you feel the chair against the back of your legs, reach back to hold the armrests, and slowly lower yourself to sit down in the chair.
7. When you are ready again, stand tall for a few seconds, then sit down. Do this 3 to 5 more times.
8. Do one more sit to stand every few days as you are able until you can do 15.



EXERCISE 7

Sit to Stand

ACTIVITY CHECKLIST

- ☐ How are you feeling after completing all of the exercises you have selected to do at this time?
- ☐ Remember:
 - Mark your calendar as an exercise day
 - As you feel stronger, try to use less support through your hands

**Give yourself a pat on the back for
a job well done!**

You are taking charge of your health.

Continue reading through this booklet to learn other things
that can help keep you safe and independent!