



- These exercises will help you to become stronger and steadier on your feet.
- **Go online to [homestrong.net](http://homestrong.net) for videos of each exercise and other tips.**

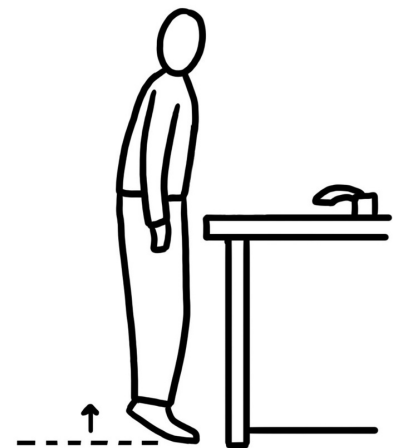
## **A** Knee Bend (do this 5 to 10 times)

1. Stand facing a table or countertop.
2. Hold with one or two hands for support.
3. Place your feet hip width apart.
4. Slowly bend knees squatting about a fourth of the way down. Stop if knees go in front of your toes.
5. Hold for a count of 3.
6. Slowly return to standing position.



## **B** Heel Lift (do this 5 to 10 times)

1. Stand up tall facing a sturdy table or kitchen sink for support, if needed.
2. Your feet should be shoulder-width apart.
3. Focus on a distant object.
4. Come up onto your toes for a count of 5 without holding on.
5. Slowly lower your heels to the ground.



## **C** Heel-Toe Stand (do this 5 to 10 times per leg)

1. Stand up tall near a table or countertop.
2. Keep your hand near table if needed for balance.
3. Look ahead and focus on a distant object.
4. Place the heel of one foot in front of the toes of the other foot.
5. Hold this position for a count of 10.
6. Repeat with opposite leg.

