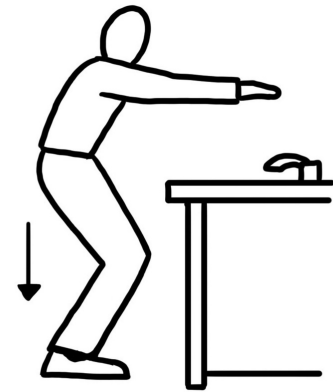




- These exercises will help you to become stronger and steadier on your feet.
- **Go online to homestrong.net for videos of each exercise and other tips.**

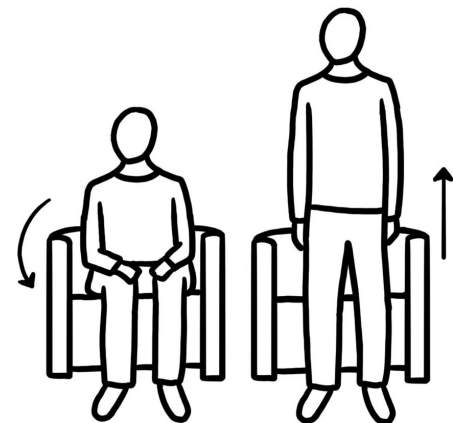
A Knee Bend (do this 8 to 12 times)

1. Stand facing a table or countertop.
2. Keep one or two hands near table for balance, if needed.
3. Place your feet hip width apart.
4. Slowly bend knees squatting about halfway down.
5. Stop if knees go in front of your toes.
6. Hold for a count of 3.
7. Slowly stand again.



B Sit to Stand (do this 8 to 12 times)

1. Sit on a chair that is not too low.
2. Place your feet behind your knees.
3. Stand up tall as quickly as possible *without* using your hands to push.
4. Sit down slowly.



C One Leg Stand (do this 8 to 12 times per leg)

1. Stand near a table or kitchen counter.
2. Use support if needed for balance.
3. Look ahead and focus on a distant object.
4. Stand on one leg.
5. Try to hold for a count of 10.
6. Turn, face the other way, and repeat with your other leg.

