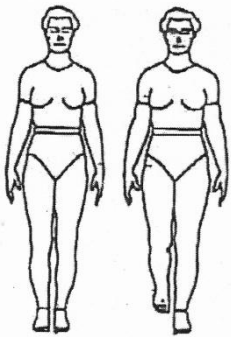
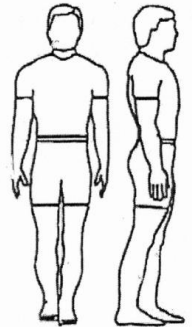


USE IT OR LOSE IT: DAILY EXERCISES FOR STRENGTH AND BALANCE



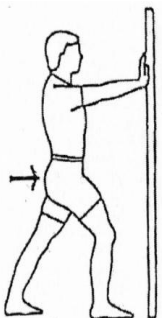
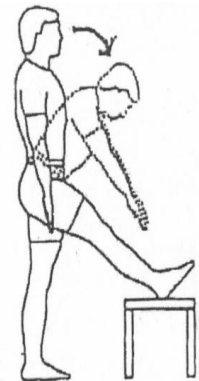
Stand on one leg, eyes open, in a corner for safety. Hold exercise for 20 seconds. Repeat with other leg. Perform one set of three repetitions.
Note: Have a friend spot you in case you begin to fall.

Stand with feet together with left foot slightly in front of right, progress to one foot directly in front of the other. You can also walk with one foot directly in front of the other. Stand in a corner or walk near a wall for safety. Hold exercise for 20 seconds. Perform one set of three repetitions.



Walk at a comfortable pace down a hallway with head turning side to side. Perform one set of five repetitions.

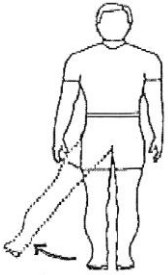
Stand with heel propped on low table, knee straight, as show. Gently and slowly lean forward at waist. Hold exercise for 30 seconds. Repeat with other leg. Perform one set of two repetitions.
Note: Remember to keep the knee straight.



Stand facing wall, hands on wall. Step forward with foot of uninvolved leg, leaning hips towards wall. Keep rear leg straight with heel on floor. Hold for 30 seconds. Repeat with the other leg. Perform one set of two repetitions.

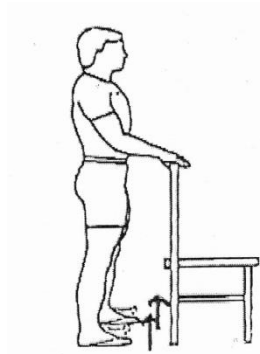
Begin in sitting position, arms crossed in front of you. Stand slowly, sit and repeat. Perform one set of ten Repetitions.





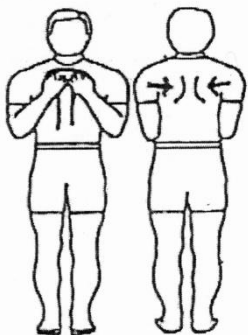
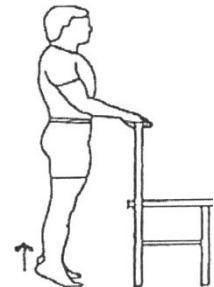
Stand. Place weight on leg or use theraband around ankle if able. Keep knee straight, moving leg outward. Return to start position. Hold onto counter for support. Perform one set of ten repetitions. Note: Keep trunk upright.

Sit with leg bent to 90 degrees as shown. Place weight around ankle if able or loop band around ankle and tie to chair. Straighten leg at knee. Return to start position. Perform one set of ten repetitions.



Stand with both feet shoulder distance apart. Raise-up on heels. Lower and repeat. Perform one set of 10 repetitions.

Stand, using chair for balance. Raise up on toes, through full range. Return to start position and repeat. Perform one set of ten repetitions.



Hold elastic in both hands with elbows bent and near sides. Squeeze shoulder blades together, keeping elbows bent. Return to start position and repeat. You can do this either standing or sitting. Perform one set of ten repetitions.

Note: Stand or sit up straight, shoulders back, head in line with shoulders as much as you are able.