

Repeat each exercise 8-12 times, complete circuit 2-3 times, two times per week on non-consecutive days. Breathe throughout each activity, do not hold your breath. Inhale on the easy part and exhale on the hard part. Tighten abdominal muscles and maintain core strength during activities.
Suggested equipment: sturdy chair and step

BENEFITS OF PHYSICAL ACTIVITY



Enhance overall health and well-being



Improve mood and reduce feelings of stress and anxiety



Increase energy



Improve sleep



Side Leg Lift and Hold Balance

Stand tall next to a chair with your feet hip width apart. Hold onto the chair for balance as needed. Point your toes forward and begin to lift your right leg out toward the side. Keep your hips level and back straight. Hold for 5-15 seconds. Bring the leg back to starting position. Complete all repetition on one side before repeating on the opposite side. Challenge: let go of the chair for a few seconds to improve your balance.



Single-sided Knee Lift and Reach Balance

Stand tall next to a chair with your feet hip width apart. Lift your right hand over your head while you slowly bend and lift your right knee until your knee is level with your hip. Hold for 5-15 seconds. Lower your foot back to the floor and your arm to your side. Complete all repetitions on one side before repeating on the opposite side.



Heel-to-Toe Balance Walk

Stand tall with your arms out at your sides for balance. Put your right heel in front of your left toes so that they are touching. Take a step to place your left heel in front of your right toes so that they are touching. Repeat for 20 steps. Challenge: try stepping backwards.



Unsupported Chair Sit and Stand

Stand tall in front of a chair with your feet hip width apart. Extend your arms straight in front of you for balance. Slowly sit your hips back and lower your hips on to the chair as gently as possible. Pause for 3 seconds. Press your heels firmly into the floor and keep your arms steady in front of you. Push through your heels to return to standing position.



Rock the Boat Side Step

Stand with your feet hip width apart. Shift your weight to your left foot and slowly lift your right leg off the floor. Hold that position for as long as possible, up to 30 seconds. Slowly put your foot back onto the floor, then transfer your weight to your right foot. Slowly lift your left leg to repeat on the opposite side.



Backward Leg Lift and Hold Balance

Stand behind a chair with your feet hip width apart. Slowly lift your left leg straight back without bending your knee. Hold for 5-15 seconds. Slowly bring your leg back to the starting position. Complete all repetitions on one side before repeating on the opposite side.



Chair Plank

Stand one to two feet behind a chair or table. Place your hands shoulder width apart on the chair. Bend your elbows slightly and relax your shoulders down. Step your feet back away from the chair. Lower your hips until your shoulders, hips and ankles make a straight line and your back is flat. Tighten your abdominal muscles and hold this plank position for 30-60 seconds.



Clock Reach

Stand behind a chair with your feet hip width apart. Imagine that you are standing in the center of a clock and 12 o'clock is directly in front of you. Hold the chair with your left hand and look straight ahead. Extend your right arm in front of you so it is pointing to 12 o'clock (begin position). Rotate your arm to point towards 3 o'clock (not shown in photo) and 6 o'clock (end position). Bring your arm back 12 o'clock. Challenge: lift your right foot off the floor slightly, bending at your knee. Repeat on the opposite side.



Toe Taps

Stand tall with your feet hip width apart in front of a step or a low piece of furniture. Hold on to the wall for balance as needed. Slowly raise one foot and tap your toes on the step in front of you, and then return it to the floor. Repeat on the opposite side.

Credits: Developed by Emily Gratopp, Photography by Vicki Jedlicka, Photography editing by Karen Wedding, Exercise poses by Mindy Vyhnaelek