

## Daily exercises for improving strength and balance

Try repeating this circuit once daily to improve your strength, balance and flexibility



### Double leg bridges

- Lying on your back with arms by your side
- Push through your feet to lift your hips up as high as you can
- Slowly lower back down

Repeat 10 times



### Leg raises

- Lying on your back with arms by your side
- Lift one leg straight in the air & hold it for 3 seconds
- Slowly lower back down

Repeat both sides 5 times



### **Calf raises**

- Standing holding on to a surface for balance
- Lift your heels and rise up on to your tiptoes
- Hold the top position for 3 seconds
- Slowly lower back down

Repeat 10 times



### **Chair lunge**

- Standing facing a sturdy chair
- Lean forward to hold the chair with both hands
- Reach one foot back & lower yourself down to kneel on this leg
- Bring the back leg in to slowly stand back up

Repeat both sides 5 times





### Sit to stand

- Sitting comfortably on a supportive chair (with arms if you need)
  - Lean forward & pull your feet back slightly
  - Push through your legs to stand
- Repeat 10 times



### Overhead touches

- Standing with your arms by your side
  - Reach your arms out to the side & overhead to touch
  - Slowly lower them back down
  - To make this harder you can hold light weights or tins of soup
- Repeat 10 times

