

## Strength Exercises:

Do each exercise 3 times a week– rest a day in between.

Strengthening your muscles is essential for walking and helping you be independent in your daily activities.

Exercise is one component of falls prevention.

For more info on how to prevent a fall, please visit our website: [www.smcfallprevention.org](http://www.smcfallprevention.org) or call 1-844-NoFalls

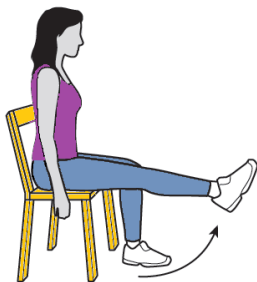
### Sit-to-Stand

1. Sit on a chair that is not too low.
2. Sit on the edge of the chair so there is space between the back of your knees and the chair.
3. Place your feet shoulder-width apart and make sure they are under your knees.
4. Lean forward over your knees.
5. Push up with your legs (and arms if needed) and stand up slowly.
6. Hold for 5 seconds.
7. Have the chair touch the back of your legs so you are close enough to sit back down.
8. Bend forward at your waist and slowly sit down; do not plop.
9. Repeat this exercise 5 times.



### Front-Knee-Strengthening

1. Sit on a chair with your back well supported.
2. Straighten the right leg slowly.
3. Hold for 5 seconds.
4. Lower the leg slowly.
5. Repeat 5 times for the right leg.
6. Repeat this exercise 5 times for the left leg.



### Toe Raises

1. Stand up tall facing the chair or counter and look straight ahead.
2. Hold on with both or one hand.
3. Make sure your feet are shoulder width apart.
4. Lift up toes so you come up onto your heels without rocking backwards..
5. Slowly lower the toes to the ground.
6. Repeat this exercise 5 times.



### Heel Raises

1. Stand up tall facing the chair or counter and look straight ahead.
2. Hold on with both or one hand.
3. Make sure your feet are shoulder width apart.
4. Come up onto your toes without rocking forward.
5. Slowly lower the heels to the ground.
6. Repeat this exercise 5 times.



Exercises adapted from

