

Level I Exercises

- To improve your balance and prevent falls, you should do these exercises **3 times a week** with a day of rest in between.
 - Remember **do not hold your breath** when doing the exercises.
 - You may feel stiff or a little sore after you first start exercising, but this is normal. The stiffness and soreness will go away when your body gets used to exercising again.
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Seated Front Knee Strengthening Exercise

- Sit in a chair with your back well supported
- Slowly straighten out your knee
- Lower your leg
- Repeat 10 times with each leg



Sit to Stand

- Sit in a chair that is not too low
- Position your feet behind your knees
- Lean forward over your knees
- Push off with both hands on the armrests or on the seat to stand up
- Repeat 5 times



Standing Back Knee Strengthening Exercise

- Stand up tall and hold on to the back of a sturdy chair or counter for support
- Bend one knee to bring your foot towards your bottom
- Return to starting position
- Repeat 10 times with each leg



Standing Side Hip Strengthening Exercise

- Stand up tall beside a sturdy chair or counter and hold on with one hand for support
- Keep your toes pointed forward and your back straight
- Slowly lift one leg out to the side
- Lower leg back to the ground
- Repeat 10 times with one leg
- Slowly turn around and hold on to support with other hand
- Repeat 10 times with other leg



Knee Bends

- Stand up tall and hold on to the back of a sturdy chair or counter for support
- Place your feet about shoulder-width apart
- Bend your knees and squat down about half way
- Remember to keep your back straight
- Repeat 10 times



Heel Toe Stand

- Stand up tall beside a sturdy chair or counter and hold on with one hand for support
- Look straight and place one foot in front of the other foot to form a straight line
- Hold this position for 10 seconds
- Change position, place the foot behind in front of the other foot
- Hold this position for 10 seconds



*You may move on to Level II Exercises when you are able to easily complete all exercises 2 times through without getting sore.