

The following exercises are just a few of the ones you may have learned in your Minds in Motion fitness classes. When starting an exercise program remember these basics: start slowly, use support, wear appropriate footwear, listen to your body and talk to your doctor about symptoms that may affect your balance. These exercises can help improve your balance.

Standing Knee Bends:

Stand behind a solid chair and gently place your hands on it to assist your balance. Slowly bend your knees to almost touch the back of the chair. Then straighten your knees and lift your heels to stand on your toes as high as you can. Repeat 12-20 times.



The Golden Boy Stance:

Standing behind your chair, reach one leg behind you and touch the toe on the floor. Stand tall and lift the opposite arm up towards the sky while slightly lifting the extended leg. Hold and count to three. Repeat 5-12 times



Side Leg Lift:

Standing behind a chair or beside a kitchen counter, reach one leg out to the side of your body and slowly lift and lower. Repeat 8-12 times per leg.



Seated Leg Extension:

Sit tall in a solid chair with feet flat on the floor. Slowly extend one leg out in front with your toe reaching towards the ceiling. Hold for three seconds then lower the leg down to the floor. Repeat 12-20 times per leg.



Standing Leg Curl:

Stand behind your chair and place your hands on the back of the chair to assist your balance. Slowly lift your foot behind you as if to kick your heel up to your buttocks. Lower to the floor. Repeat 5-12 times per leg.



Recommendations:

- It is recommended to get 150 minutes of physical activity daily. These minutes can be broken into 10 minute bouts a couple of times per day.
- Take brisk walks
- Do activities that are aerobic- continuous movement, like walking, hiking, biking, swimming
- Add muscle and bone strengthening activities like body weighted exercises you see here in these photos
- Get outside and enjoy the fresh air!