

# Balance and Flexibility Exercises

The following are simple exercises that can improve your balance and flexibility. Always get permission from your physician before starting an exercise program and have a family member present when beginning a new exercise program.



**SIT TO STANDS** - Stand tall with your back facing a sturdy chair and your feet hip-width apart. *If needed, hold onto the wall or a sturdy piece of furniture for balance.* As you get stronger, perform the move without holding onto anything. From here, sit back and slowly lower your hips onto the chair as gently as possible. Pause, and without swinging your torso, push through your heels to stand up. Repeat 10 times.



**STANDING MARCHES** - Stand tall with your feet hip-width apart. *If needed, hold onto the wall or a sturdy piece of furniture for balance.* As you get stronger, perform the move without holding onto anything. From here, lift one knee until your thigh is parallel to the floor (or as close to parallel as you can go), but keep your torso straight and avoiding leaning. Pause, then slowly return your foot to the floor. Perform 20 marches, alternating between legs with each march.



**BACK LEG RAISES** - Stand behind a sturdy chair, grip for balance. Slowly breathe in. Breathe out while slowly lifting one leg directly back without bending your knee or pointing your toes. You should not lean forward, but the leg you are standing on should be slightly bent.

- Hold this stance and count to one.
- Breathe in while slowly lowering your leg.
- Repeat this 10 times.
- Repeat this 10 times with the alternate leg.



**SIDE LEG RAISES** - Take position behind a sturdy chair, feet slightly apart, gripping chair for balance. Slowly breathe in. Breathe out while slowly lifting one leg out to the side. Your back should be straight, and your toes pointing forward. Slightly bend the leg you are standing on.

- Remain in this position and count to one.
- Inhale while you slowly lower your leg.
- Repeat these steps 10 times.
- Repeat these steps 10 with the alternate leg.



St. Clare Commons

Assisted Living Memory Care Rehabilitation Skilled Nursing

12469 Five Point Road | Perrysburg, Ohio | 419.931.0050

[homeishere.org](http://homeishere.org)