



5 Simple Standing Exercises

for strength and flexibility

These simple exercises can improve your strength, balance and coordination.

Get on your feet and try to complete these daily.

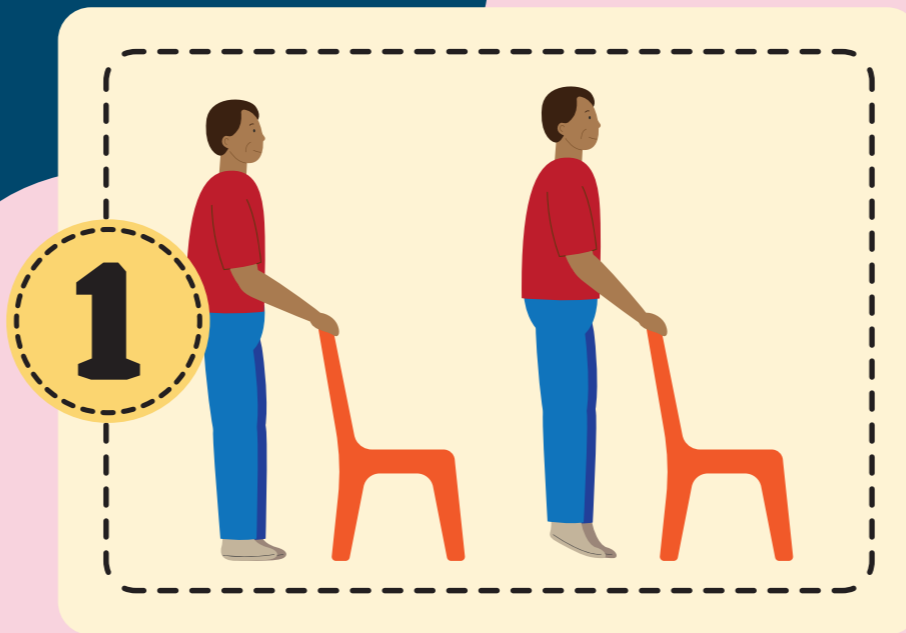
Make sure you have support in front of you like a bench or rail.

Make sure the chair is sturdy.

Wear supportive shoes.

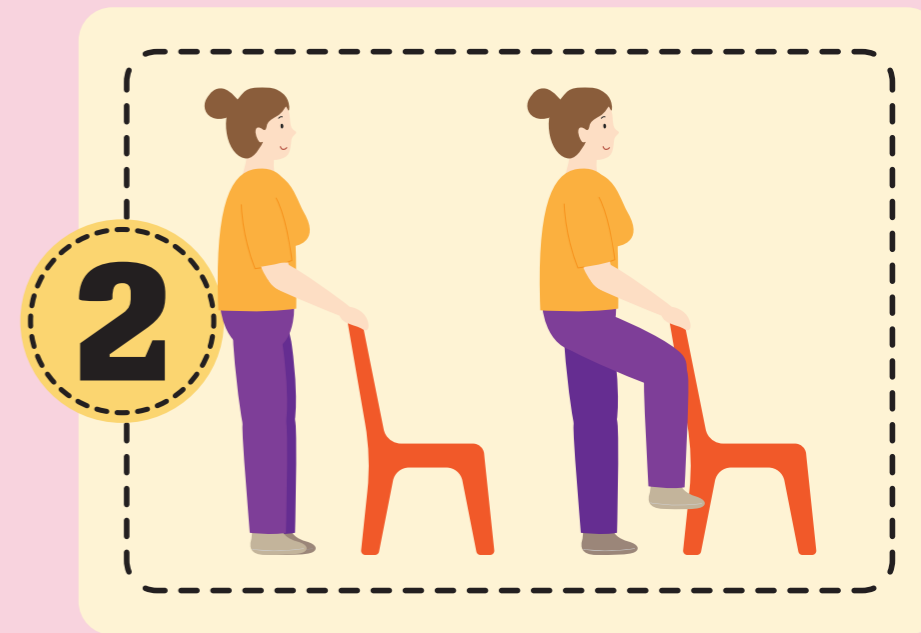
Slight soreness the day after exercise is normal.

If you have concerns speak to your GP or medical professional.



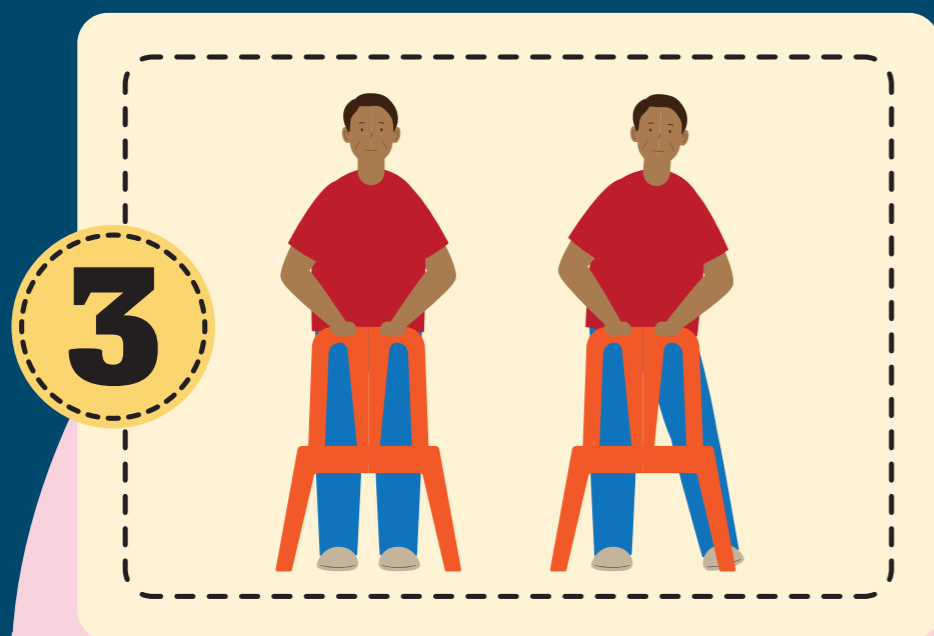
Heel raises

Slowly lift your heels and lower them. Repeat 10 times.



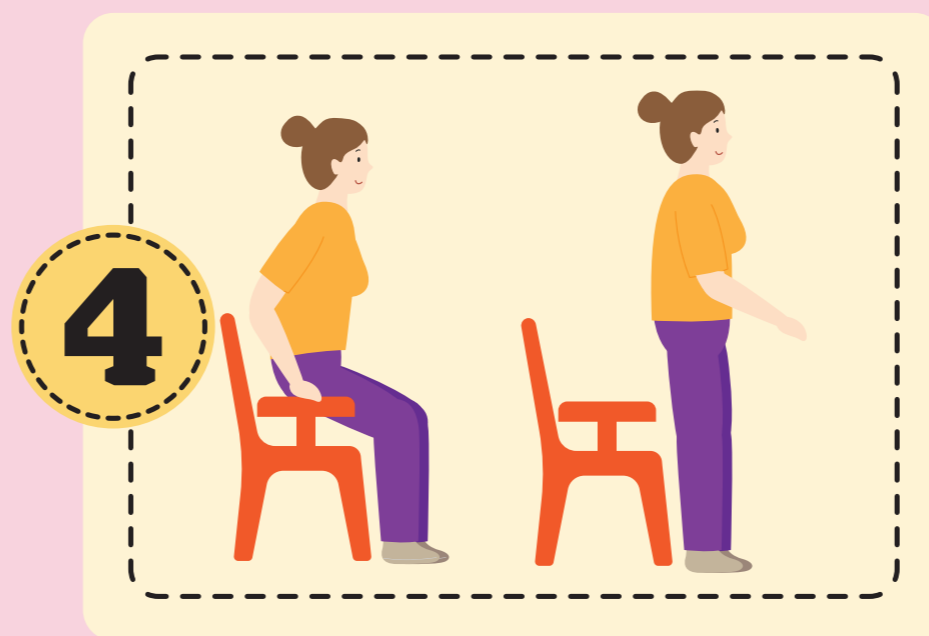
Standing marching

Raise one leg off the ground, then the other. Repeat 20 times alternating legs.



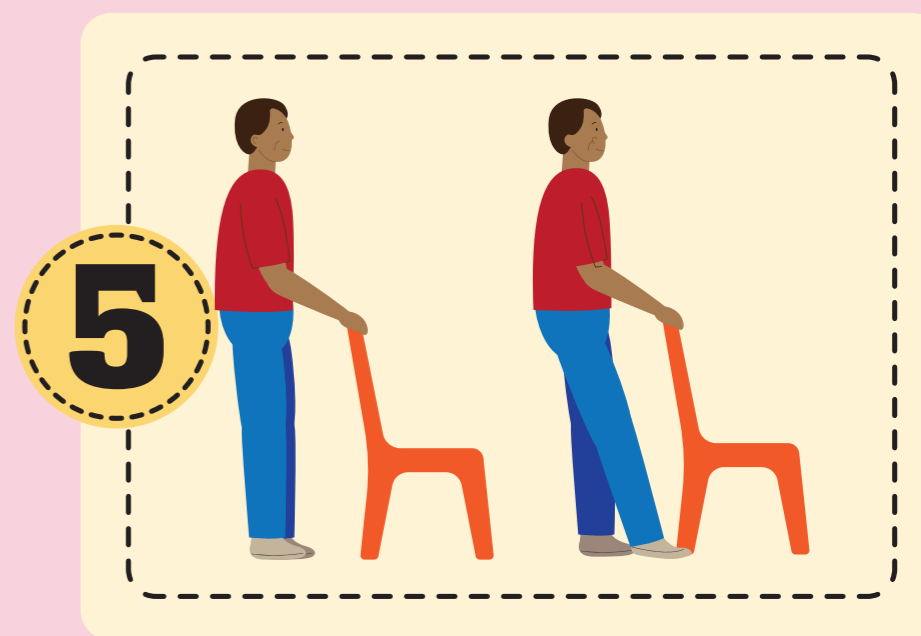
Sideways weight shifting

Stand with your feet hip width apart. Shift your weight side to side. Repeat 10 times on each leg.



Sit to stand

Stand up and sit down slowly using the armrests if required. Repeat 10 times.



Heel toe stand

Put one foot in front of the other like standing on a tightrope. Bring your feet slightly apart if this is too challenging. Hold for 10 seconds, and then switch legs.