

Balance and Strength Exercises for Elders

as recommended by falls prevention specialists

For safety, hold onto a bench or stable furniture with both hands. As you progress, hold on with one hand. Once you can manage this safely, try without holding on. Aim for slow, controlled movements. Repeat each exercise 8 times, increasing to 15 times as you get stronger. Do these exercises as often as you can throughout the day.

Talk to your doctor if you are unsure about doing any of these exercises.



1. HEEL RAISES

Stand facing the bench and hold onto the edge. Place your feet apart (shoulder width). Slowly rise up onto your toes, hold for one second, then lower down onto your heels.



2. HALF SQUATS

Stand with feet apart (shoulder width). Lean slightly forward, keeping back straight. Slowly bend both legs, knees pointing forward. Return to upright position, squeezing your buttocks together.



3. KNEE LIFT

Face bench. Lift left leg to hip height, lower leg to floor, then lift right leg to hip height and lower to floor. Progress to slow marching on the spot (spend up to 10 seconds on each leg).



4. WALKING SIDWAYS

First, make sure the floor area is free of obstacles – no mats or objects in the way. Take 4 steps to the left, stop, take 4 steps to the right.