

Balance exercise to improve endurance

* Stand beside the chair. Do 8-10 repetitions of each exercise

1. Heels Up

- Hands on your hips or the chair
- Heels up. Pause. Then back down
- Hold your heels up & take little steps



2. Toes Up

- Now the opposite. Toes up
- Don't rock your hips back
- Hold your toes up & take little steps



3. Pendulum

- Start with your feet wide apart
- Rock your weight to one side. Lift opposite leg
- Pause. Then repeat on the other side



4. Front/Back Foot Lift

- Stop with one foot forward
- Lift your back foot
- Rock back & lift your front foot. Repeat



5. In-line Step

- Heel touches your toe for an in-line step
- Start with only one step
- End by walking around the chair

