

Your Guide to Independent Living: Home Exercise Program

You should only do the exercises you feel safe and comfortable doing.

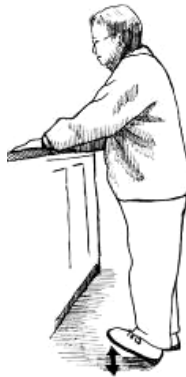
Start slowly. Begin with a few repetitions of one or two activities at a time. Try a few in the morning, afternoon and evening, rather than trying to do all at once.

If any activity causes you increased pain or significant shortness of breath, do fewer or stop that particular activity and talk with your doctor.

As you get stronger over time, gradually decrease the amount of support through your hands. Try using one hand plus a few fingers from the other hand, then progress to a few fingers from each hand, then only one hand, then a few fingers from one hand for support. Eventually consider trying with hands just hovering over the sink.

Slow Toe Taps (can also be done sitting)

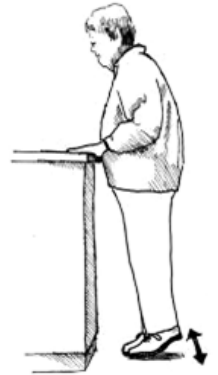
1. Stand facing the kitchen sink. Hold on with both hands.
2. Keep heel on floor and lift toes up. Hold. Relax.
3. Slowly repeat on the other foot.
4. Alternate, repeating 3 to 5 times with each foot.
5. Gradually increase until you can do this for 2 minutes.



Progression: Gradually try to decrease the amount of support through your hands.

Up on Toes (can also be done sitting)

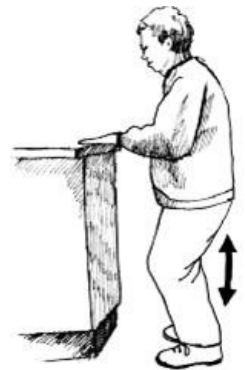
1. Stand facing the kitchen sink. Hold on with both hands.
2. Go up on toes with both feet.
3. Come down slowly.
4. Repeat 3 to 5 times if you can.
5. Gradually add one more repetition every few days until you can do this 15 times.



Progression: Gradually try to decrease the amount of support through your hands.

Mini Squats (Small squats only. DO NOT bend too far.)

1. Stand facing the sink with your feet apart. Hold on with both hands.
2. Bend knees slightly. Keep your heels on the floor. Remember; do NOT bend too far. Knees should not shoot in front of toes.
3. Hold for a few seconds if you can.
4. Straighten up.
5. Repeat 3 to 5 times.
6. Gradually do one more every few days or week until you can do 15.



Progression: Gradually try to decrease the amount of support through your hands.

This information does not replace the advice given to you by your health care provider.



Marching on the spot (can also be done sitting)

1. Stand facing the kitchen sink. Hold on with both hands.
2. Walk slowly on the spot for 10 seconds.
3. Gradually increase your time up to 2 minutes.

Progression: Begin walking in your home for 3 to 4 minutes without stopping. Use a mobility aid that you normally use for walking.



Alternate Leg Behind

1. Stand facing the kitchen sink. Hold on with both hands.
2. Lift one leg behind you, keeping knee straight.
3. Return to starting position.
4. Repeat with other leg. Continue to alternate each leg, repeating 3 to 5 times with each. Gradually do one more every few days or week.



Sit to Stand

1. Sit in a firm chair with arm rests. If needed, position your walker in front of you and lock the wheels. Bring your bottom a little closer to the front of the chair if needed.
2. Bring your feet in close to the chair. Put hands on armrests if needed.
3. Lean forward and stand up.
4. Stand tall for a few seconds, holding onto walker if needed for support.
5. Reach back to hold the armrests of the chair, lean forward, and slowly lower yourself to sit down.
6. Stand up and sit down 3 to 5 times. Do one more every few days or week until you can do 15 at a time.



Progression: Gradually try to decrease the amount of support through your hands.

Alternate Leg Out and In

1. Stand facing the sink. Hold on with both hands.
2. Keeping toes pointed forward, not sideways, lift one leg out to the side.
3. Hold position for a few seconds if you can, then slowly lower leg.
4. Repeat with the other leg and continue to alternate each leg, repeating 3 to 5 times each. Gradually do one more every few days or week.



Progression: Gradually try to decrease the amount of support through your hands.

Progression: Gradually try to decrease the amount of support through your hands until you can stand up and sit down without using your arms.

For information about Steppin' Up with Confidence Plus or other Healthy Living Programs contact: 1-877-509-7852.

Your local Services to Seniors Coordinator or Recreation Director can be a resource regarding local programs.