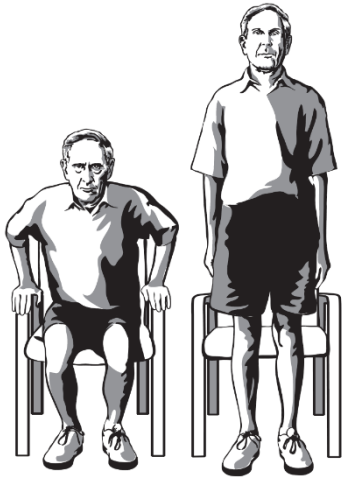


# Super 7 Exercises for Strength and Balance



## Sit to Stand

Move from sitting to standing from a dining chair. Then move from standing to sitting. Do this as slowly as you can.

Repeat: 10 times

Increase the challenge: Use your arms less. Do 20 times.

## Heel Raises

Stand with feet a hip distance apart. Use support if needed. Rise onto your toes. Hold for a count of 3.

Repeat: 10 times

Increase the challenge: Use your arms less. Do 20 times

## Toe Raises

Stand with feet a hip distance apart. Use support if needed. Lift your toes so the weight is on your heels. Hold for a count of 3.

Repeat: 10 times

Increase the challenge: Use your arms less. Do 20 times

## Heel-Toe Stand

Place one foot in front of the other, the heel of one foot touching the toe of the other. Hold for a count of 10.

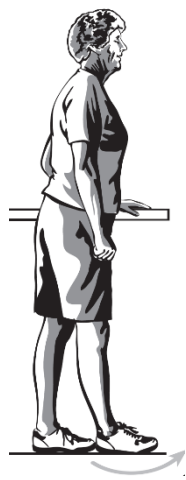
Repeat: 3 times on each side

Increase the challenge: Use your arms less. Hold for a count of 20

**Use something stable, like a kitchen bench or sturdy chair for support.**

**Try and breathe normally whilst doing the exercises.**

**Feeling slight muscle soreness the next day is normal and just shows you have worked the muscles hard.**



### Heel-Toe Walk

Walk 10 steps forward, one foot in front of the other, the heel of one foot touching the toe of the other.

Repeat: 3 times each side

Increase the challenge: Use your arms less. Try walking backwards

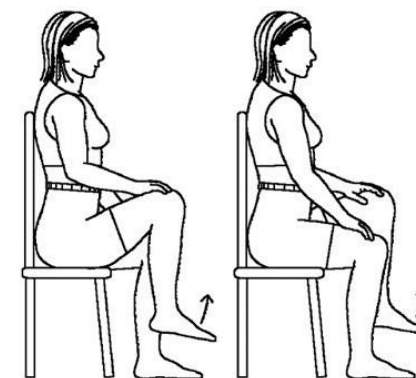


### One Leg Stand

Holding onto a support try to balance on 1 leg. Hold for a count of 10.

Repeat: 3 times each side

Increase the challenge: Use your arms less. Hold for a count of 20



### Seated Marching

Keep marching on the spot as quickly as you can. Keep going for 1 minute.

Repeat: Twice – 1 minute rest between

Increase the challenge: Use your arms more

**Try doing the Super 7 three times a week.**

**Go for a daily walk if you can. This could be up and down your hallway, deck or around your garden.**

**Staying active is important for your health.**