

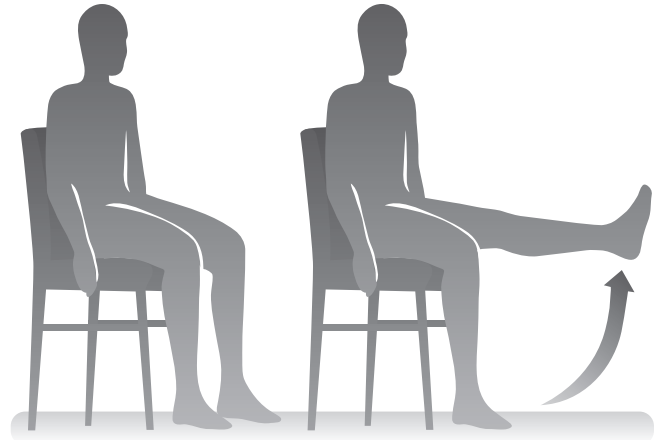
LEG EXTENSIONS

Purpose: Strengthen the thigh and leg muscles.

Starting Position: Sit tall with your feet flat on floor, shoulder-width apart. You may hold onto the sides of your seat for support.

Action:

- Breathe out and lift one leg off the floor until your knee is straight. Your leg should be slightly lifted off of the chair.
- Flex your foot to point your toes toward the ceiling. Hold for one second.
- Breathe in and slowly lower your leg back down to the starting position with both feet on the floor.
- Repeat on the other side.



Repeat: 6 to 8 times on each side. Rest, then do a second set.

SIDE LEG RAISE

Purpose: Strengthen hip, thighs and buttocks.

Starting Position: Stand behind a straight-backed chair, with both hands on the back of the chair for balance. Place your feet slightly apart. Breathe in slowly.

Action:

- Breathe out and slowly lift your right leg out to the side until your feet are 12 to 18 inches apart. Keep your back and legs straight, and your toes pointing forward. The leg you are standing on should be slightly bent.
- Hold for one second. Then, slowly lower your leg back to the starting position.



Repeat: 6 to 8 times with each leg. Rest, then do a second set.

NOTE: To build more strength in the legs, this exercise may be done with ankle weights.

BICEPS CURL

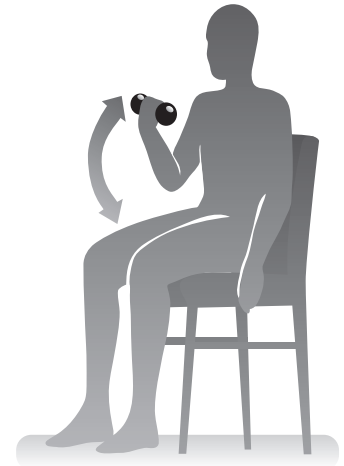
Purpose: Strengthen upper-arm muscles.

Starting Position: Sit tall with your feet flat on the floor, shoulder-width apart.

Action:

- Hold hand weights (1 to 2 pounds to start), with your arms straight down at your sides.
- Hold your hands in the position that is comfortable for you:
 - Palms facing forward with your thumbs facing out (as shown).
 - Palms facing in toward your body with thumbs facing forward.
 - Palms facing out with your thumbs facing back.
- Keeping your elbows close to your sides, slowly bend one arm and lift your hand weight toward your chest. Keep your wrists straight. The lift should take about 3 seconds.
 - If your palm is facing forward, lift straight up toward your shoulder, as shown.
 - If your palm is facing in, twist your hand so that your palm is facing your shoulder as you lift.
 - If your palm is facing out, lift to the side instead of the front, toward the outside of your shoulder.
- Hold for 1 second. Then slowly lower your hand and return to the starting position. Take about 3 seconds to lower your hand.
- Pause and then repeat with the other arm.

Repeat: 6 to 8 times on each side. Rest, then do a second set.



ARM RAISE

Purpose: Strengthen shoulder muscles.

Starting Position: Sit tall with your feet flat on the floor, shoulder-width apart.

Action:

- Hold hand weights (1 to 2 pounds to start), with your arms straight down at your sides and your palms facing inward. Breathe in slowly.
- Slowly breathe out as you raise both arms to the sides until they are parallel to the ground, shoulder height.
- Hold for one second. Then, breathe out as you slowly lower your arms so they are straight down by your sides again.
- Pause and repeat.

Repeat: 6 to 8 times. Rest, then do a second set.



TRICEPS EXTENSION

Purpose: Strengthen the triceps muscles (back of the arm).

Starting Position: Sit tall with your feet flat on the floor, shoulder-width apart.

Action:

- Hold a hand weight (1 to 2 pounds) in your left hand, and raise your left arm up as far as you can. Bend your arm so your elbow is pointing toward the ceiling, with your hand and the weight behind you. Support your left arm by holding it just below the elbow with your right hand.
- Slowly (about 3 seconds) straighten your left arm so your left hand is reaching toward the ceiling.
- Hold for 1 second. Then slowly (about 3 seconds) bend your elbow to lower the weight behind you. Continue using your right hand to support your left arm throughout the exercise.
- Pause, then straighten and lower your arm again.
- Complete one set. Put the weight in your right hand and work your right arm.

Repeat: 6 to 8 times with each arm. Rest, then do a second set.



PLANTAR FLEX

Purpose: Strengthen ankle and calf muscles.

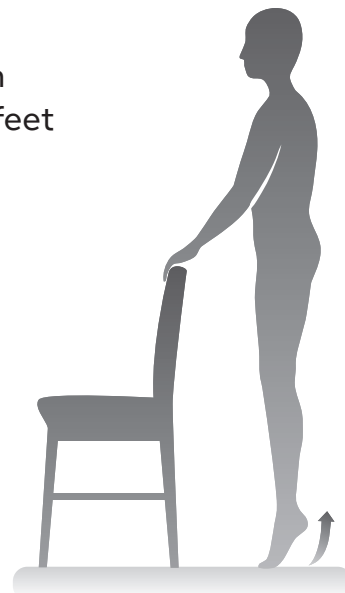
Starting Position: Stand behind a straight-backed chair, with both hands on the back of the chair for balance. Place your feet slightly apart. Keep your upper body straight.

Action:

- Breathe out and slowly lift both heels and stand as high up on tiptoe as you can.
- Hold for 1 second.
- Breathe in as you slowly lower your heels to the floor.

Repeat: 6 to 8 times. Rest, then do a second set.

NOTE: Work your way up to 15 repetitions per set. To build more strength in the legs, this exercise may be done with ankle weights.



HAMSTRING CURL

Purpose: Stretch quadriceps muscle on front of thigh. Strengthen muscles on back of thigh.

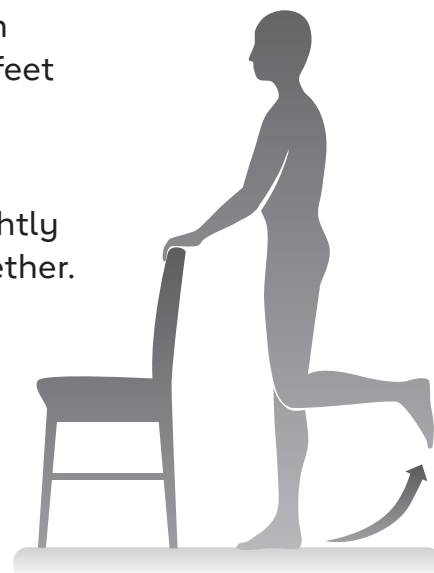
Starting position: Stand behind a straight-backed chair, with both hands on the back of the chair for balance. Place your feet slightly apart. Keep your upper body straight.

Action:

- Shift your weight onto your right leg keeping your leg slightly bent. Slowly bend your left knee, keeping both knees together.
- Breathe in slowly and lift your left foot behind you about 10 to 12 inches off the floor. Bend only at the knee.
- Slowly return to starting position. Repeat.
- Complete one set and then work the other leg.

Repeat: 6 to 8 times with each leg. Rest, then do another set.

NOTE: To build more strength in the legs, this exercise may be done with ankle weights.



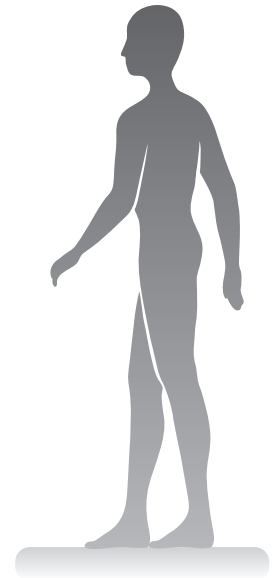
WALKING HEEL-TO-TOE

Purpose: Improve balance.

Starting Position: Stand close to a wall for balance.

Action:

- Choose a spot ahead of you and focus on it to keep you steady as you walk.
- Walk by placing the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost touch.
- Repeat for 20 heel-to-toe steps.



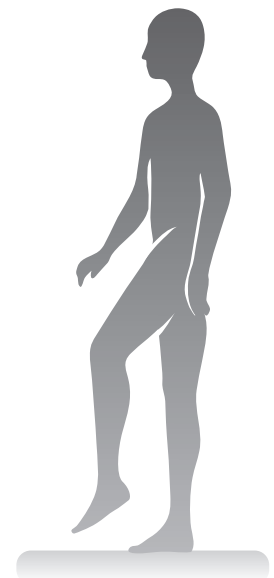
STANDING ON ONE FOOT

Purpose: Improve balance.

Starting Position: Stand close to a wall, chair or table for balance.

Action:

- Shift your weight onto one leg. Stand on one foot and stretch the other leg out in front of you, a few inches off the floor.
- Stand on one leg for 8 counts.
- For an extra workout, flex and point your lifted foot. That is, bend the ankle so your toes point away from you and then flex the ankle to bring the toes back toward you. Flex and point 8 times.
- Slowly return your leg to the starting position. Repeat with the other leg.
- Repeat 10 to 15 times with each leg.



NOTE: You can do these last two exercises almost anytime, anywhere — such as waiting in line at the grocery store or bus stop. Do them as often as you like, as long as you have something sturdy nearby to help you keep your balance.