



If at any time you feel unwell during the exercise, please stop.

Starting position
Hold on to a solid surface that doesn't move (like your kitchen counter) and stand with your heel to your toe, like standing on a tightrope.

Making a cuppa?

Now's the time for your...
heel to toe standing and walking.



**CHALLENGE
RATING**



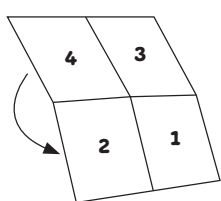
**Able
like
Mabel.**

Looking for more exercises or a new challenge? Find more at www.fallproofwest.org.uk

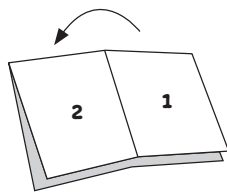
Step one
Hold for 10 seconds. Try to gradually reduce your hand support.

Step two
Complete this with the other foot in front and aim to repeat twice.

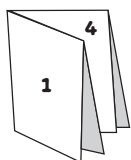
Print it, fold it, keep it!



Fold in half



Then half again



To create a card



Fall-proof
Strength and balance plan



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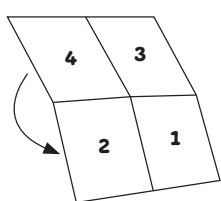
Step two
Change legs and raise the other foot. Aim to repeat this a few times.

Step one
Lift one foot off the floor and hold for as long as you can. Gradually try to reduce your hand support as you feel able.

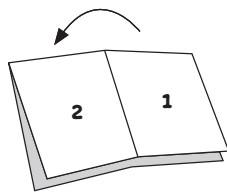
Starting position
Stand facing a solid support that doesn't move, holding lightly to start with.

If at any time you feel unwell during the exercise, please stop.

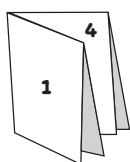
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Fold in half



Then half again



To create a card

Doing the dishes?

Now's the time for your...
single leg balance.



**CHALLENGE
RATING**



**Strong
like
Ron.**



Fall-proof
Strength and balance plan



If at any time you feel unwell during the exercise, please stop.

Starting position – heel raise
Stand facing a solid support that doesn't move, holding lightly to start with.

Step one
Lift your heels off the floor keeping your weight through the balls of your feet, then lower.

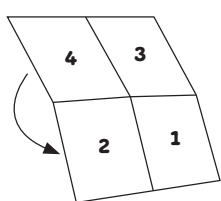
Step two
Aim to repeat several times. Try to gradually reduce your hand support.

Starting position
– toe raise

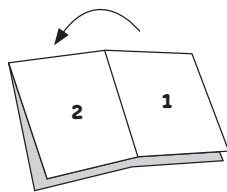
Holding on to your support if needed, lift your toes off the floor, putting your weight through your heels, then lower. Repeat several times.

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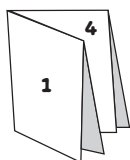
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Fold in half



Then half again



To create a card

Making a bite to eat?

Now's the time for...
heel and toe raises.



**CHALLENGE
RATING**



**Steady
like
Eddie.**



Fall-proof
Strength and balance plan



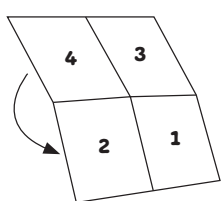
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Step two
Repeat with the other leg several times.

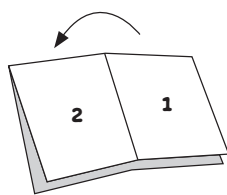
Step one
Stand on one leg whilst raising the other one out to the side. Try to keep your foot and the front of your knee pointing forward as you raise your leg. Repeat several times.

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Starting position
Stand sideways to a solid surface that doesn't move, like your kitchen counter, holding lightly if necessary.

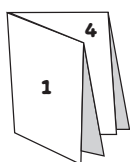
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Fold in half



Then half again



To create a card

Waiting on those roasties?

Now's the time for...
side leg raises and sideways walks.



CHALLENGE RATING



Bend like Barbara.



Fall-proof
Strength and balance plan



Step one
Power up to stand up from the chair. Try not to use your hands to push on as you rise.

Starting position
Sit up straight, towards the front of the chair. Place your feet slightly back, heels down and lean forward slightly.

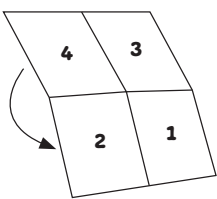
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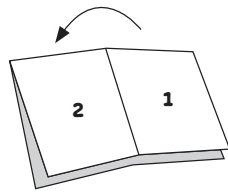
Step two
Once you are upright, step back until the back of your legs touch the chair, then lower yourself slowly until you sit down. If you need to use your hands to hold the chair, do this, but aim to reduce your hand support as you gain strength. Repeat this five times or more.

If you do need hand support to stand aim to reduce this over time.

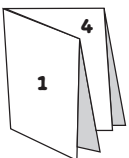
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To create a card

Finished that TV show?

Now's the time for...
sit to stand.



**CHALLENGE
RATING**

**Carry
like
Harry.**



Fall-proof
Strength and balance plan



If at any time you feel unwell during the exercise, please stop.

Starting position

Holding on to a sturdy rail for support if needed place your foot fully on to the bottom step.

Going past the stairs?

Now's the time for...
stepping up a step.

★ ★ ☆ ☆

**CHALLENGE
RATING**



**Stand
like
Stan.**

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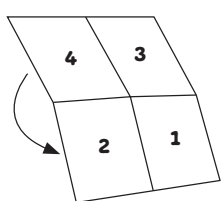
Step one

Step up, bringing your other leg onto the step.

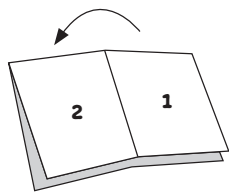
Step two

Step back down back to ground level. Repeat this as many times as you can, over time building up to 20.

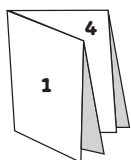
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