

BE ACTIVE - WARMING UP FOR YOUR DAILY LIFE!

Keeping your legs strong and maintaining good balance is the best way to reduce your chances of having a fall. If you are just starting to be physically active, consult with a healthcare professional to make sure these activities are right for you. Start with a few exercises and build up endurance, strength and balance over time. A good warm up includes a variety of movements that get you prepared for physical activity.

Start with 2-4 activities from the “Getting Ready to Move” column, then add on 1-2 from “Challenging Balance” and/or “Building Strength” to progress. Start with 4 repetitions and increase to 12 as you progress. Balance exercises can be held for 10 -15 seconds per side.

GETTING READY TO MOVE CHOOSE 2 - 4	CHALLENGING BALANCE CHOOSE 1 - 2	BUILDING STRENGTH CHOOSE 1 - 2
<p>SHOULDER ROLL</p> 	<p>WALKING A LINE</p> 	<p>LEG CURL</p> 
<p>REACHING UP</p> 	<p>SIDE TO SIDE STEP</p> 	<p>SIDE LEG LIFT</p> 
<p>SIDE TO SIDE ROTATION</p> 	<p>STAGGERED STANCE</p> 	<p>HEEL RAISE</p> 
<p>WALKING</p> 	<p>LUNGE</p> 	<p>TOE AND HEEL TAPS</p> 
<p>FOOT ALPHABET</p> 	<p>SINGLE LEG BALANCE</p> 	<p>WALL PUSH-UP</p> 
<p>MARCHING</p> 	<p>SINGLE LEG BALANCE WITH ARM REACH</p> 	<p>SIT TO STAND</p> 

REMEMBER TO: HAVE SLOW AND CONTROLLED MOVEMENT, GO AT YOUR OWN PACE/SPEED/ABILITY, AND BREATHE THROUGHOUT.