



Move Your Body

Strengthen Your Legs

Simple steps to

STAY ON YOUR FEET®

Here are some tips to help you improve your strength.
Move slowly and stop if you feel faint or have any pain or discomfort.
Please see a health professional if you have concerns before starting.

Knee Extension

- Sit with your back well supported.
- Straighten your right leg by lifting your lower leg from the knee and keeping your thigh flat against the chair.
- Hold leg straight out for 5 seconds.
- Lower slowly and place foot on the ground.
- Repeat 7 times.
- Repeat from the start using your left leg.

Make it harder

1. Repeat again
2. Add a small ankle weight, start light with a 1kg weight



Mini Squat

- Face forwards holding on to sturdy support such as the kitchen bench or heavy table.
- Place your feet shoulder width apart.
- Slowly bend at your knees and squat down.
- Slowly stand back up.
- Repeat 7 times.

Make it harder

1. Get progressively lower
2. Remove hands from the support if you feel steady



Heel Raise

- Face forwards holding on to sturdy support with your feet shoulder width apart.
- Come up onto your toes lifting heels from the ground.
- Hold, count to 3 then lower your heels.
- Repeat 7 times.

Make it harder

1. Repeat again
2. Remove your hands from support



Shoulder width apart



Toe Raise:

- Face forwards holding on to sturdy support with your feet shoulder width apart.
- Come back on your heels lifting toes from the ground.
- Hold, count to 3 then lower your toes.
- Repeat 7 times.

Make it harder

1. Repeat again
2. Remove your hands from support



Shoulder width apart



Sit To Stand

Make it easier

1. Use two hands to help you stand up
2. Progress to single arm support when able

- Use a sturdy chair that is not too low and lean it against a wall.
- Sit on the chair and place your arms across your chest.
- Place feet flat on the floor, behind the line of your knees.
- Lean forward and stand up slowly without using your hands.
- Sit down slowly.
- Repeat 7 times.

Arms across chest

Feet flat



Please see an appropriate health professional if you have any concerns before commencing these activities.

For more information on how to prevent slips, trips and falls

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