

Remember to breathe and to smile!

1. Stretch for back of lower legs: hold onto back of a chair, stand with feet slightly apart. Take a step back with your left leg, bend your right knee slightly and put your weight on your front right leg. Try to keep your left heel on the floor and as far back as possible to feel a comfortable stretch. Try to keep your left foot straight with toes facing forward.

Hold and then come back to starting position. Repeat with the right leg in the back.

2. Strengthening the muscle of front of foot: stand with feet slightly apart. If necessary hold onto a chair for balance. Put your right foot forward with your heel on the floor and toes in the air. Alternate right and left feet to a rhythmic beat.

3. Take a step forward by first putting down your heel as in the previous exercise. Keep on walking forward, first your heel hits the floor before the rest of the foot.

4. As in previous exercise, take a step forward. With your front leg slightly bent, contract the muscles of your *yashvan*. Keep on walking forward, heel first, and squeezing your *yashvan* between each step.

5. Stand and if necessary hold onto a chair for balance. Pick up your right leg slightly to the side. Put it down and repeat a few times with each leg.

6. Hold a ball in front of you with two hands. Raise it up above your head as much as you can, keeping your elbows as straight as possible, and stretching your back for a few seconds. Lower it down and repeat a few times.

7. As in previous exercise, raise the ball and keep it above your head. Bend your knees slightly and then straighten up, and repeat a few times. If this is difficult, lower your hands. Or, hold the ball low at the start and then raise it as you bend your knees and lower it as you straighten up.

8. As in previous exercise, raise the ball and keep it above your head. Stand with feet slightly apart, and then bring right leg forward, bend it slightly, then straighten it and bring it back to the start. Repeat with each leg a few times. If this is difficult, lower your hands. Or, hold the ball low at the start and then raise it as you put your leg forward, and lower it as you straighten up.

9. The same as previous exercise, but instead of going back to the start, keep moving forward. Also try going backward: alternate moving each leg back and straightening up while moving backward.

10. Turn the chair so that the seat is facing you. Bend over and put the ball on the seat. Move the ball forward and backward, then in a rhythm: forward, middle, back, forward, middle, back.

11. Holding the ball on the chair as before, put your right leg back. Either rest your toes on the floor, or if you can, lift your foot slightly off the floor. Return to start and repeat with the left leg.

12. Practice walking backwards- carefully.

13. Practice sitting down and getting up from chairs safely. On buses etc., use your hands to help you. To sit: stand close enough to the chair so that you feel the seat of the chair on the back of your legs. Bend your upper body forward as you bend your knees, and lower yourself slowly.

To get up: Sit close to the edge of the chair. Bend one leg under the chair, bend your upper body forward and push yourself up slowly.

Aerobic:

Run in place while counting to 20. Rest a few seconds and repeat.

March in place (bring your knees up as if climbing stairs) while counting to 20. Rest a few seconds and repeat.