

# Physiotherapist say these 6 simple exercises can help improve co-ordination and balance. Get on your feet and try them daily- or at least twice a week



- make sure the chair you use is sturdy
- wears supportive shoes
- if you experience chest pain, dizziness or shortness of breath, stop and call your GP or call 111
- A slight soreness the day after exercise is quite normal



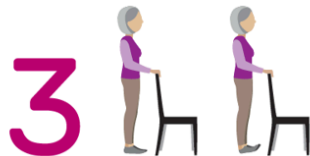
## 1 Sit to Stand

Stand up. Sit down.  
Repeat 10 times.



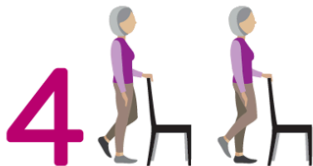
## 2 Heel Raises

Lift your heels and lower them.  
Repeat 10 times.



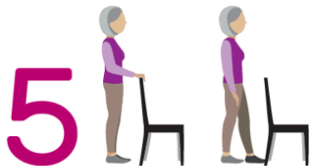
## 3 Toe Raises

Lift your toes and lower them.  
Repeat 10 times.



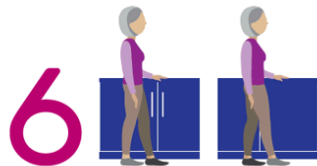
## 4 One Leg Stand

Stand on one leg for 10 seconds.  
Stand on the other leg for 10 seconds.



## 5 Heel Toe Stand

Put one foot in front of the other like standing on a tightrope. Hold for 10 seconds.  
Swap legs around. Hold for 10 seconds.



## 6 Heel Toe Walking

Walk one foot in front of the other like walking on a tightrope.  
Do 5-10 steps.