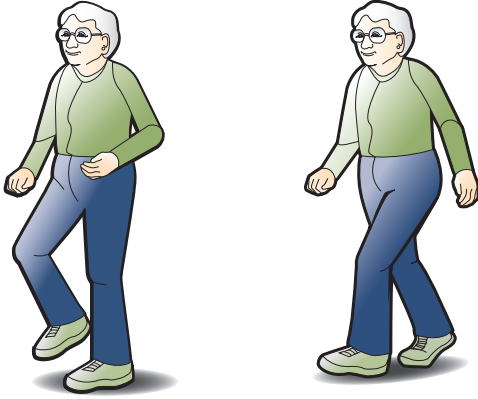


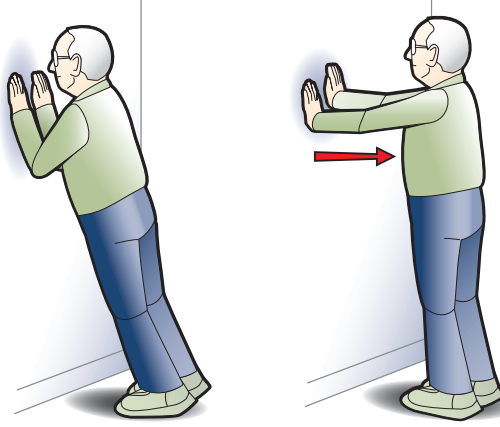
## 1 WALKING



**STAGE 1:** Start with walking on the spot for two minutes. Gradually increase the time to five minutes.

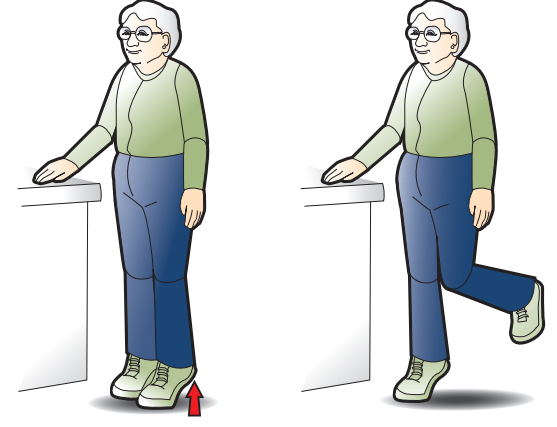
**STAGE 2:** Progress to walking briskly from room to room. Begin with five minutes, and increase every week or as the exercise becomes easy.

## 2 WALL PUSH-UPS



Place hands on the wall shoulder-width apart, at shoulder height, feet flat on the floor and about your arms length away from the wall. Keep legs straight, and don't bend at the hips. Bend elbows. Slowly lower your body toward the wall, then slowly push away. Start with five push-ups. Increase each week until you can do 15.

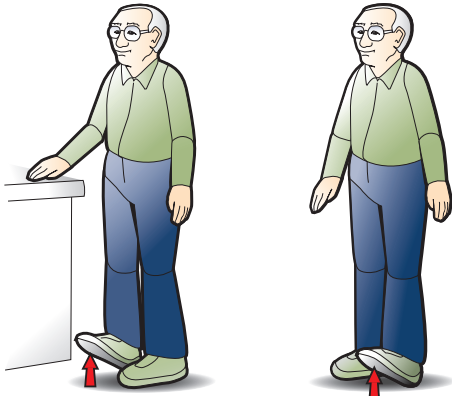
## 3 RISING UP ON TOES



**STAGE 1:** With your hands resting lightly on a firm surface lift up on your toes (standing on both feet). Begin with five of these exercises. Add more until you can do 15.

**STAGE 2:** Progress by doing the same activity while standing on one foot. Begin with five exercises on each foot. Add more until you can do 15.

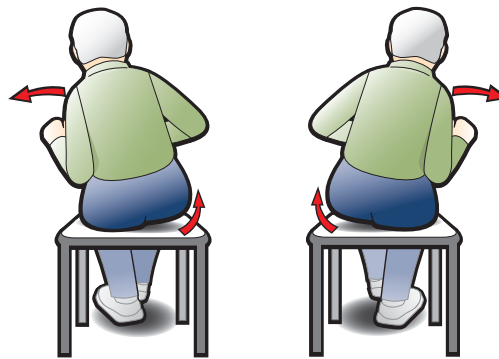
## 4 TOE TAPS



**STAGE 1:** With your hands resting lightly on a firm surface, tap your toes one after the other. Keep your heels on the ground. Lift the toes of one foot and then the other, as if you were tapping to music. Begin with two minutes and increase to five minutes.

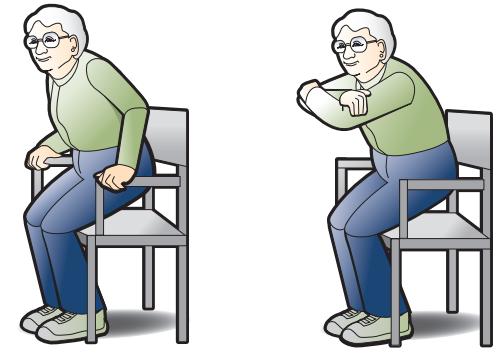
**STAGE 2:** Progress by tapping your toes without holding on to anything. Begin with two minutes and increase to five minutes.

## 5 SEAT WALKS



Sit on a firm chair with arms. Shift your weight to one side of the chair, lifting your hip as if you need to pull something out from underneath. Be careful not to just rock from side to side. Return to starting position. Do the same on the other side. Repeat with each hip for two minutes. Increase to five minutes.

## 6 GETTING UP FROM A CHAIR



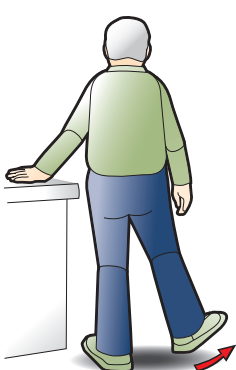
**STAGE 1:** Sit on a firm chair with arms. Using your arms and legs, stand up and then slowly sit down. Repeat five times, and then increase to 15.

**STAGE 2:** Progress by getting up from the chair without using your arms. Repeat five times. Add more every week until you can do 15.

## 7 LEG LIFTS



**FRONT:** Hold on to a firm surface with one hand. Slowly lift one leg to the front, pause and lower it down again. Repeat five times on each side.



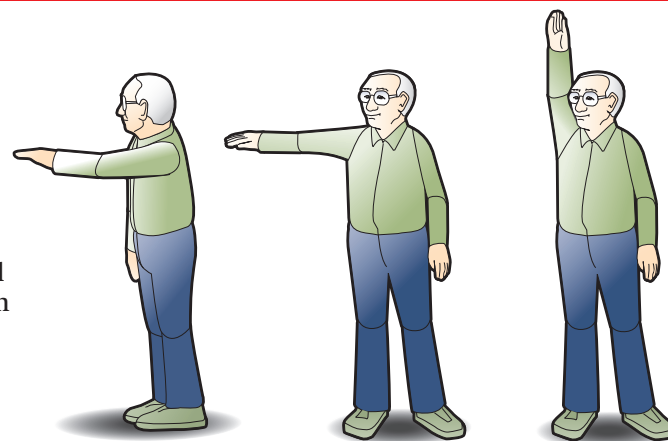
**SIDE:** Next, lift your leg out to the side, pause and lower it down. Repeat five times on each side.



**BACK:** Finally, lift your leg out to the back, pause and slowly lower it down. Repeat five times on each side. Increase until you can do 15 on each leg in all directions.

## 8 REACHING

Stand with your feet shoulder-width apart. If needed, hold on to a stable object with one hand for balance. Reach out to the front, side and up as far as you can with one arm.



Begin with five in each direction, alternating arms. Add more until you can do 15 in each direction with each arm.

## 9 STANDING STRETCH



Face a solid object such as a counter, wall or stabilized chair. Place one foot close to the wall. Move the second foot a few feet backwards. Straighten the knee of your back leg. Slightly bend the knee of your front leg. Begin by holding the stretch for 10 seconds on each leg. Increase to 30 seconds.

## 10 SEATED STRETCH



Sit up tall on a firm chair. Place one foot on the floor and the other leg stretched in front resting on a stool or another chair. Lean forward slightly from the hips, keeping your back straight. (You may not have to go very far.) Hold this position for 10 seconds. Relax and repeat with the other leg. Increase to 30 seconds.

# Congratulations!

Remember to do these exercises three to seven days per week.

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