

5 Exercises that seniors can do at home.



1. Single limb stance

Start off with a simple balancing exercise to gain stability. Here's how you begin:

- Stand behind a steady, sturdy chair (without wheels) and hold on to the back of it.
- Lift one foot up slightly and balance on the other foot.
- Hold this position for as long as you can, then switch feet.



2. Walking heel to toe

Place your right foot in front of the left foot so that the heel of the right foot touches the toes of the left foot.

- Step forward with your left foot in front of your right. Repeat this step with your left foot.
- Walk this way for 20 steps.



3. Back leg raises

- This exercise for seniors helps to strengthen their bottom and lower back.
- Stand behind a solid chair placing your arms on the backrest for support.
- Lift your right leg behind without bending your knees. Hold this position for a second.
- Gently lower your leg back down.

Repeat this 10-15 times on each side.



4. Side leg raises

Stand behind a chair and rest one or both hands on the back of the chair.

- Keep your feet slightly apart and back straight.
- Raise your right leg to the side and slowly lower it.
- Repeat 15 times for each leg.



5. Marching in place

You don't require support for this exercise. In case you do, hold onto a sturdy chair or a counter.

- Stand straight and lift your right knee as high as possible. Lower it, then lift the left leg.
- Repeat 20 times alternatively.