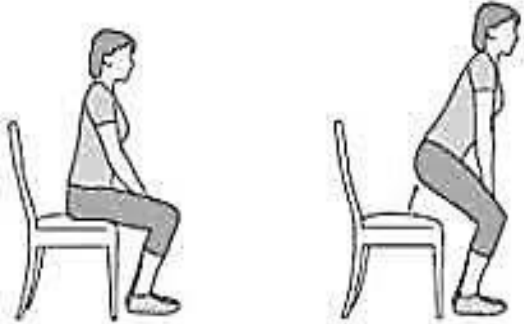

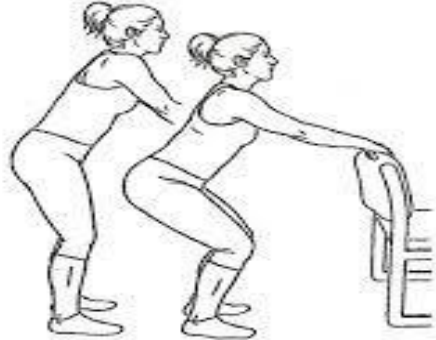


6 Exercises to do Everyday

<p>1. Sit to stand practice</p>  <p>Sit to stand practice- Do 5-20 times Try and do this every 3 hours</p>	<p>2. Walking</p> <ul style="list-style-type: none">• Stand up tall with good posture• Several walks through the day if you are staying home. Walk around your house and around your yard for 10 minutes every 2-3 hours,• If you can walk outside walk for 2-30 minutes each day	<p>3. March on the spot</p> <p>March on the spot, with lots of energy using your arms as well as your legs for count of 50. Do this 3 or 4 times a day</p>
<p>4. Balance</p>  <p>Stand on one leg for 3-10 seconds. Have the chair nearby for support. But</p>	<p>4. Have a dance.</p> <p>Put on your favourite music and have a dance each day to 2-3 of your favourite songs</p>	<p>6.</p> 

if you can- let go. But don't fall over!
Do both legs.



Squat down as far as you are able at least 3 X 10 each day. Lightly hold onto a bench for support if you need.