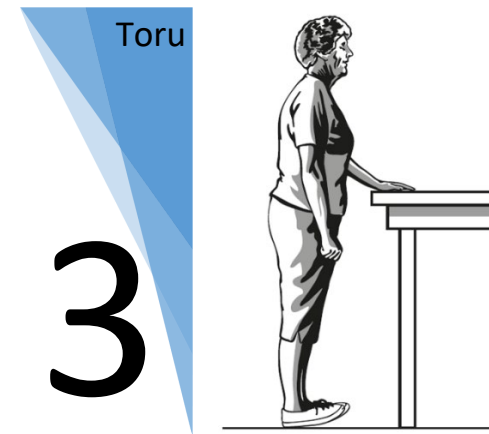
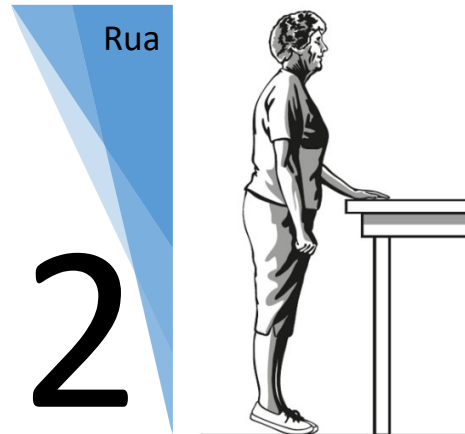
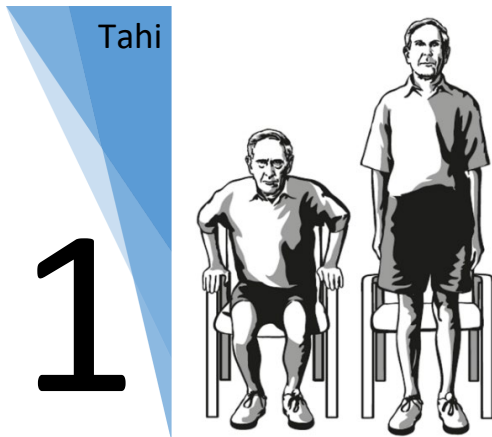


## Strength and Balance Exercises

These seven simple exercises will help you to keep your strength and balance and reduce your risk of falls.  
Koinei rā mahi hei whakakaha tō tinana ana ka whakaheke tō tūpono ki te hinga.

- Use something stable, like a kitchen bench or sturdy chair for support.
- Try and breathe normally whilst doing the exercises.
- Feeling slight muscle soreness the next day is normal and just shows you have worked the muscles hard.
- If any of the exercises cause pain in your joints or muscles **STOP**. Check you are doing the exercise correctly, and try again. If pain persists leave that exercise out until you have sought advice.
- If you experience chest pain, severe shortness of breath or severe dizziness **STOP** and contact your healthcare provider.



**Sit to stand:** Move from sitting to standing from a dining chair. Then move from standing to sitting – do this as slowly as you can.

**Repeat:** 10 times.

**Increase the challenge:** use your arms less. Repeat 20 times.

**Heel raises: Stand with feet hip distance apart. Use support if needed. Rise onto your toes. Hold for a count of 3.**

**Repeat:** 10 times

**Increase the challenge:** use your arms less. Repeat 20 times.

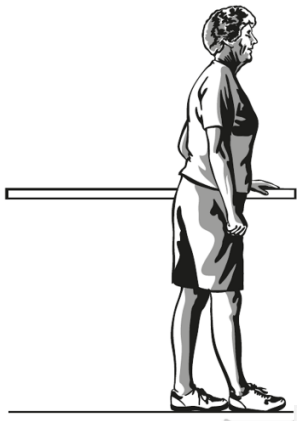
**Toe raises:** Stand with feet hip distance apart. Use support if needed. Lift your toes so the weight is over your heels. Hold for a count of 3.

**Repeat:** 10 times

**Increase the challenge:** use your arms less. Repeat 20 times.

Whā

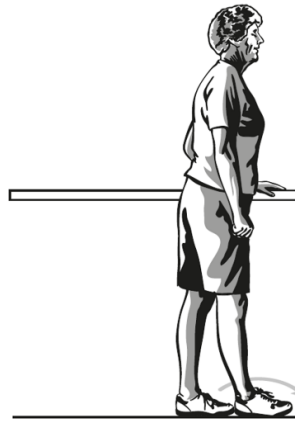
# 4



**Heel toe stand:** Place one foot in front of the other, the heel of one foot touching the toe of the other. Hold for a count of 10.  
**Repeat:** 3 times each side  
**Increase the challenge:** use your arms less. Hold for count of 20.

Rima

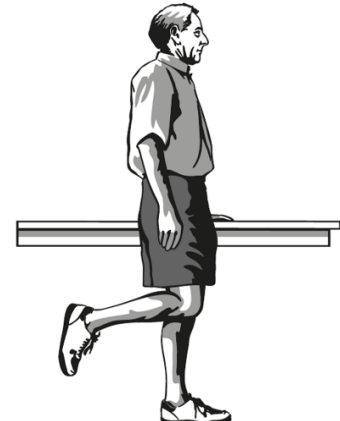
# 5



**Heel toe walk:** Walk 10 steps forward one foot in front of the other, the heel of one foot touching the toe of the other.  
**Repeat:** 3 times each side  
**Increase the challenge:** use your arms less. Try walking backwards.

Ono

# 6



**One leg stand:** Holding onto a support try to balance on 1 leg. Hold for a count of 10.  
**Repeat:** 3 times each side  
**Increase the challenge:** use your arms less. Hold for count of 20.

Whitu

# 7



**Seated Marching:** March on the spot as quickly as you can. Keep going for 1 minute  
**Repeat:** Twice - 1 minute rest between.  
**Increase the challenge:** use arms more

**Try doing the Super 7 three times a week.  
Try going for a daily walk. This could be up and down your hallway,  
deck or around your garden.  
Staying active is important for your health.  
As we get older balance and muscle strength declines, often without us  
noticing.**

Local contact name:  
Local contact phone number