

Looking for more exercises or a new challenge? Find more at [www.fallproof.me](http://www.fallproof.me)

**If at any time you feel unwell during the exercise, please stop.**

**Starting position**

Hold on to a solid surface that doesn't move (like your kitchen counter) and stand with your heel to your toe, like standing on a tightrope.

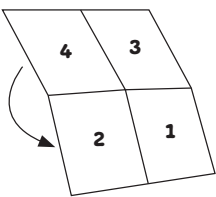
**Step one**

Hold for 10 seconds. Try to gradually reduce your hand support.

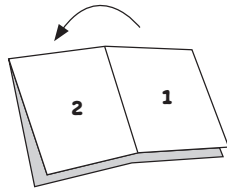
**Step two**

Complete this with the other foot in front and aim to repeat twice.

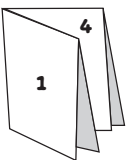
**Print it, fold it, keep it!**



Fold in half



Then half again



To create a card

**Making a cuppa?**

Now's the time for your... **heel to toe standing and walking.**



**CHALLENGE RATING**



**Able like Mabel.**

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**If at any time you feel unwell during the exercise, please stop.**

**Starting position**

Stand facing a solid support that doesn't move, holding lightly to start with.

**Step one**

Lift one foot off the floor and hold for as long as you can. Gradually try to reduce your hand support as you feel able.

**Step two**

Change legs and raise the other foot. Aim to repeat this a few times.

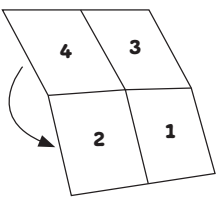
## Doing the dishes?

Now's the time for your... **single leg balance.**

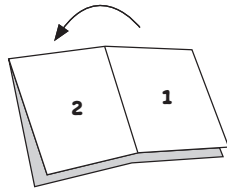
★ ★ ★ ★  
**CHALLENGE RATING**



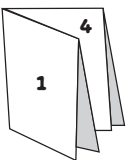
## Print it, fold it, keep it!



Fold in half



Then half again



To create a card

**Strong like Ron.**

**Step one**  
Lift your heels off the floor keeping your weight through the balls of your feet, then lower.

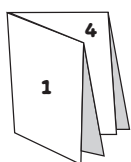
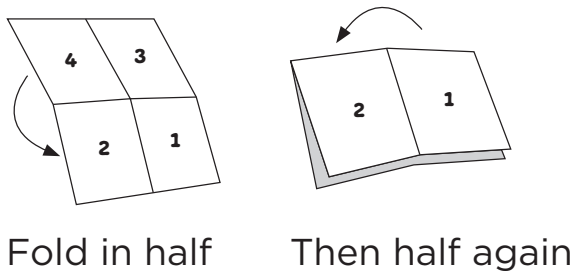
**Starting position - heel raise**  
Stand facing a solid support that doesn't move, holding lightly to start with.  
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**Starting position - toe raise**  
Holding on to your support if needed, lift your toes off the floor, putting your weight through your heels, then lower. Repeat several times.

**Step two**  
Aim to repeat several times. Try to gradually reduce your hand support.

**Print it, fold it, keep it!**



To create a card

**Making a bite to eat?**

Now's the time for...  
**heel and toe raises.**

★☆☆☆  
**CHALLENGE RATING**



**Steady like Eddie.**

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Repeat with the other leg several times.

**Step two**

Stand on one leg whilst raising the other one out to the side. Try to keep your foot and the front of your knee pointing forward as you raise your leg. Repeat several times.

**Step one**

Stand on one leg whilst raising the other one

out to the side. Try to keep your foot and the front of your knee pointing forward

as you raise your leg.

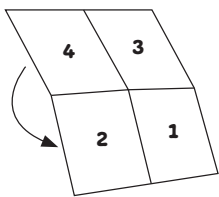
Repeat several times.

**If at any time you feel unwell during the exercise, please stop.**

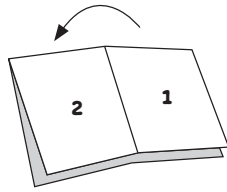
**Starting position**

Stand sideways to a solid surface that doesn't move, like your kitchen counter, holding lightly if necessary.

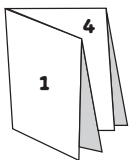
**Print it, fold it, keep it!**



Fold in half



Then half again



To create a card

**Waiting on those roasties?**

Now's the time for... **side leg raises and sideways walks.**



**CHALLENGE RATING**



**Bend like Barbara.**

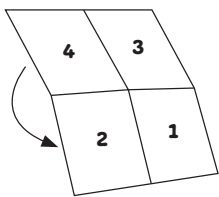
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Once you are upright, step back until the back of your legs touch the chair, then lower yourself slowly until you sit down. If you need to use your hands to hold the chair, do this, but aim to reduce your hand support as you gain strength. Repeat this five times or more.

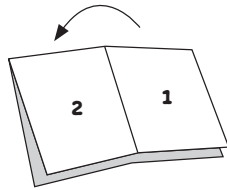
**Step two**

If you do need hand support to stand aim to reduce this over time.

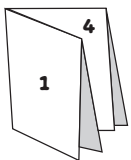
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Then half again



To create a card

Power up to stand up from the chair. Try not to use your hands to push on as you rise.

**Step one**

Sit up straight, towards the front of the chair. Place your feet slightly back, heels down and lean forward slightly.

**Starting position**

**If at any time you feel unwell during the exercise, please stop.**

**Finished that TV show?**

Now's the time for... **sit to stand.**



**CHALLENGE RATING**



**Carry like Harry.**



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If at any time you feel unwell during the exercise, please stop. Holding on to a sturdy rail for support if needed place your foot fully on to the bottom step.

### Starting position

## Going past the stairs?

Now's the time for...  
**stepping up a step.**

★ ★ ☆ ☆

**CHALLENGE RATING**

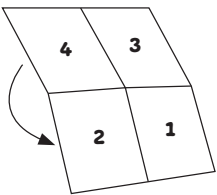


**Stand like Stan.**

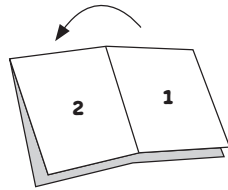
**Step one**  
Step up, bringing your other leg onto the step. Step back down back to ground level. Repeat this as many times as you can, over time building up to 20.

**Step two**  
Step back down back to ground level. Repeat this as many times as you can, over time building up to 20.

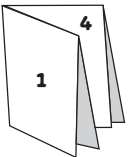
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To create a card



**Fall-proof**  
Strength and balance plan