

# Tell us your story!

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**Fall-proof**  
Strength and balance plan

# Making a cuppa?

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



**CHALLENGE  
RATING**



# Able like Mabel.

## **Starting position**

Hold on to something solid and immovable (your kitchen counter might be good) 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.

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Strength and balance plan

# Doing the dishes?

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



**CHALLENGE  
RATING**

**Strong  
like  
Ron.**



## **Starting position**

Stand facing a solid support, 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.

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## Making a bite to eat?

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



**CHALLENGE  
RATING**

## Steady like Eddie.



## **Starting position – heel raise**

Stand facing a solid support, holding lightly to start with.

### **Step one**

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

### **Step two**

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

## **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.

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## Waiting on those roasties?

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



**CHALLENGE  
RATING**

## Bend like Barbara.



### **Starting position**

Stand sideways to a solid surface, like a kitchen counter, holding lightly if necessary.

### **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.

### **Step two**

Repeat with the other leg several times.



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# Finished that TV show?

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



**CHALLENGE  
RATING**

# Carry like Harry.



## Starting position

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

## Step one

Power up to stand up from the chair. Try not to use your hands to push on as you rise. If you do need hand support to stand aim to reduce this over time.

## Step two

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.

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**Fall-proof**

Strength and balance plan

# Going past the stairs?

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



**CHALLENGE  
RATING**

# Stand like Stan.



## **Starting position**

Holding on to a sturdy rail for support if needed, place your foot fully on to the bottom step.

## **Step one**

Step up, bringing your other leg onto the step.

## **Step two**

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