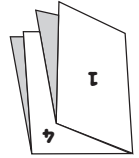
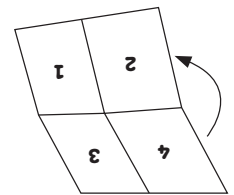


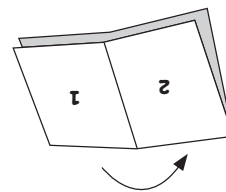
To create a card



Fold in half



Then half again



Print it, fold it, keep it!

Able like Mabel.



CHALLENGE



RATING

heel to toe standing and walking.

Now's the time for you...

Making a cuppa?

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.



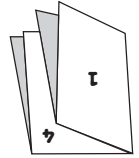
**Strong
like
Ron.**



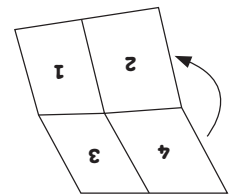
CHALLENGE
RATING
☆☆☆☆

**Doing the dishes?
Now's the time for you...
single leg balance.**

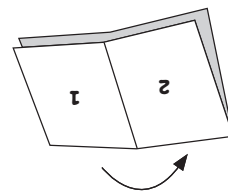
To create a card



Fold in half



Then half again



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

**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.



Fall-proof
Strength and balance plan

Looking for more information and exercises you can do. Find more at www.sasp.co.uk/fallsprevention

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**Steady
like
Eddie.**



CHALLENGE
RATING



Making a bite to eat?
Now's the time for...
heel and toe raises.

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

Starting position – heel raise

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

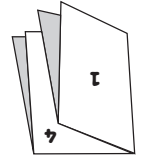
Step one

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

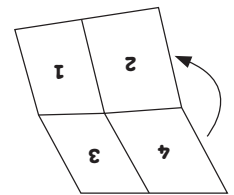


Fall-proof
Strength and balance plan

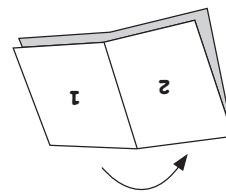
To create a card



Fold in half



Then half again



Print it, fold it, keep it!

Step two

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

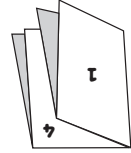
Starting position – toe raise

Holding on to your support if needed, lift your toes off the floor, putting your weight through your heels, then lower. Repeat several times.

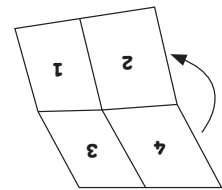
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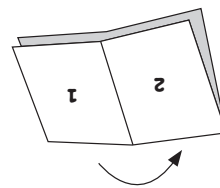
To create a card



Fold in half



Then half again



Print it, fold it, keep it!

Bend like Barbara.



CHALLENGE
RATING
☆☆☆☆

Waiting on those roasties? Now's the time for... side leg raises and sideways walks.

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.

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

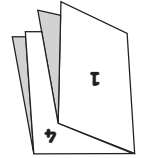
Repeat with the other leg several times.

Looking for more information and exercises you can do. Find more at www.sasp.co.uk/fallsprevention

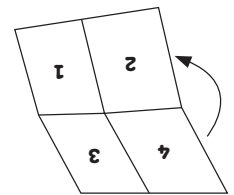
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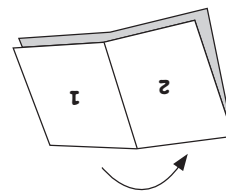
To create a card



Fold in half



Then half again



Print it, fold it, keep it!

Finished that TV show?

Now's the time for...

Sit to stand.



CHALLENGE RATING

Carry like Harry.



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

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

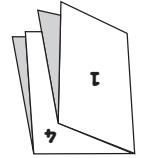
Once you are upright, step back until the back of your legs touch the chair, then lower yourself slowly until you sit down. If you need to use your hands to hold the chair, do this, but aim to reduce your hand support as you gain strength. Repeat this five times or more.

Looking for more information and exercises you can do. Find more at www.sasp.co.uk/fallsprevention

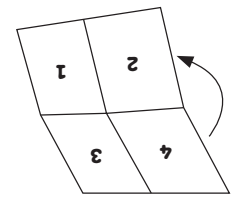
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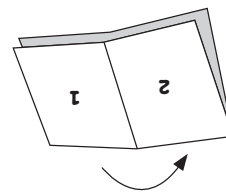
To create a card



Fold in half



Then half again



Print it, fold it, keep it!

Stand like Stan.



CHALLENGE



RATING

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

Going past the stairs?

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

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.

