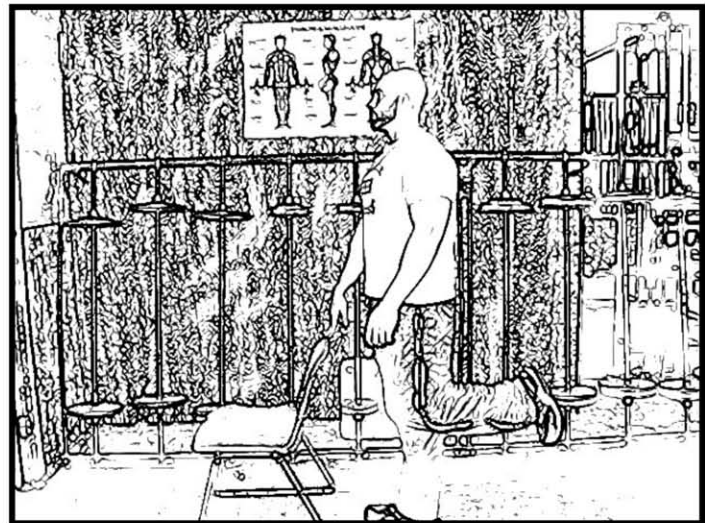
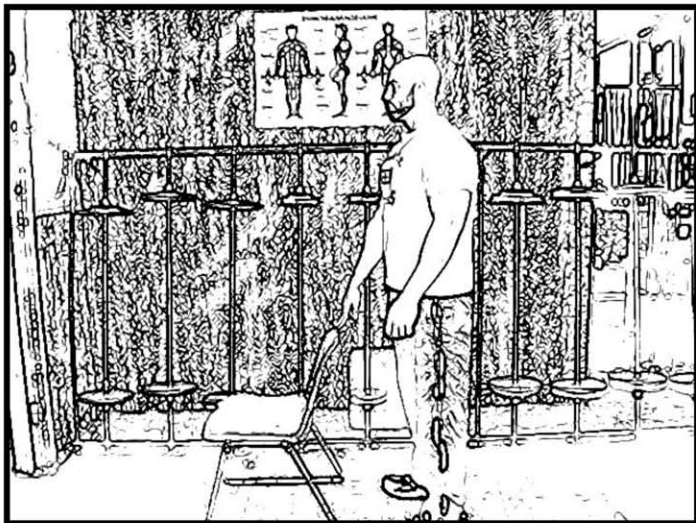


Stand on One Foot

- Always consult a physician before beginning any exercise routine.
- Muscle decline can be a result of disuse more than just aging, so exercise can be a fountain of youth.
- 30 minutes of moderate activities (brisk walking, bike riding) should be done 4-5 days a week.
- Exhale through the mouth with exertion, inhale through the nose as you relax.
- Include strength exercises for all your major muscle groups at least twice a week, but vary the exercises so you don't work the same muscle group 2 days in a row.



Focus of exercise: Improve Balance, Thigh and Hip muscles

Hold the back of a sturdy chair or surface with both hands for support, feet flat and shoulder width apart. This is the starting position. Inhale, then exhale and bend one knee to lift foot and lower leg parallel to the ground, maintaining good posture. Hold for 3 seconds to start, return to the starting position and repeat with other leg for one repetition. Focus on contracting the abdominal muscles to keep balance, using the support surface as a back-up. Progress to holding on with just one hand, one hand and eyes closed, or even one finger when safe to do so, always recording the time to beat.

Continue for 2 sets of 8-15 reps.