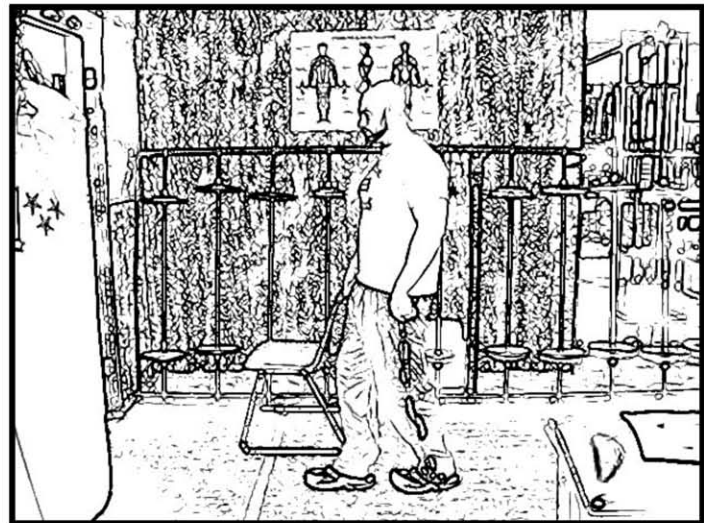
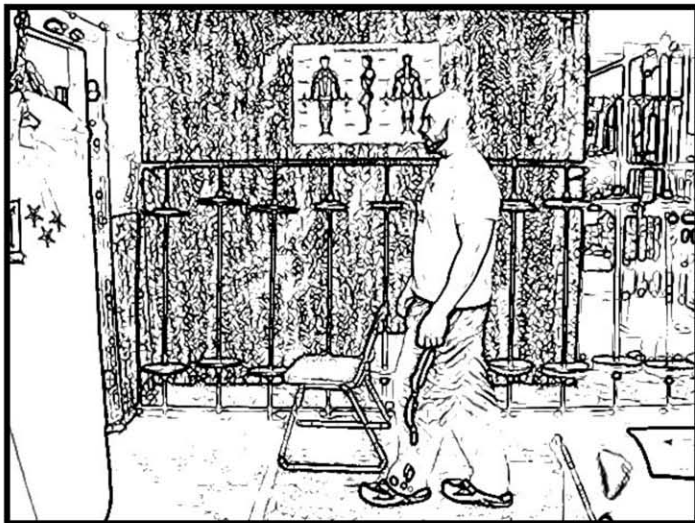


Heel to Toe Walk

- 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

Find a clear path, free of cords, clutter, throw rugs or furniture. Start with feet shoulder width apart, and raise arms out to the sides or hold on to a secure surface. This is the starting position. Inhale, then exhale and place the heel of one foot directly in front of the other and walk in a straight line (follow a tile seam, or a tape line on the floor), then reverse and walk backward to starting position. Focus on leading with the heel going forward, and with the ball of the foot going backward, tightening the abdominals to maintain balance.

Continue walking heel-toe for 2 sets of 20-30 steps, increasing number of steps as the legs get stronger.