



# Exercises for Strength & Balance in Care Home's

Try these 6 simple exercises 2 or 3 times a week with residents and they will soon see an improvement in their strength and balance.



- Make sure the chair is sturdy
- Ensure residents wear supportive shoes
- If a resident experiences chest pain, dizziness or severe shortness of breath, stop and call the GP or 111
- A slight soreness the next day is normal



## Heel Raises

- Stand tall, holding the back of a chair
- Lift the heels off the floor, taking the weight onto the big toes
- Hold for 3 seconds, then lower with control, and repeat 10 times

## Toe Raises

- Stand tall holding the chair
- Raise the toes- taking the weight onto the heels, (don't stick the bottom out)
- Hold for 3 seconds then lower with control, and repeat 10 times



## Sit to Stand

- Sit tall near the front of the chair with the feet positioned slightly back
- Lean forwards slightly and stand up (with hands on the chair if needed)
- Step back until the legs touch the chair then slowly lower back into the chair, then repeat 10 times

Why not share with friends and relatives to get involved?

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## Tip!

Why not schedule these exercises weekly for residents as a reminder?



## Heel-Toe Stand

- Stand tall with one hand on the support. Put one foot directly in front of the other to make a straight line
- Look ahead, take your hand off the support and balance for 10 seconds
- Take the front foot back to the hip width apart. Then place the other foot in front and balance for 10 seconds

## One-Leg Stand

- Stand close to the support and hold it with one hand
- Balance on one leg, keeping the support knee soft and posture upright
- Hold the position for 10 seconds, then repeat on the other leg



## Heel-Toe Walking



- Stand tall, with one hand on a support like a kitchen cabinet
- Look ahead and walk 10 steps forwards, placing one foot directly in front of the other so that the feet form a straight line
- Aim for a steady walking action. Take the feet back to hip width apart, turn around and repeat the steps in the opposite direction