

## Calf Raise (Strength)



1. Stand up straight with both feet flat on the floor, slightly apart. Place your hands on the wall or hold onto a sturdy chair, railing, counter, or table.
2. Raise both heels so you're standing on the balls of your feet. Don't lock your knees or arch your back. Hold for 5 seconds. Then slowly lower your heels back down to the floor.
3. Repeat 10 times..
4. Do this exercise 3 times a day.



### Challenge yourself

As you become stronger, do this exercise on one foot at a time.

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