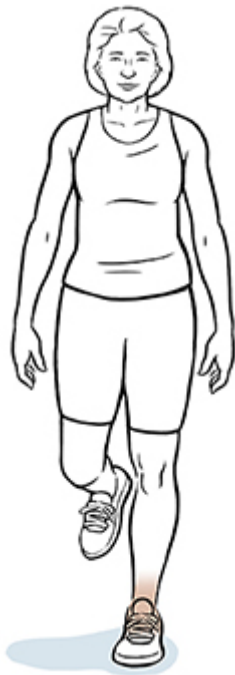


Single Leg Balance



1. Stand up straight. Hold your arms down at your sides.
2. Bend 1 leg at the knee to lift your foot up behind you. Stand and balance on the other foot. Hold for 15 seconds, or as instructed.
3. Lower the raised foot. Switch sides and repeat.
4. Repeat this exercise 3 times a day, or as instructed.



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