**Toe Stands**

**Equipment**: Chair

**Precautions**

* Maintain Good Posture – Keep back straight, avoid slouching.
* Use Support When Needed – Have a chair nearby for balance.
* Listen to Your Body – Stop if feeling dizzy, short of breath, or in pain.

**Instructions:**

1. Hold a chair for balance, rise onto toes, hold for 10 sec, then lower.
2. Repeat