

# Exercises That May Improve Walking Steadiness

If your walking steadiness is low or very low and you'd like to improve it, talk to your doctor. A physician can provide you with a set of strength and balance exercises tailored to you or refer you to an exercise program shown to reduce fall risk. You may also receive guidance on how often you should do the exercises.

These sample exercises can give you a sense of what to expect.

## Sit to Stand



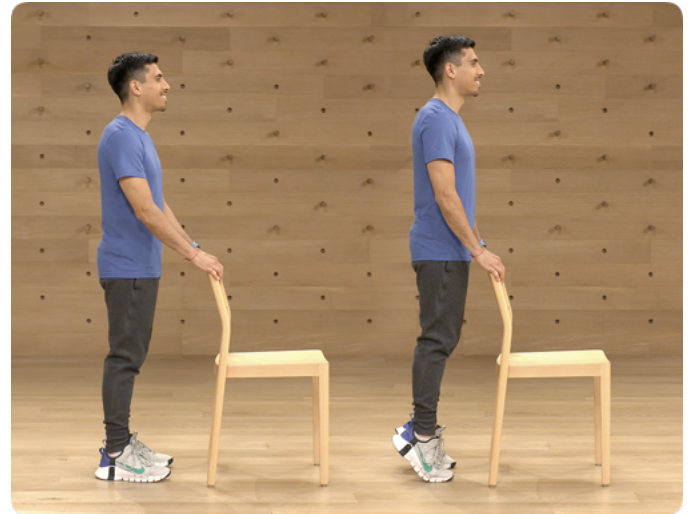
Molly, Fitness+ Trainer

1. Sit on a sturdy chair with your knees in line with your hips and your feet facing forward.
2. With your hands on the sides of the chair, lean forward while keeping your back straight.
3. Push off with both hands to stand up.
4. To sit down, bend your knees, hinge at your hips, reach your hands to the chair, slowly lower your hips and sit on chair.

**Repeat 10 times.**

For more support, you can place the back of the chair against a wall. And as you get stronger, go from two hands to one hand, and eventually do the exercise without using your hands to push off.

## Calf Raises



Jhon, Fitness+ Trainer

1. Stand near a sturdy table or chair with feet shoulder-width apart and look straight ahead.
2. Hold onto table or chair for support.
3. Raise your heels off the floor and rock forward onto your toes.
4. Lower your heels onto the ground.

**Repeat 10 times.**

As you get stronger and your balance improves, you can do the exercise without a table or chair.

## Hip Abduction



Molly, Fitness+ Trainer

1. Stand near a sturdy table or chair with your feet shoulder-width apart and look straight ahead.
2. Hold onto table or chair for support.
3. Keeping your legs straight, shift your weight to one leg and lift the other leg out to the side about 4-6 inches or as high as you can without tilting your hips.
4. Lower your leg back down.

**Repeat 10 times with each leg.**

As you get stronger and your balance improves, you can do the exercise without a table or chair.

## Heel Toe Walking



LaShawn, Fitness+ Trainer

1. Stand near a sturdy table, chair, or wall with feet shoulder width apart and look straight ahead.
2. Hold onto the table, chair, or wall for support.
3. Place one foot directly in front of the other, heel to toe, to form a straight line, as if you're walking on a tightrope.
4. Step forward, placing the back foot in front in the same way, heel to toe.
5. Continue for 10 steps.

**Turn around and repeat 10 times.**

## Walking and Turning Around



LaShawn, Fitness+ Trainer

1. Stand with feet shoulder width apart and look straight ahead.
2. Walk at your regular pace for 10 steps.
3. Turn around clockwise.
4. Walk back to your starting position.
5. Turn around counter clockwise.

**Repeat 10 times.**

As you walk and turn, your path should create a figure eight.