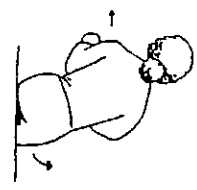
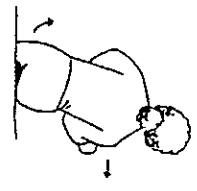


#5 Seat walk

Start



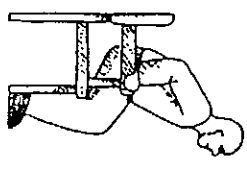
Finish



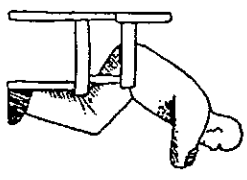
Lift your hip and shift your weight to the side.
Repeat this motion on the other side.
Begin with 2 minutes and increase time up to 5 minutes.

#6 Getting up from a chair

Beginner



Progression



Get up from a chair using your arms. Begin with 5. Add more every day until you can do 15. Then progress.
Get up from a chair without using your arms. Begin with 5. Add more every day until you can do 15.

The Centre for Activity and Ageing



Home Support Exercise Program HSEP

For information about exercise programs or leadership training courses for older adults contact

The Centre for Activity and Ageing

Mailing Address:

The University of Western Ontario
London, Ontario, Canada, N6A 3K7
Telephone: (519) 661-1603
Fax: (519) 661-1612
<http://www.uwo.ca/actage>

Location:

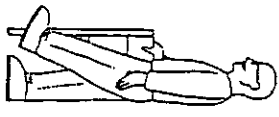
Health Centre Annex
1490 Richmond Street
London, Ontario, Canada

The Centre for Activity and Ageing is affiliated with the Faculties of Health Sciences and Medicine and Dentistry at the University of Western Ontario and the Lawson Research Institute of the St. Joseph's Health Centre

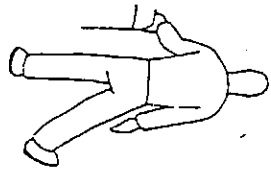
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#7 Leg lifts

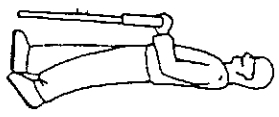
Front



Side



Back



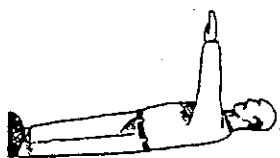
Lift your leg (front, side, and back). Begin with 5 repetitions on each leg. Increase as you become stronger until you can do 15 on each leg

#8 Reaching

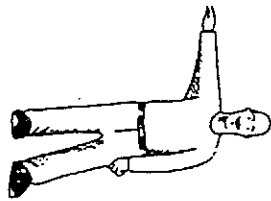
Up



Front

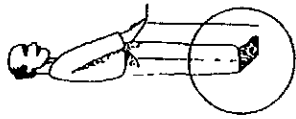


Side

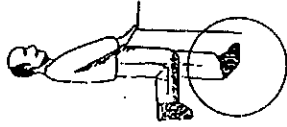


Reach up, to the front and to each side as far as you can. Begin with 5 repetitions in each direction. Add more until you can do 15.

#3 Rising up on toes
Beginner

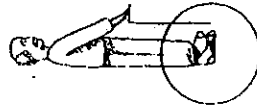


Progression

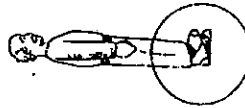


Rise up on your toes (stand on both feet). Begin with **5**. Add more until you can do **15**. Then progress.

#4 Toe taps
Beginner



Progression



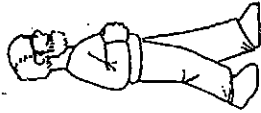
Tap your toes while holding onto a solid object. Begin with **2** minutes and increase time up to **5** minutes. Then progress.

#1 Walking from room to room

Beginner



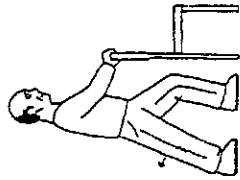
Progression



March on the spot. Begin with **2** minutes. Increase time up to **5** minutes, then progress.

Walk from room to room. Begin with **5** minutes. Increase time each day.

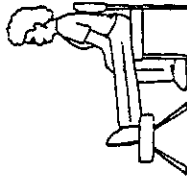
#9 Standing stretch



Lower leg stretch.

Hold this position for **30** seconds on each leg. Increase to **1** minute.

#10 Seated stretch

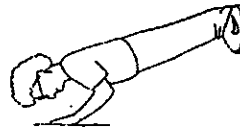


Back of leg stretch.

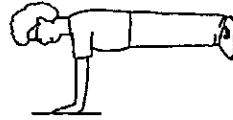
Hold this position for **30** seconds on each leg. Increase to **1** minute.

#2 Wall push ups

Start



Finish



Begin with **5**. Add more each day until you can do **15**.

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