

Balance and Coordination Exercise

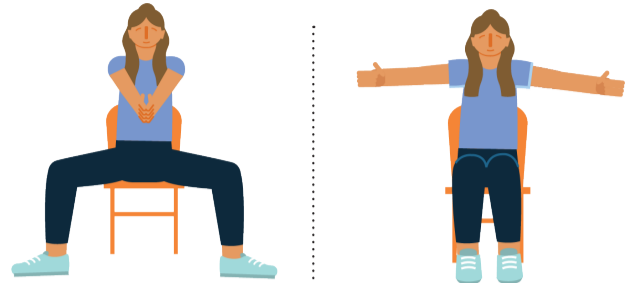
Coordination Challenge

1 Sit on the edge of a chair. In unison, open and close the arms and legs.



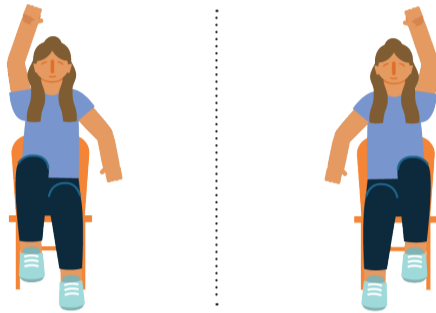
Repeat this step **8X**

2 Close the arms while you open the legs. Then reverse, open the arms while you close the legs.



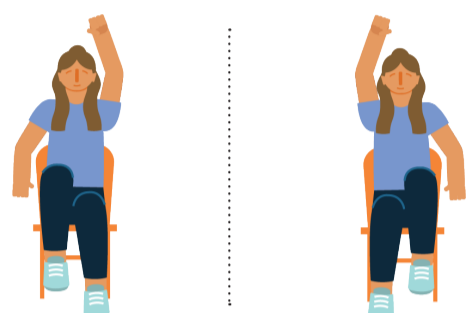
Repeat this step **8X**

3 Raise the right knee and right arm together, then lower them. Raise the left knee and left arm together, then lower them.



Repeat this step **8X**

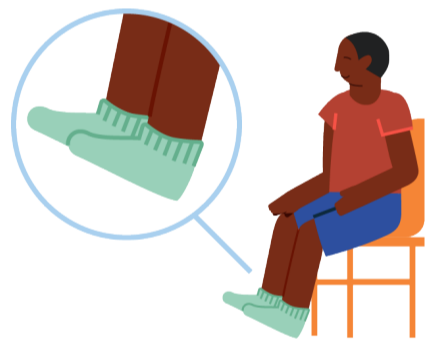
4 Raise the right knee and left arm together, then lower them. Raise the left knee and right arm together, then lower them.



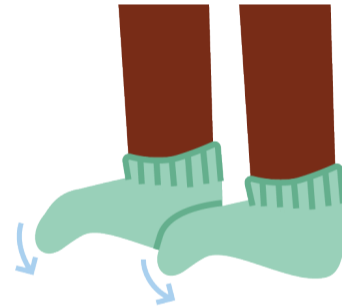
Repeat this step **8X** / Repeat the full sequence once.

Ankle Flexion/Toe Curl

1 Sit on the edge of a chair. Flex both ankles as far as you can while keeping the heels on the floor.

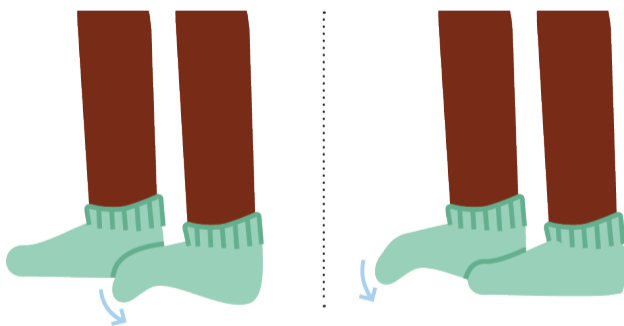


2 Bring the feet back to the floor, curling the toes under.



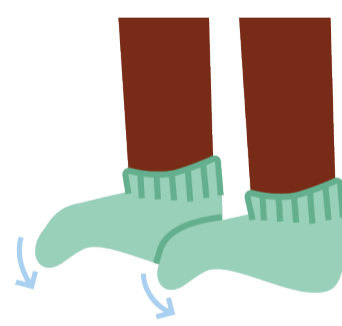
Repeat this step **4X**

3 Alternate right foot, then left foot.



Repeat this step **8X**

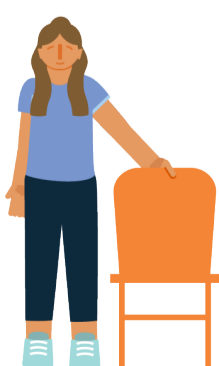
4 Curl the toes under four times.



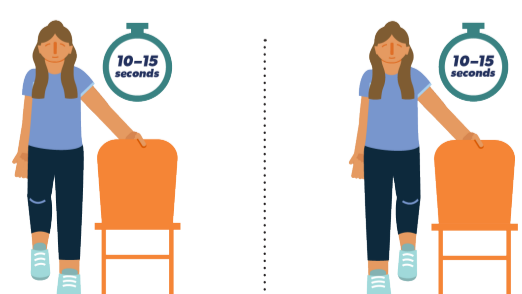
Repeat **2X** on each foot.

One-Foot Stance

1 Stand next to a chair with your arms at your sides. Use the chair for balance if you need to.



2 Slowly raise one foot just off the floor. Hold the stance for 10-15 seconds. Do it with the other foot. Repeat two times on each foot.



Repeat this step **2X**