

STrength And Balance for Life (STABL)

LEVEL 1 — SIT

These activities will help improve your strength and balance and lower your risk of falling and injury. **Start slowly and work up to doing these activities every day.**

To make sure you are starting with the best level for you, see the STABL Overview and Instructions handout.

If you have any questions, call HealthLink BC at 811 to talk to an exercise professional.

ADVICE

Get ready

- ▶ You will need a sturdy chair and table
- ▶ Have a phone or alert system close by in case you need help
- ▶ Wear comfortable clothing and closed toe/heel shoes with non-slip soles

Start all activities by sitting tall in your chair:

- ▶ Feet flat on the floor
- ▶ Reach the top of your head towards the ceiling

Breathe

- ▶ Make sure you are taking nice slow breaths during all activities

Rest

- ▶ Take breaks between activities if you need to

Stop

- ▶ Stop if you have new or more pain. If you have sudden chest or back pain or cannot breathe, call 911.



ACTIVITIES

1) Slow marching



- Sit tall for 4 to 6 seconds or 3 slow breaths
- Try to sit away from the back and sides of the chair



- Lift one foot off the floor, then the other foot, like you are slowly marching
- Lift each foot 4 to 6 times



Try not to lean back

For a challenge

- Try pausing with one foot off the ground for 4 to 6 seconds
- Try swinging your arms, like you are walking



Try pausing with one foot off the ground for 4 to 6 seconds



Try swinging your arms, like you are walking

2) Heel and toe lifts



Sit tall



- Lift both heels off the floor and hold for 3 seconds
- Bring your heels back down



- Lift your toes off the floor and hold for 3 seconds
- Bring your toes back down
- Do this 4 to 6 times

For a challenge

- Try 8 to 12 times
- Try pressing your hands into your thighs

3) Reach and row



- Sit tall
- Reach both arms in front of you, palms up



- Pull elbows back keeping them by your sides
- Keep shoulders down
- Do this 4 to 6 times

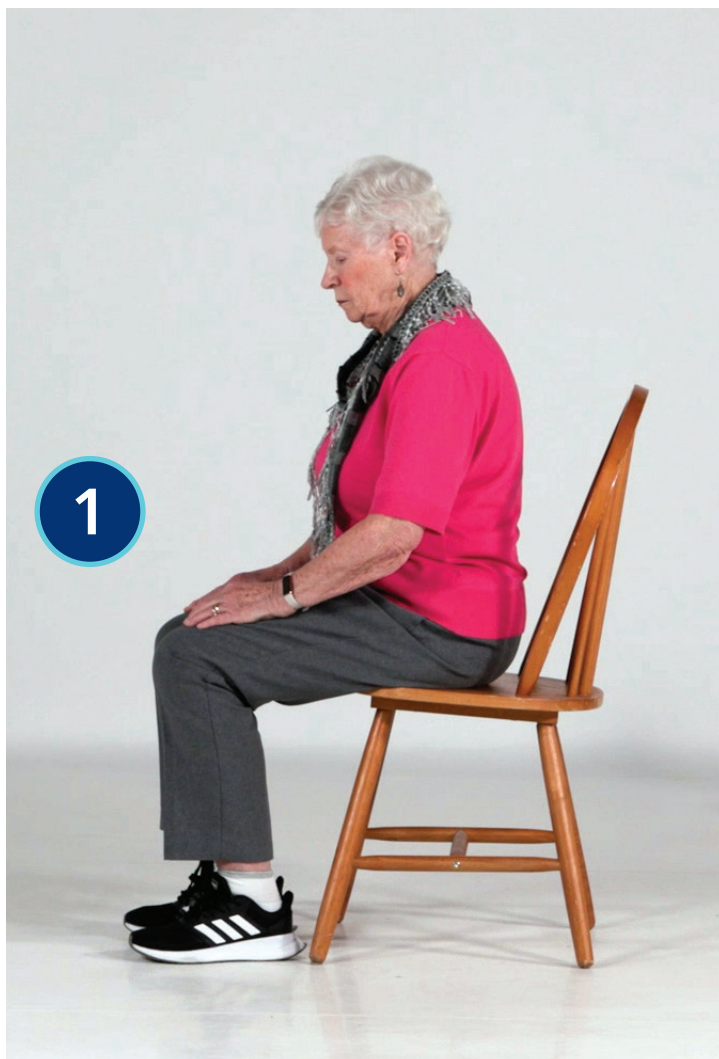
For a challenge

- Try 8 to 12 times
- Try reaching arms higher and wider to start



Try reaching arms higher and wider to start





- Sit tall
- Press both feet firmly into the floor, as if you are going to stand up



- Keep pressing for 3 seconds then relax
- Make sure you keep breathing
- Do this 4 to 6 times

For a challenge

- Try 8 to 12 times
- Try pressing your feet down enough to lift your body off the chair

5) Side step



Sit tall



- Step one foot to the side, like you are stepping over a puddle
- Press your foot firmly into the floor



Step back to the start position



- Do this with the other foot
- Do this 4 to 6 times with each foot

For a challenge

- Try 8 to 12 times
- Try stepping faster
- Try stepping to the front, side, and back, like you are tap dancing



Try stepping to the front, side, and back, like you are tap dancing

6) Straight leg and stretch



1

- Sit tall
- Try to sit away from the back and sides of the chair



2

- Slowly straighten one knee, lifting your foot off the floor
- Pull your toes towards your nose
- Try not to lean back



3

- Bring your foot back to the floor
- Do this with the other leg
- Do this 4 to 6 times each leg

For a challenge

➤ Try holding your foot up to draw 3 circles in the air with your toes



4

Try holding your foot up to draw 3 circles in the air with your toes



- Sit tall with a sturdy table in front of you
- Put both hands on the table with straight arms
- Bend your arms to bring your chest to the table



- Push away from the table and straighten your arms
- Keep your back straight and shoulders down
- Do this 4 to 6 times

For a challenge

- Try 8 to 12 times
- Try doing this slower

■ Next Steps

If you can complete all the activities in Level 1 and are able to stand for 30 seconds with or without support then you can move on to Level 2. Level 2 activities are done standing at the counter with hand support.

Go to www.findingbalancebc.ca for the Level 2 activities and more resources.



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