

# Strength And Balance for Life (STABL)

## LEVEL 3 — MOVE

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 counter and a sturdy chair
- › Have a phone or alert system close by in case you need help
- › Wear comfortable clothes and closed toe/heel shoes with non-slip soles

#### Start all activities by standing tall beside a counter

- › Feet shoulder distance apart
- › Reach the top of your head towards the ceiling
- › If you need support, put one hand on the counter
- › As you get more comfortable, try to use only your fingertips for support

#### Breathe

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

#### Rest



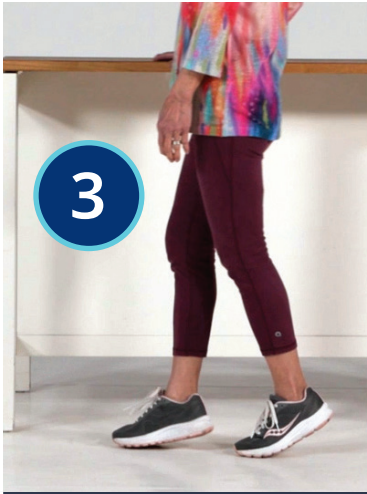




- › Take breaks between activities if you need to

#### Stop

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



## 1) Toe walking and heel walking

 <p>1</p>	 <p>1</p>	 <p>2</p>	 <p>3</p>
	Stand tall with one hand on the counter.	Take 4 to 6 steps forward on your toes	
 <p>4</p>	 <p>4</p>	 <p>5</p>	 <p>6</p>
	Stand on your heels without leaning forward	Take 4 to 6 steps forward on your heels	

### For a challenge

- Try 8 to 12 steps
- Stay on your toes or heels to turn around
- Try taking a few steps backwards on your toes or heels

## 2) Reach and row



Stand tall beside the counter



Reach both arms out in front of you, palms up



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



### For a challenge

- Try 8 to 12 times
- Try reaching your arms higher and wider to start
- Try walking forward as you reach and row



Try reaching your arms higher and wider to start



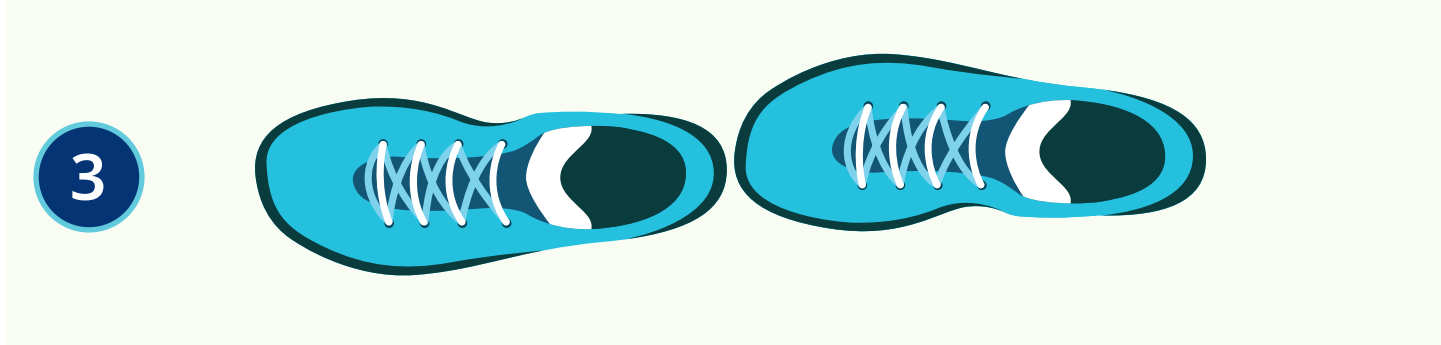
### 3) Walk in a line



Stand tall with one hand on the counter



- Slowly walk forward in a line, touch your heel to your toe with each step
- Take 4 to 6 steps



- Slowly walk backward in a line, touch your toe to your heel with each step
- Take 4 to 6 steps



Try pausing with your foot off the ground with each step

#### For a challenge

- Try taking more steps
- Try using only your fingertips for support
- Try pausing with your foot off the ground with each step

## 4) Slow sitting



- Stand tall in front of the chair
- Put the back of a chair against the wall



Slowly lower your hips back and down to sit



- Push down with both feet to stand up
- Keep your back straight, keep breathing
- Repeat 4 to 6 times

### For a challenge

- Try 8 to 12 times
- Try sitting slower
- Try lowering almost all the way down then standing back up

### Sore knees?

- Put folded towels or blankets on the chair seat to make it higher
- Try using your arms for support

## 5) Arm push



1

- Stand tall facing the wall
- Put both hands on the wall at shoulder height with straight arms



2

Bend your arms to bring your chest towards the wall



3

- Push away from the wall and straighten your arms
- Do this 4 to 6 times

### For a challenge

- Try 8 to 12 times
- Try doing this slower

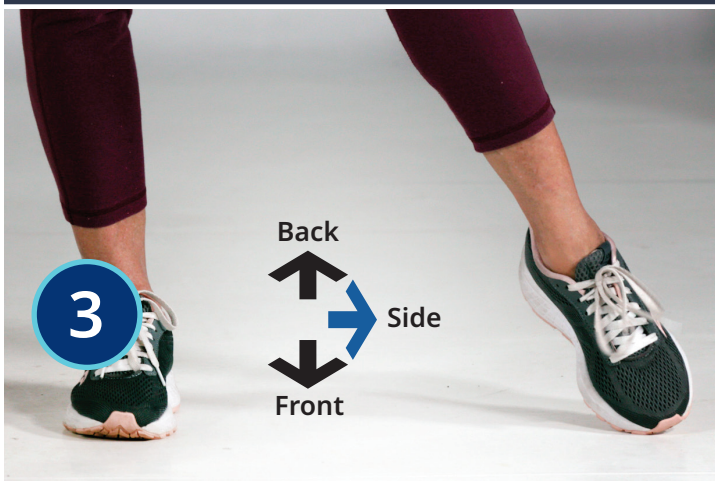
## 6) Foot tapping



Stand tall beside the counter, one hand on the counter



- Tap one toe to the front, then side, then behind you
- Bring your foot to the start position



- Do this 4 to 6 times with each leg
- Turn around and do this with the other leg



### For a challenge

- Try going faster
- Try tapping in different patterns (side, front, back)
- Try using only your fingertips for support



## 7) Half Lunges—Side lunge



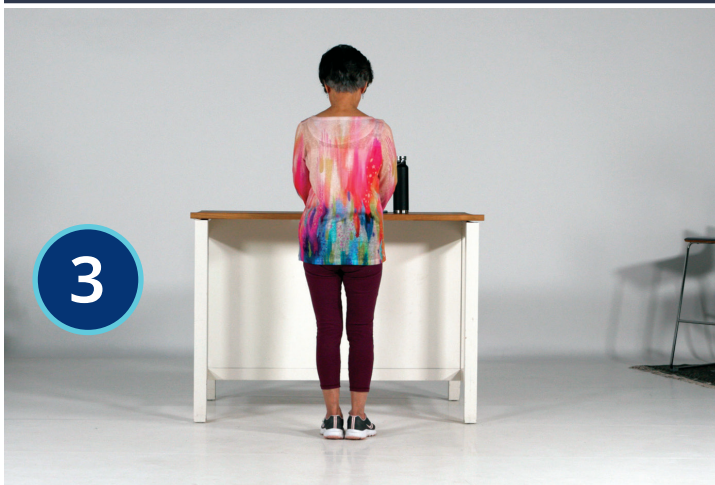
1

Stand tall with both hands on the counter



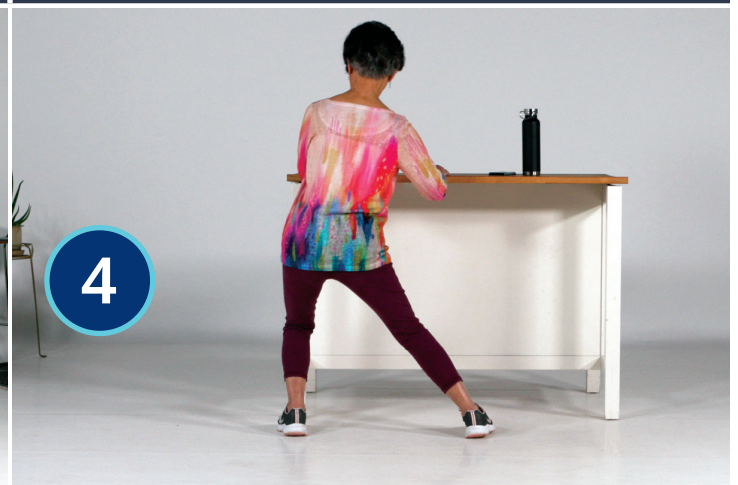
2

Step one foot to the side and bend your knee a little bit



3

Push down with your foot to return to the start position



4

- Do this to the other side
- Do this 4 to 6 times each side

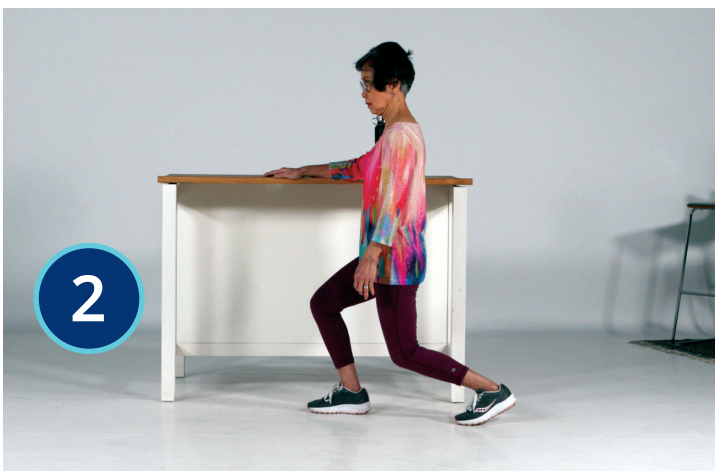
### For a challenge

- Try 8 to 12 times
- Try pausing when your knees are bent for 3 seconds
- Try using only your fingertips or one hand for support

## 7) Half Lunges—Back lunge



Turn to the side, put one hand on the counter



- Step one foot behind you, make sure your toes point forward
- Bend both knees a little bit



Push firmly into your back foot to return to the start position



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

### For a challenge

- Try 8 to 12 times
- Try pausing when your knees are bent for 3 seconds
- Try using only your fingertips or one hand for support

## ■ Next Steps

Once you feel comfortable with the activities in all levels of STABL, you might want to try a fitness class that focuses on strength and balance or fall prevention. Call or check the website of your local recreation, community, or senior's centre.

Go to [www.findingbalancebc.ca](http://www.findingbalancebc.ca) for more information and resources.



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