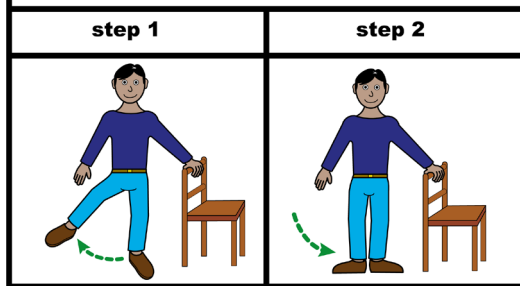




Lower Body Exercise

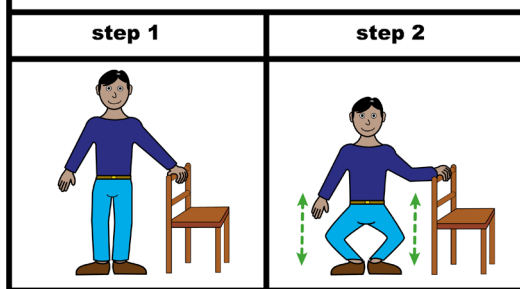
standing side leg raise



Standing tall, use something to hold on to if you need to **keep your balance**.

Take out your **leg to the side** and bring it back in.
Do this **10 times on one side** then **10 times on the other side**.

standing squat



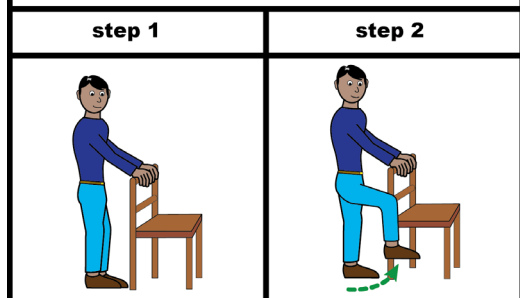
Bend your knees and **stick out your bottom** to come down into a **squat**.

keep your back straight and keep **looking forward**.

Do not let your **knees** come in **front of your toes**.

Do **10** of these and try to do more as you get stronger.

hip flexion

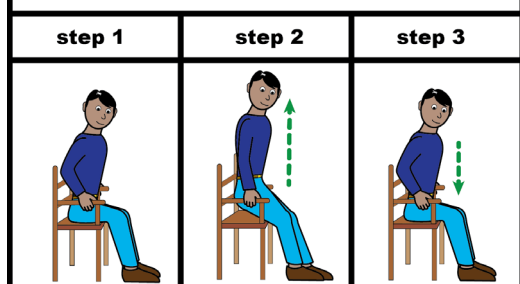


Standing up tall, using a **support** if you need to.

Bring up one knee as high as you can and bring it **back down** again.

Do this **10 times on one side** then **10 times on the other side**.

chair push ups exercise



Sitting on a chair with **strong arms**.

Put your **hands** on the **chair arms** and **push yourself up to standing**.

Remember to stand up tall and keep your **head up** and **shoulders back** before sitting back down again.

Do up to **20** of these.