

# Tandem Walk

- ▶ Stand up tall and look straight ahead;
- ▶ Keep support near;
- ▶ Place one foot in front of the other so that they form a straight line, then place the foot behind directly in front;
- ▶ Repeat for 10 more steps;
- ▶ Turn around and repeat the exercise.



# One Leg Stand

- ▶ Stand tall with good posture;
- ▶ Look straight ahead;
- ▶ Stand on one leg;
- ▶ Try to hold the position for 10 seconds;
- ▶ Place the foot down and repeat on the other leg;
- ▶ Start with 5 repetitions and then progress to 10.



# Sideways Walking

- ▶ Stand up tall and place your hands on your hips
- ▶ Take 10 side steps to the right
- ▶ Take 10 side steps to the left
- ▶ Repeat with the other leg.

