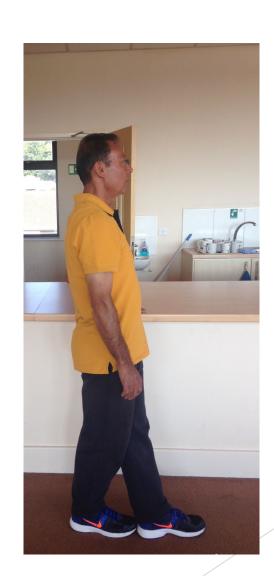
Tandem Walk

- 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 right
- Repeat with the other leg.

