



Fall-proof
Strength and balance plan

Share your story!

0370 779 0106

FallsPrevention@hants.gov.uk

For more exercises visit
hants.gov.uk/livelongerbetter



Making a cuppa?

Now's the time for your...
**heel to toe standing
and walking.**

Increase your balance



**CHALLENGE
RATING**

**Able
like
Mabel.**



Starting position

Hold on to something solid and immovable (your kitchen counter might be good) and stand with your heel to your toe. Like standing on a tightrope.

Step one

Hold for 10 seconds. Try to gradually reduce your hand support.

Step two

Complete this with the other foot in front and aim to repeat twice.



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Doing the dishes?

Now's the time for...
single leg balance.

Increase your balance



**CHALLENGE
RATING**



**Strong
like
Ron.**

Starting position

Stand facing a solid support, holding lightly to start with.

Step one

Lift one foot off the floor and hold for as long as you can. Gradually try to reduce your hand support as you feel able.

Step two

Change legs and raise the other foot. Aim to repeat this a few times.



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Making a bite to eat?

Now's the time for...
heel and toe raises.

Build your strength

★ ☆ ☆ ☆

**CHALLENGE
RATING**

Steady like Eddie.



Starting position – heel raise

Stand facing a solid support, holding lightly to start with.

Step one

Lift your heels off the floor keeping your weight through the balls of your feet, then lower.

Step two

Aim to repeat several times. Try to gradually reduce your hand support.

Starting position – toe raise

Holding on to your support if needed, lift your toes off the floor, putting your weight through your heels, then lower. Repeat several times.



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Waiting on those roasties?

Now's the time for...
side leg raises.

Build your strength



**CHALLENGE
RATING**



Bend like Barbara.

Starting position

Stand sideways to a solid surface, like a kitchen counter, holding lightly if necessary.

Step one

Stand on one leg whilst raising the other one out to the side. Try to keep your foot and the front of your knee pointing forward as you raise your leg. Repeat several times.

Step two

Repeat with the other leg several times.



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Energise
Me



Hampshire
County Council

Live
Longer
Better
HAMPSHIRE

Finished that TV show?

Now's the time for...
sit to stand.

Build your strength



CHALLENGE
RATING

Carry like Harry.



Starting position

Sit up straight, towards the front of the chair. Place your feet slightly back, heels down and lean forward slightly.

Step one

Power up to stand up from the chair. Try not to use your hands to push on as you rise. If you do need hand support to stand aim to reduce this over time.

Step two

Once you are upright, step back until the back of your legs touch the chair, then lower yourself slowly until you sit down. If you need to use your hands to hold the chair, do this, but aim to reduce your hand support as you gain strength. Repeat this five times or more.



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Going past the stairs?

Now's the time for...
stepping up a step.

Build your strength

★ ★ ☆ ☆

**CHALLENGE
RATING**

**Stand
like
Stan.**



Starting position

Holding on to a sturdy rail for support if needed, place your foot fully on to the bottom step.

Step one

Step up, bringing your other leg onto the step.

Step two

Step back down back to ground level. Repeat this as many times as you can, over time building up to 20.