

Warm-Up:

Before beginning any exercise program, it is important to warm up the body to prevent injury. A warm-up routine for this workout should consist of light cardio, such as walking or cycling, and stretches that focus on the legs, hips, and ankles. Here is a brief warm-up routine:

March in place for 1-2 minutes to get the blood flowing.

Perform gentle ankle circles, both clockwise and counterclockwise, for 30 seconds each side.

Perform hip circles, both clockwise and counterclockwise, for 30 seconds each.

Perform light leg swings, swinging each leg back and forth for 30 seconds each.

For any of these warm-up movements, feel free to hold on to the back of a chair or other sturdy surface to improve your stability. The key here is preparing the muscles and joints that will be involved in today's workout gently and gradually, so that they are primed and ready-to-go.

Exercises:

Single Leg Stand:

This exercise helps improve balance by strengthening the muscles in the legs and improving proprioception. To perform this exercise, stand behind a chair and hold onto the back for support. Lift one foot off the ground and balance on the other foot for 10-30 seconds, then switch feet. Repeat for 3 sets.

If this becomes too easy, try letting go of your support chair for some sets (but keep your hands hovering above it to help you stabilize when needed). This way, you can challenge yourself further.

Heel-Toe Walk:

This exercise helps improve balance by improving coordination and strengthening the muscles in the legs and feet. To perform this exercise, walk in a straight line, placing the heel of one foot directly in front of the toe of the other foot. Take 10-20 steps, then turn around and walk back. Repeat for 3 sets.

If this exercise becomes too easy, try holding your balance on one leg for a little longer as you take each step. Once you can do this, you've already begun training yourself to balance in a variety of slightly different positions along the way.

Sit-to-Stand:

This exercise helps improve balance and strengthen the muscles in the legs. To perform this exercise, sit in a chair with your feet flat on the ground. Stand up, and then sit back down. Repeat for 10-15 repetitions, then rest for 30 seconds. Repeat for 3 sets.

In the beginning, try this exercise by using your hands to help you get up to the standing position. Later on, try to do the movement without the use of your hands. Once you are relying only on your lower body for this exercise, you should already be enjoying some new mobility and balance ability in day-to-day activities.