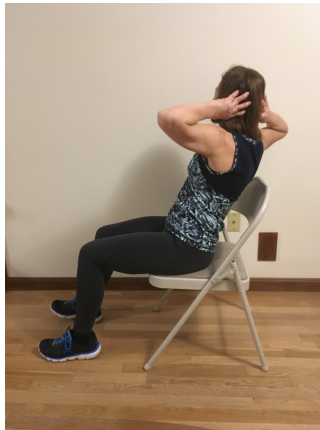




***Twist:*** Sit up tall, tighten your stomach muscles, and bring your hands behind your head. Lean back without touching the back of the chair. Slowly twist to one side, and then the other.



***Variation:*** Lean back, bracing your core muscles, and repeat the above exercise.



***Knee Lift w/band:*** Sit up straight in chair, stomach muscles tight. Place band over one knee, holding onto band on both sides of knee. Lift one knee, then the other. Avoid rocking movement, bracing core muscles of stomach and lower back to maintain neutral spine.



**Lower back stretch:** Sit forward in your chair and bring your hands to the sides of your legs. Slowly trace the outside of your legs until you reach your ankles, pause, then trace the outside of your legs upwards, returning to an upright position. Repeat this three more time

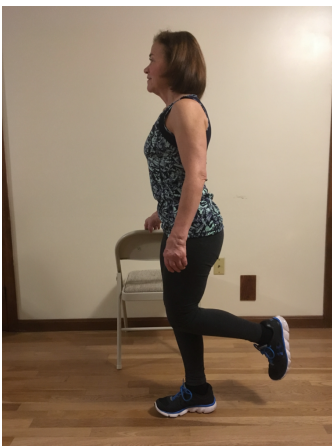
**Balance:** Hold for 10 to 30 seconds.



**Tandem stand:** Standing behind or next to a stable piece of furniture, bring the heel of one foot directly in front of the toes of the other. Imagine a string attached to your belly button and pull yourself forward until your weight is evenly distributed over both legs.

***Variation:*** Perform above exercise with eyes closed.

***Variation:*** Walk forward in a straight line for four to six steps, then walk backwards



**One-legged stand:** Shift your weight to the right foot. Bring the toes of your left foot to the back so that most of your weight is resting on the right foot and you are balancing on that foot. Repeat on the left foot.

***Variation:*** Perform above exercise with eyes closed.

**Lower Body:** These exercises are performed standing in front of or behind a chair. Stand up straight, with feet hip-width apart. Perform each exercise 12 to 16 times. Use ankle weights if available. Hold each stretch 30 seconds.



**Sit Stands:** Sit up straight in a chair, feet flat on the floor, arms crossed over chest. Stand all the way up, then sit back down slowly.