Take the Strength and Balance Challenge

**Balance Challenge**

**One Leg Stand**
- Find a safe place - close to a chair or wall for support if needed
- Stand tall with your arms by your sides
- Take one foot off the floor and start counting

Stop when you:
- Count to 30
- Need to put your foot down
- Need to grab a support
- Need to brace one leg against the other

**Stop when you:**
- Reach 30 seconds
- Need to put your foot down
- Need to grab a support
- Need to brace one leg against the other

**Strength Challenge**

**Sit to Stand**
- Sit tall near the front of the chair
- Place your feet slightly back and hip width apart
- Stand up and sit back down as many times as you can in 30 seconds without using your arms to help

Stop when you:
- Count to 30
- Need to put your foot down
- Need to grab a support
- Need to brace one leg against the other

Did you know?
The average number of sit to stands is approximately 17 times for a 60 year old, 15 times for a 70 year old and 11 times for an 80 year old.

As we get older, our balance and muscle strength can slowly decline without us noticing.

As a result, we can find it harder to keep our balance if we trip or slip and everyday activities become more challenging.

How to improve your strength and balance
Six simple exercises - doing the super six exercises overleaf, three or more times a week can help you stay steady and stronger for longer so you can keep doing the things you enjoy.

**Simple steps to stay steady**
Falls are not an inevitable part of getting older - there are simple steps you can take to reduce your chance of falling and keep you up and about.

- Stay active
- Manage your medicines
- Regular eye checks
- Look after your feet
- Eat well
- Have a ‘get off the floor plan’
- Create a safer home
- Consider taking Vitamin D
- Tell someone if you fall

How did you do?

**Balance Challenge:** Did you manage to keep your balance for 30 seconds?

**Strength Challenge:** How many times did you manage to stand and sit in 30 seconds?

Six Simple Strength and Balance Exercises

Community Classes
The six exercises can be done alongside fun and sociable Strength and Balance classes.
If you are interested and live in Oldham please ring 0161 207 7000 for more information.
Sit up tall near the front of your chair. Place your feet slightly back and hip width apart. Lean forward slightly and stand up - using your hands on the chair if needed. Stand tall then step back until your legs touch the chair. Slowly as you can lower your bottom back into the chair - using your hands on the chair if needed.

Repeat 10 times
This will strengthen the muscles in your thighs and bottom.

Heel Toes
Stand tall with your feet hip width apart. Hold your support if needed. Slowly lift your heels, keeping the weight over your big toes. Lift for a slow count of 3 and lower for a slow count of 5.

Repeat 10 times
This will help to strengthen your ankles.

How can I make it more challenging?
When you can do this with ease, try using your arms less, and work towards not using them at all.

Toe Raises
Stand tall with your feet hip width apart. Hold your support if needed. Slowly lift the front of your foot so that the weight is back in your heels. Lift for a slow count of 3 and lower for a slow count of 5.

Repeat 10 times
This will help to strengthen your ankles and shin muscles.

How can I make it more challenging?
When you can do this with ease, try using your arms less, and work towards not using them at all.

One Leg Stand
Stand close to your support and hold on. Balance on one leg, keeping your supporting leg straight but your knee soft. Stand tall and look ahead. Hold for 10 seconds. Repeat with the other leg.
Repeat twice on each foot
This will help to strengthen your ankles and legs and improve balance.

How can I make it more challenging?
Try using your support less and hold position for longer.

Try walking backwards

Heel Toe Walking
Stand tall side on to your support. Walk 10 steps forward placing one foot directly in front of the other so that your feet form a straight line. Look ahead and aim for a slow steady walking action. Only hold on if you need to. Take your feet back to hip width apart before turning and slowly turn towards your support.
Repeat the steps in the other direction
This will help to strengthen your ankles and improve balance.

How can I make it more challenging?
Try walking backwards

Stand tall with your feet hip width apart. Hold your support if needed. Slowly lift your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of 3 and lower for a slow count of 5.

Repeat 10 times
This will help to strengthen your ankles.

Heel Raises

How can I make it more challenging?
When you can do this with ease, try using your arms less, and work towards not using them at all.

Toe Raises
Stand tall with your feet hip width apart. Hold your support if needed. Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of 3 and lower for a slow count of 5.

Repeat 10 times
This will help to strengthen your ankles.

How can I make it more challenging?
When you can do this with ease, try using your arms less, and work towards not using them at all.

Sit To Stand
Sit up tall near the front of your chair. Place your feet slightly back and hip width apart. Lean forward slightly and stand up - using your hands on the chair if needed. Stand tall then step back until your legs touch the chair. Slowly as you can lower your bottom back into the chair - using your hands on the chair if needed.

Repeat 10 times
This will strengthen the muscles in your thighs and bottom.

Heel Toe Stand
Stand tall with your feet hip width apart. Hold your support if needed. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds without holding on if possible. Take your feet back to hip width apart. Repeat with the other foot in front.
Repeat twice on each foot
This will help to strengthen your ankles and improve balance.

How can I make it more challenging?
Try using your support less and hold position for longer.

Read through these safety checks first!