

Better Health Nutrition & Fitness  
WA

## 1. Lunges alternating



Start in a standing position.

Step forward and keep your torso upright and bend your front knee.

Keep your other leg stretched out behind you.

Return to the starting position and repeat with your other leg.

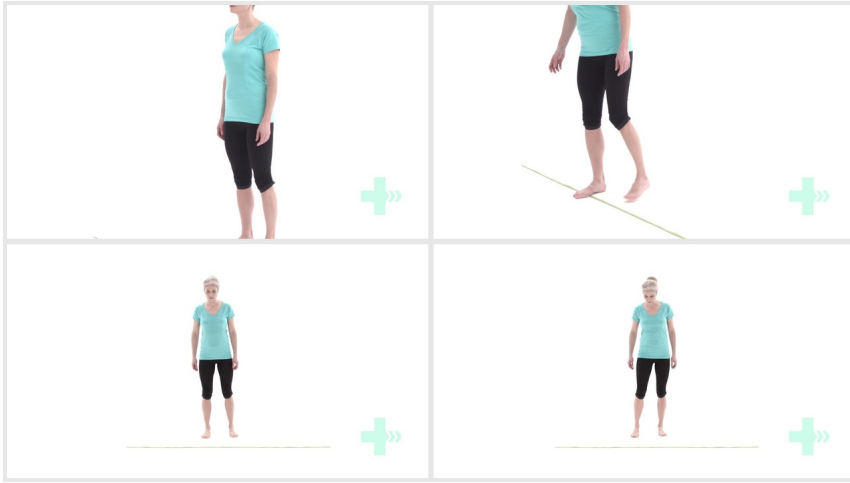
## 2. Calf raise



Start in a balanced stance with your feet shoulder width apart and then raise yourself up on your toes as high as possible.

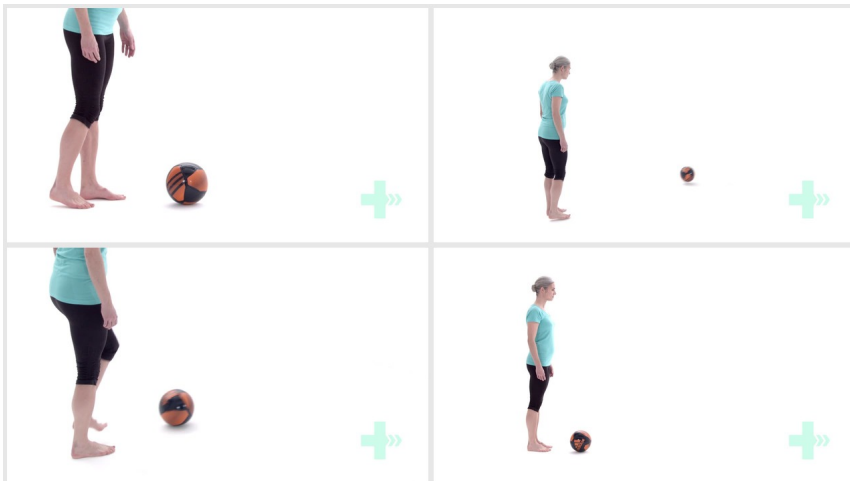
Return back to the starting position.

### 3. Increasing stride length with markers (step-to)



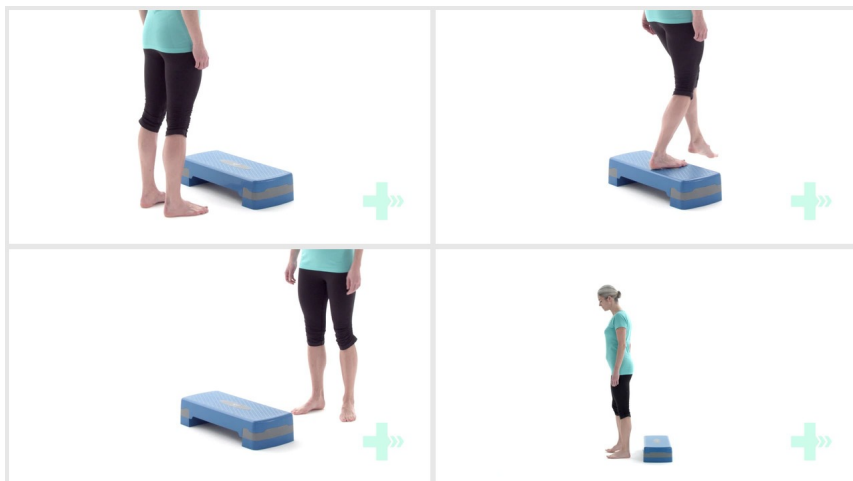
Stand up straight with a markers placed on the floor in front of you.  
Stand far enough away so that you have to take a large stride to step onto it.  
Take a large step forward onto the marker.  
Once your foot is on the marker, step your other leg onto the marker to join the first.  
You should finish with both feet on the marker, shoulder width apart.

### 4. Standing balance, kicking a ball against a wall



Stand up straight with a ball in front of you, facing a wall.  
Kick the ball against the wall, hard enough for it to bounce back.  
Control the ball before you kick it again.  
Try using the other leg to kick.

## 5. Step up and over



Stand up straight facing a step with your feet hip width apart.

Stand close to the step.

Place your affected leg on the centre of the step.

Step up and over, bringing your unaffected leg from one side of the step, to the ground on the other side.

Step your affected leg down from the step, so that both of your feet are back on the floor.

## 6. Standing on unstable surface



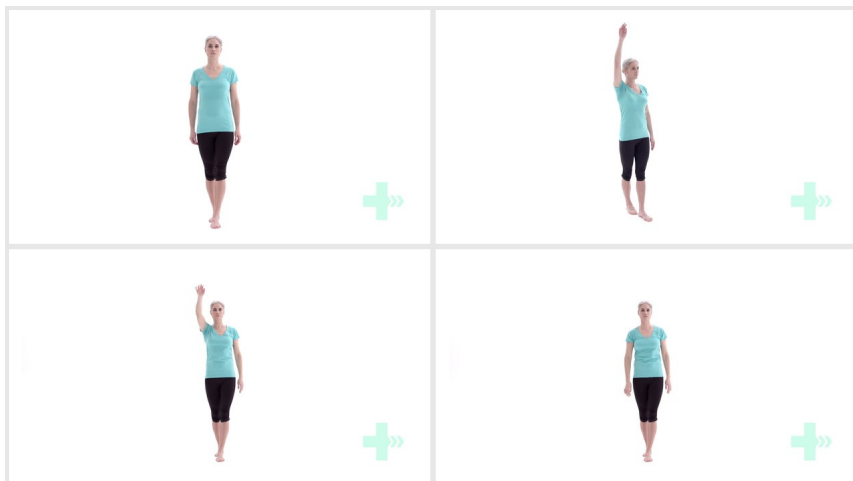
Place a balance pad on the floor near a wall or solid object.

Hold on to the supporting surface as you place one foot, then the other, on the balance pad.

Get your balance, then try to take your hand away from the support.

Aim to stand as still as possible, allowing your feet and legs to keep your balance.

## 7. Tandem standing alternate arm lift



Stand up straight with one foot in front of the other.

The toes of your back foot should just touch the heel of your front foot.

Spread your weight evenly across both feet.

Hold this position whilst raising one arm into the air, and then lower it back down.

Repeat with the other arm.

## 8. Walking whilst passing an item around your waist



Stand up straight with a clear path in front of you.

Walk in a straight line slightly slower than your normal speed.

Pass an object around your waist, slowly at first, and then increase your speed.

Change the direction you pass the object, whilst maintaining your balance in a straight line.

### 1. Lunges alternating



Prescription/Date:																				
1 Set																				
10 Reps																				

### 2. Calf raise



Prescription/Date:																				
1 Set																				
10 Reps																				

### 3. Increasing stride length with markers (step-to)



Prescription/Date:																				
1 Set																				
10 Reps																				

### 4. Standing balance, kicking a ball against a wall



Prescription/Date:																				
2 Sets																				
10 Reps																				

### 5. Step up and over



Prescription/Date:																				
2 Sets																				
10 Reps																				
1 s Hold																				

**6. Standing on unstable surface**



Prescription/Date:																				
1 Set																				
5 Reps																				
10 s Hold																				

**7. Tandem standing alternate arm lift**



Prescription/Date:																				
1 Set																				
5 Reps																				
15 s Hold																				

**8. Walking whilst passing an item around your waist**



Prescription/Date:																				
1 Set																				
4 Reps																				