

6 MOVE STRONG EXERCISES

All of these exercises are great for alignment, strength, coordination and balance.

If you're concerned about your balance, start the standing exercises while holding on to a sturdy chair or counter. Talk to your physician before beginning any exercise program.

Stepping Over The Suitcase

A strength, balance and coordination exercise. Repeat 10 times, then switch sides and do 10 reps with you left foot. Be sure to lift your knees up high.

1. Stand with your feet together, hands on hips.
2. Lift your right foot up, to the side, and...
3. down — as if you're stepping over a large suitcase. (Move slowly to maintain your balance!)

Windshield Wiper

A seated leg-strengthening exercise for the adductors and abductors. Repeat each movement 10 times.

1. Sit tall with your buttocks on the edge of the chair, legs together, hands on the outside of your knees. Pull your navel toward the spine to engage your abdominal muscles.

2. Open your knees and legs to the sides, resisting with your hands.
3. Move your hands to the inside of your knees and squeeze knees close together while resisting with hands.

Reach Down and Reach High

A placement and coordination exercise. Use this balletic movement every time you have to bend down and pick something up or reach up to a high shelf.

1. Put one foot behind the other and reach down to pick something off the floor. This provides a strong stance. The front foot will keep you from losing your balance and the back foot will catch you to prevent a dangerous fall.
2. Bend both knees as you bend down.
3. Now reach high to place something in a cupboard: Place one foot behind the other when reaching up with straight legs to provide balance.

Pump The Gas

Try this when you get up in the middle of the night or when you've been sitting for a long period of time.

1. Sit up tall on the edge of your bed or chair.
2. Point and flex your feet 5 times to get your blood flowing to prevent dizziness and possibly fainting.

Stop it

A sharp staccato lunge forward with a mental picture of stopping activates muscles that help to stop a fall. Repeat 10 times, alternating legs. Each time you stop, say "STOP" out loud. This trains your muscles and mind to catch you if you trip.

1. Hold onto a firm surface for support with one hand (a kitchen counter or sturdy chair works).
2. Lunge forward with one foot and arm extended forward..
3. STOP, return to starting position.
4. Repeat with the other leg.

Strike a Pose

If it's good enough for Madonna, it's good enough for us!

1. Do 10 sharp and strong freestyle moves in different directions. Anything you want to do is fine.
2. Make them big to allow you to move with expression and regain confidence. Have fun!