

# STRONG AND STEADY

Do the following exercises every day and often throughout the day

## ● COUGH MUSCLE

Cough. Hold the muscles that get tight when you cough for as long as you can and during your day to day activities. You can still breathe and talk when these muscles are tight.

## ● WALK

Whether walking inside or outside, choose a path that is clear. Wear comfortable clothing and supportive walking shoes. If you are not used to walking, hold onto the back of a chair for support and walk on the spot. Begin with 2 minutes and gradually increase to 15 minutes or longer.

## ● REACH UP, REACH OUT, GIVE YOURSELF A HUG

Sit or stand, reach up as high as you can, reach out to the sides as wide as you can, then give yourself a hug. Hold each position up to 30 seconds.



## ● LEG STRETCH

Sit in a chair, straighten one leg. Slowly bend towards your straight leg as if you were reaching for your knee, shin, ankle or toes. Hold up to 30 seconds. Repeat with the other leg.



## ● QUAD STRETCH

With a chair behind you and hands on the table, gently lift one foot and rest it on the seat of the chair. Hold up to 30 seconds. Repeat with other leg.



Do the following exercises every other day

Start with 5 repetitions and work up to 15

## ● CHAIR CRUNCH

Sit firmly towards the front of a chair with your feet flat on the floor. Gradually lean back in the chair until you feel your stomach muscles start to pull. Slowly pull yourself back to a sitting position.



## ● GETTING OUT OF A CHAIR

Sit firmly in a chair with your feet flat on the floor. Use the arms of the chair to slowly push yourself out of the chair to a standing position. Slowly sit back in the chair.

When you are able to do this exercise easily, cross your arms in front of you and use your legs to push yourself out of the chair.



## ● WALL PUSHUP

Face a clear space on a wall. Place your hands shoulder width apart.

Slowly bend your elbows and lower your body to the wall keeping your body straight.

Push your body away from the wall by straightening your arms.



## ● STANDING LEG CURL

Stand with your feet shoulder width apart and hold onto a chair for support if needed. Shift body weight over to right leg and bend other knee, forming a 90-degree angle by lifting the lower leg backward. Raise heel toward buttocks. Return to standing position. Repeat with other leg.



## ● SIDE LEG RAISES

Stand with your feet shoulder width apart. Use a chair for support if you need it. Slowly lift your leg out to side then back to standing. Repeat the same number of raises on the other side.



## ● HEEL RAISES

Stand behind a chair for support. Lift your heels off the floor until you are on the tips of your toes. Slowly lower your heels back to the ground.



Strong and Steady is a Red Deer Primary Care Network Program

[www.reddeerpcn.com](http://www.reddeerpcn.com)