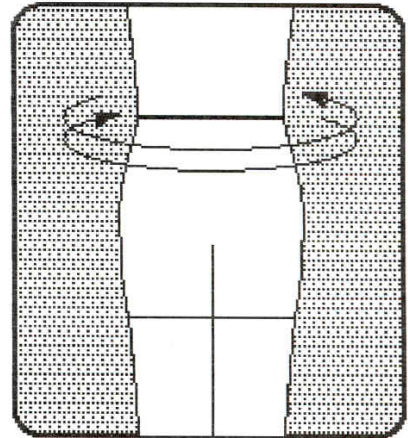


LEVEL I BALANCE EXERCISES

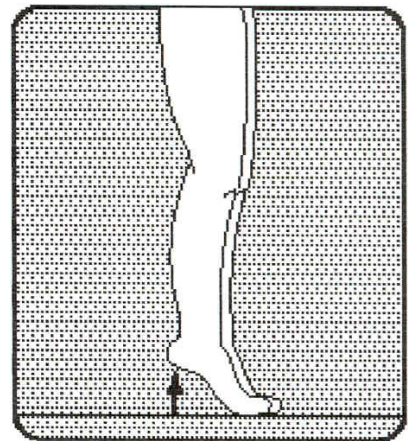
The Sink Hip Circle I

1. Stand facing kitchen sink
2. Hold on with both hands
3. Do not move shoulders or feet
4. Make a big circle to left with hips
5. Repeat 5 times
6. Make a big circle to right with hips
7. Repeat 5 times



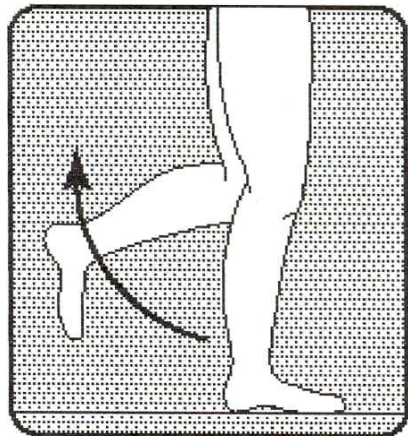
The Sink Toe Stand I

1. Stand facing kitchen sink
2. Hold on with both hands
3. Go up on your toes
4. Hold for count of 5
5. Then come down
6. Repeat 10 times



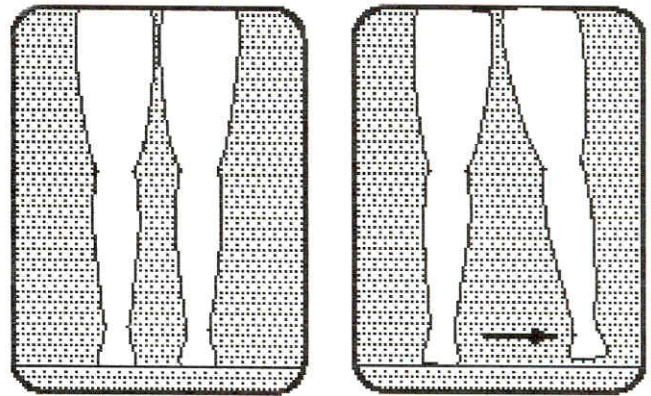
One Leg Sink Stand I

1. Stand facing kitchen sink
2. Hold on with both hands
3. Stand on your left leg for count of 5
4. Stand on your right leg for count of 5
5. Repeat 10 times



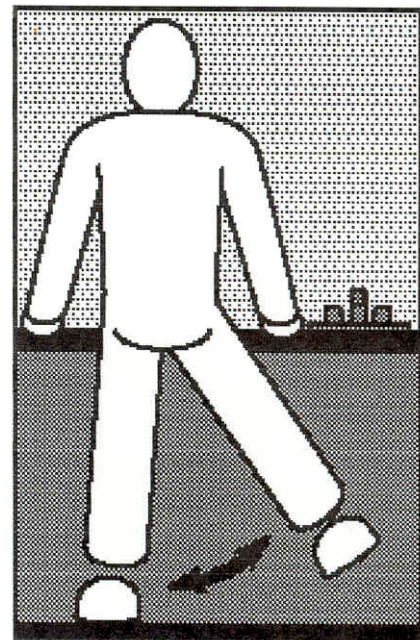
Sink Side Step I

1. Stand facing kitchen sink
2. Hold on with both hands
3. Move hands along kitchen sink as you step to left 5 steps
4. Step with both feet to right 5 steps
5. Repeat 5 times



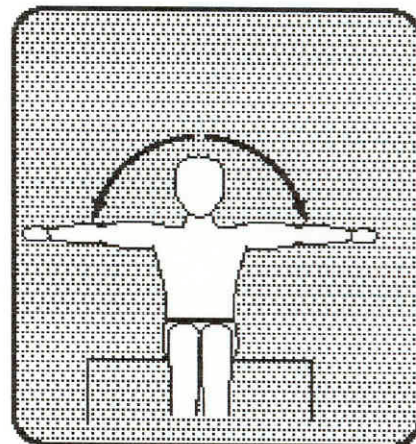
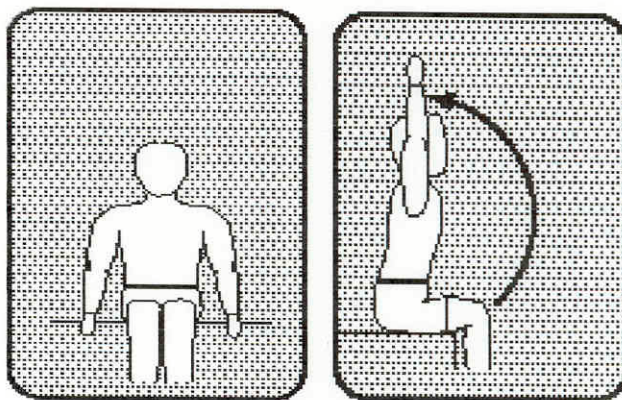
Two Hand Alternate Leg Out and In I

1. Stand facing kitchen sink
2. Hold on with both hands
3. Stand on your left leg and move right leg out to the side and back again
4. Repeat on opposite side
5. Continue to alternate each leg
6. Repeat 10 times



Sitting Arm Circles I

1. Sit on bed
2. Sit up straight
3. Arms by your side
4. Raise both arms up overhead
5. Then arms out to side shoulder level
6. Then arms down
7. Repeat 10 times



Sitting Knee Lifts I

1. Sit on bed
2. Sit up straight
3. Arms by your side
4. Lift left knee up towards ceiling
5. Lower left knee
6. Lift right knee up towards ceiling
7. Lower right knee
8. Repeat 10 times

