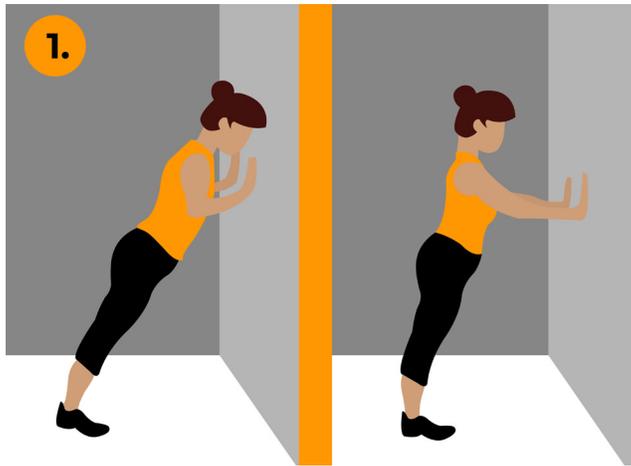


# 6 Home Exercises to Help Reduce Fall Risk

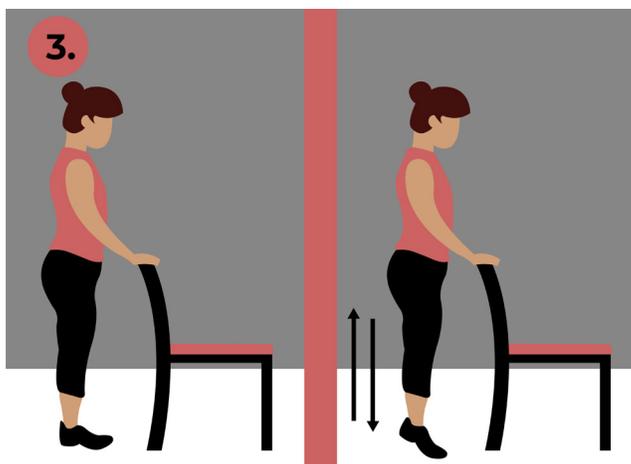
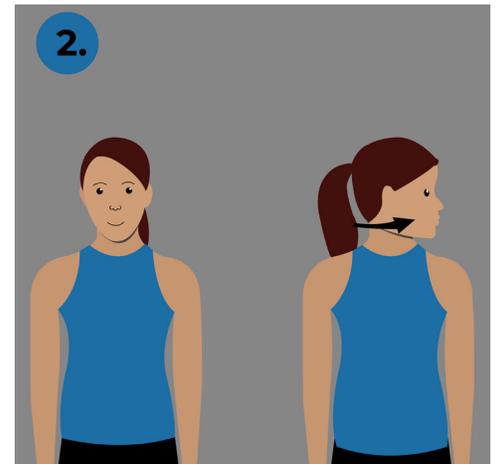


## Wall Push-Ups

1. Stand in front of a sturdy wall, up to two feet away but as close as you need to.
2. Place your hands up against the wall directly in front of your shoulders.
3. Keep your body straight and bend your elbows to lean in towards the wall.
4. Stop with your face close to the wall and then straighten your arms to push your body away from the wall.

## The Head Turn

1. Stand or sit with your back straight and your shoulders relaxed.
2. Turn your head slowly to the right until you feel a light stretch.
3. Hold that position and then turn slowly to the left.



## Tippy Toe Lifts

1. Stand beside or behind a chair or counter and place your hands on the surface for support.
2. Push yourself up onto your tippy toes as high as is comfortable and then return back to a flat foot. Repeat.

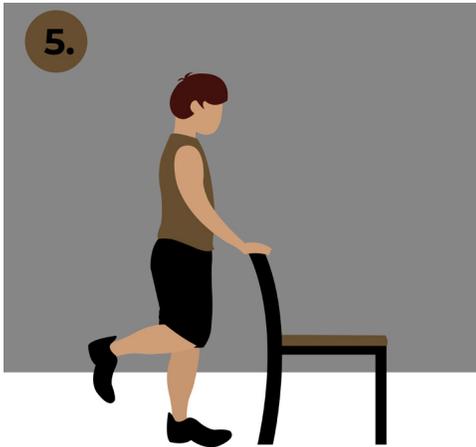
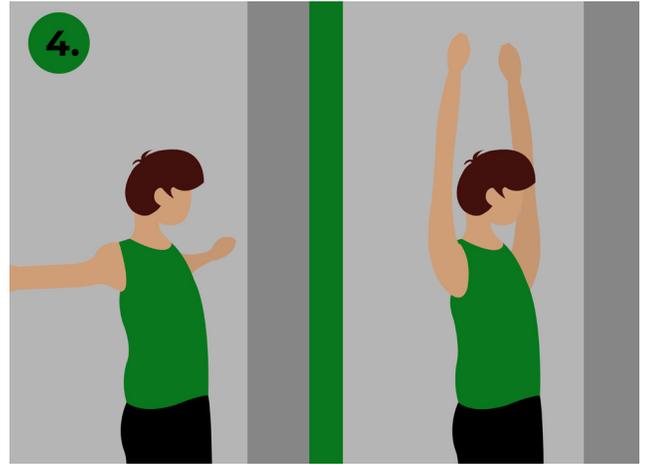


THE SUITES

Rio Vista

## Wall Snow Angels

1. Stand about 3 inches away from the wall and place your head and lower back flat against the wall.
2. Put your hands at your sides with the palms out and backs up against the wall.
3. Keeping your arms touching the wall, raise them up above your head, or as high as is comfortable.

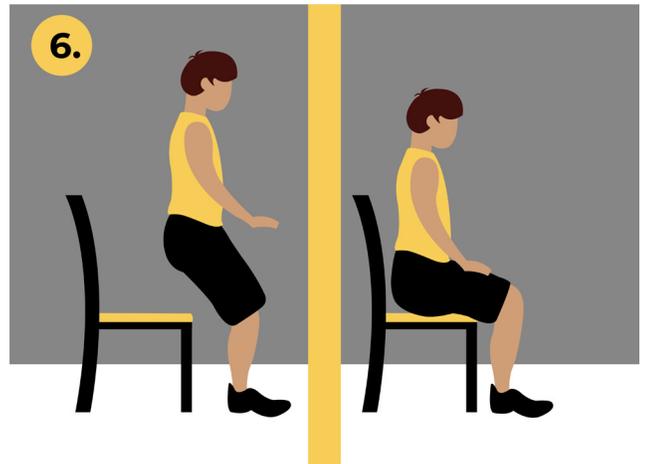


## Chair Squats

1. Stand in front of a chair with your feet as far apart as your hips.
2. Bend your knees while keeping your shoulders and chest upright.
3. Lower your bottom so you sit down.
4. Then push your body back up to return to a standing position.

## One Leg Balance

1. Stand behind a steady, unmoving chair and hold onto the back.
2. Pick up your left foot and balance on your right foot as long as is comfortable.
3. Place your left foot down and then lift up your right foot and balance on your left foot.
4. Try to stand on one foot for up to 1 minute, using the chair for balance and support as needed.



Call us with any questions  
or concerns!

(505) 452-4200