



Please use the QR code or the [link to print](#).

Use these cue cards to help lead the Strength and Balance session.

Support the resident to carry out these exercises at the level that feels comfortable for them. Encourage them to start with a few repetitions and then gradually build up over time, depending on their ability and how they feel

Sit to Stand



Why?

Moving from sitting to standing helps make your legs stronger and helps with balance.

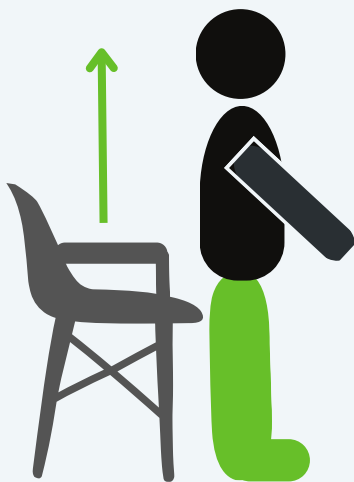
How to:

- Sit forward in the chair, away from the back.
- Sit up tall and put both feet flat on the floor.
- Look straight ahead and slowly stand up. You can use the chair arms if you need to.
- Stand as tall as you can.
- Pause for a moment.
- Slowly sit back down with control. Use the chair arms if needed.



Try to do this a few times. As you get stronger, you can do more each week. Your legs may feel warm or a little tight. This is normal and means your muscles are working

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Arm Curls



Why?

This helps make your arms stronger. Strong arms help with everyday things like holding a drink, eating food, and brushing your teeth.

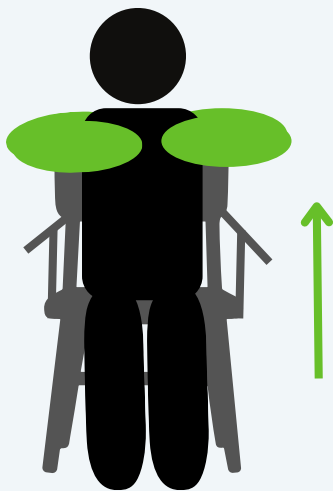
How to:

- Sit up straight with your hands by your sides.
- Turn your hands so your palms face forward.
- Keep your elbows close to your body,
- Bend your arms and bring your hands up towards your face.



Try to do this a few times. As you get stronger, you can do more each week. Your arms may feel warm or a little tight. This is normal and means your muscles are working

Upright Pull

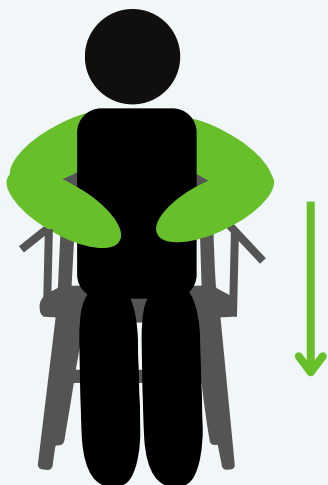


Why?

This helps make your upper back and shoulders stronger. Strong back and shoulders improve posture. This helps you sit and stand more upright.

How to:

- Sit up straight and look straight ahead.
- Place your palms facing towards you.
- Slowly pull your hands upwards, bend your elbows until level with your shoulders.
- Slowly lower your hands, carefully build up the number of repetitions



Try to do this a few times. As you get stronger, you can do more each week. Your shoulders and upper back may feel warm or a little tight. This is normal and means your muscles are working

Front Knee Strength

Why?



Knee strengthening exercises will help you to maintain strength in the muscle at the front of your leg.

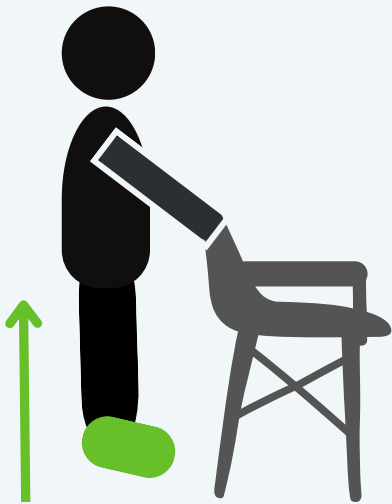
How to:

- Sit firmly in the back of a chair, keep your shoulders down and maintain good posture.
- Slowly extend your leg in front of you.
- Slowly lower your leg back down.
- Repeat on both legs.



As you get stronger, you can do more each week. Your legs may feel warm or a little tight. This is normal and means your muscles are working

Heel Raises

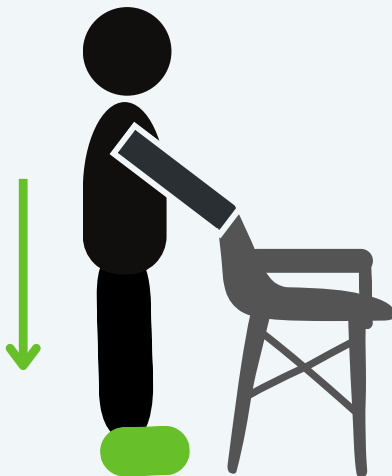


Why?

These help to build strength in your ankles. Strong ankles are important as they're first thing that keeps us upright.

How to:

- Hold on to a sturdy chair for support, and stand tall with good posture.
- Slowly lift your heels off the floor.
- Hold for a count of 4 or 5 seconds.
- Slowly lower heels to the floor in a controlled manner, and try not to rock.



Try to do this a few times. As you get stronger, you can do more each week. Your legs and ankles may feel warm or a little tight. This is normal and means your muscles are working

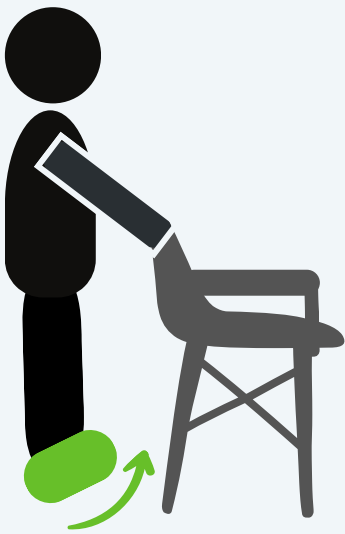
Toe Raises

Why?

This can help to strengthen the muscles at the front of our feet, which are often weak. These muscles are important as they help to lift our feet over obstacles.

How to:

- Hold on to a sturdy chair for support, and stand tall with good posture.
- Slowly bring your toes off the floor.
- Maintianing good posture.
- Slowly lower toes to the floor in a controlled manner.

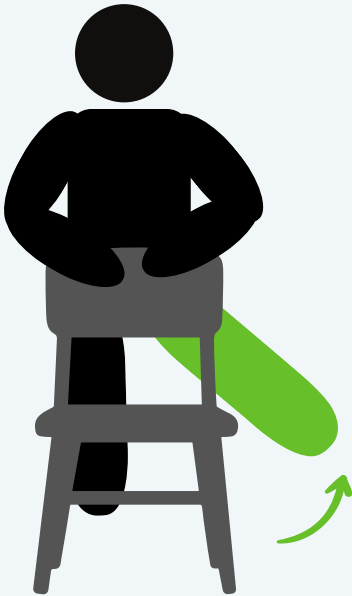


Try to do this a few times. As you get stronger, you can do more each week. Your legs and ankles may feel warm or a little tight. This is normal and means your muscles are working

Side Hip Strength

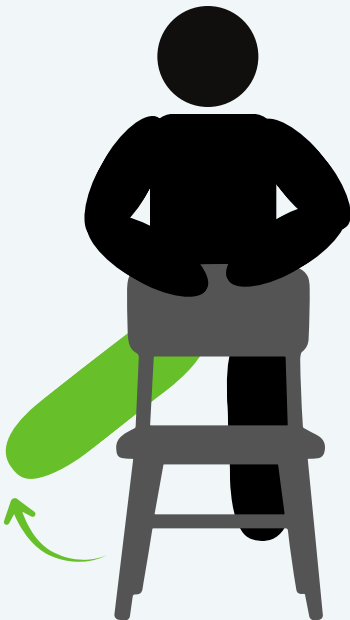
Why?

This helps make your hips, thighs, and bottom stronger. These muscles help you move your legs to the side. This is useful for everyday things like getting in and out of bed or a car.



How to:

- Hold on to a sturdy chair for support, and stand tall with good posture.
- Stand with your feet hip width apart.
- Keep your legs straight and lift one leg out to the side, then bring it back down slowly.
- Keep your back straight and avoid leaning to one side.
- Repeat on both legs.



Try to do this a few times. As you get stronger, you can do more each week. Your hips, thighs and bottom may feel warm or a little tight. This is normal and means your muscles are working

Knee Bends

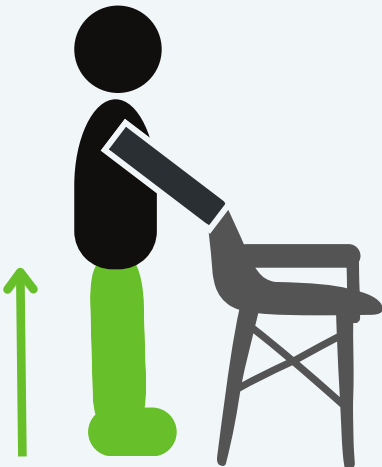
Why?



This exercise makes the muscles at the front and back of your legs stronger. Strong legs help you walk. They also help with everyday things like standing up and picking things up from the floor.

How to:

- Stand with your feet apart, about shoulder width.
- Hold onto the chair in front of you.
- Keep your head and chest up.
- Slowly push your bottom back and bend your knees.

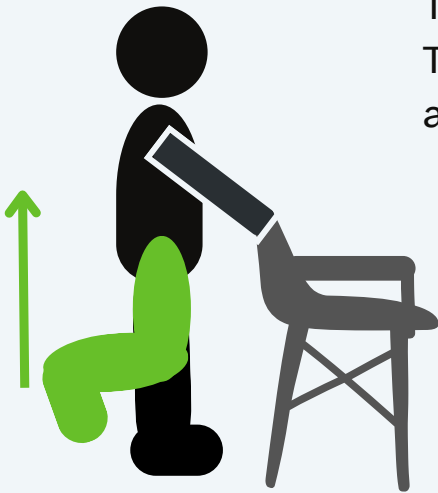


Try to do this a few times. As you get stronger, you can do more each week. Your legs may feel warm or a little tight. This is normal and means your muscles are working

Back Knee Strength

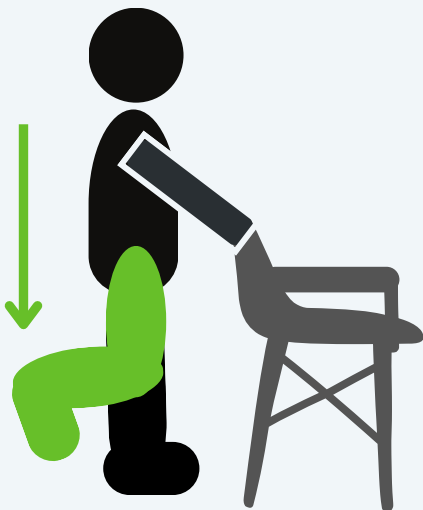
Why:

This works the muscles at the back of the thigh. These muscles help with walking, climbing stairs and maintaining balance.



How to sit to stand:

- Stand with your feet apart, about hip width.
- Bend one knee and bring your heel up towards the back of the thigh.
- Hold for a few seconds and then lower in a controlled manner.
- Repeat on both legs



Try to do this a few times. As you get stronger, you can do more each week. Your legs may feel warm or a little tight. This is normal and means your muscles are working