



# Balance, Breath & Movement

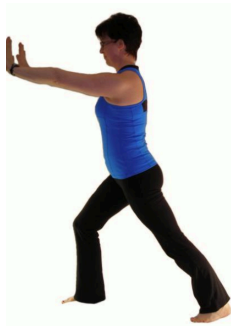
**A reminder from ShipShape to see your physician prior to starting any exercise program. For additional programs or modifications, contact Kathy at:**

**[kwebster@shipshaperi.com](mailto:kwebster@shipshaperi.com) or 401-965-0102**

## **Warm-up Stretches**

- Perform some type of warm-up activity prior to stretching to increase circulation and body temperature i.e.gentle walking.
- Stretch to the point of gentle tension, but not pain
- Breathe normally
- Repeat each stretch 2-3 times

## **Calf Stretch**



1. Stand near a wall with one foot in front of the other, front knee slightly bent, with hands on wall shoulder width apart
2. Keep your back knee straight, your heel on the ground, and lean toward the wall.
3. Feel the stretch all along the calf of your back leg
4. Hold this stretch for 10-20 seconds
5. Repeat on the other side

## **Hamstring Stretch**



\*



1. Extend your left leg forward with your foot slightly flexed
2. Bend your right knee and lean forward at the hips, using your hands for support
3. Keep leaning forward, keeping your back straight, until you feel a gentle stretch in the back of your left leg
4. Hold this stretch for 10-20 seconds
5. Repeat on the other side
6. \* This stretch can also be performed in a seated position

## **Ankle Circles**

1. Stand upright with your feet hip width apart and your arms by your sides
2. Shift your weight to the right leg and point your left toes down into the ground
3. Start rotating your left foot, making small circles with your ankle
4. Do 8-10 rotations in each direction
5. Repeat the exercise with your right foot

## **Exercises to Improve Lower Body Strength**

### **Hip Extension**



1. Stand behind a sturdy chair or next to a wall, and place your hands on the chair or wall for stability. Place your feet shoulder-width apart
2. Lift your right leg up directly behind your body with your knee slightly bent. Keep your left, supporting leg straight. Pause, then slowly return to starting position.
3. Repeat exercise with your left leg, alternating between the two for 8-12 repetitions



**Tips:**

- Avoid leaning forward or arching your back
- Squeeze your buttocks as you lift the heel of your foot backward
- Breathe throughout the movement
- To increase the challenge, perform 8-12 repetitions on one leg then switch legs

**Leg Curl**



1. Stand behind a sturdy chair or next to a wall, and place your hands on the chair or wall for stability. Place your feet shoulder-width apart
2. Slowly lift your right heel toward your buttocks, pause and then slowly return your right foot to the ground
3. Repeat with the left foot, alternating between the two for 8-12 repetitions

**Tips:**

- Maintain proper posture, with ears above the shoulders and shoulders above the hips
- Squeeze your buttocks and tighten your abdominal muscles as you lift your leg
- Breathe throughout the movement
- To increase the challenge, perform 8-12 repetitions on one leg then switch legs

**Stand-up/Sit-downs**



1. Stand in front of a sturdy chair, with feet shoulder-width apart. Place the back of the chair against a wall
2. As you slowly bend at the knees and hips to lower your buttocks into the chair, bring both arms forward to help with balance and control
3. Pause and settle your weight in the chair
4. Return to the standing position by pressing through the heels and straightening the knees and hips
5. Perform 8-12 times or until fatigue

Tips:

- Push off your thighs to stand up if you need additional support
- Breathe throughout the movement
- To increase the challenge, don't sit completely before doing the next stand

### **Exercises to Improve Agility and Dynamic Balance**

#### **Seated Sit-Ups**

1. Sit securely toward the front of a sturdy armless chair, lean back against the backrest, crossing your arms across the chest
2. Slowly move forward from the hips, tightening your abdominal muscles
3. Pause when seated upright, and return slowly to the starting position
4. Perform 5-10 times, slowly and controlled

Tips:

- Pretend there is a grape in your belly button and squeeze it while moving forward
- Breathe out while moving forward, and breathe in while returning to the original position

#### **Calf Raise**



1. Stand behind a sturdy chair or next to a wall, and place your hands on the chair or wall for stability. Place your feet shoulder-width apart
2. Raise up onto your toes, and slowly return to the starting position
3. Perform 8-12 repetitions

Tips:

- Maintain proper posture
- Breathe throughout the movement

**Shifting Side to Side**



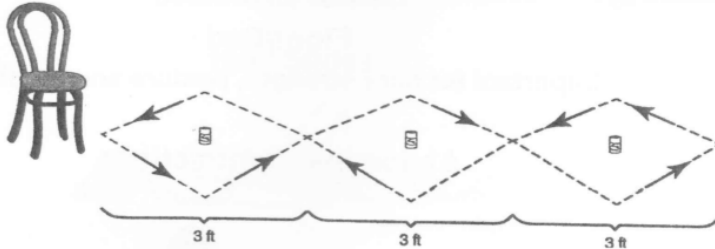
1. Stand in front of a chair or other supporting surface such as a kitchen counter, with feet shoulder-width apart
2. Place your hands on the supporting surface to assist with maintaining balance
3. Shift your weight from left to right by softening the right knee and taking the body weight over to the right leg
4. Notice the right leg becomes heavy and the left leg is light as more of the body weight is supported by the right leg
5. Hold the position for 5-10 seconds, and then return to center and repeat in opposite direction
6. Alternating legs, perform the exercise 8-12 times on each side

Tips:

- Keep your eyes forward on a vertical target
- Keep your shoulders directly above your hips during the shifts
- Breathe throughout the movement



## **Zigzag**



1. Set up 4-6 markers (e.g. soup cans, cups) about 3 ft apart in a straight line
2. Place a sturdy chair at the beginning of the row to mark the starting line. Sit in the chair to start
3. Get up quickly from the chair, weave through the markers in a left to right or right to left pattern to the end of the course and back, and then sit down and rest for a few seconds
4. Repeat the exercise 3-5 times

## **Balance Movements**

### **Balance on One Leg**



1. Stand with feet shoulder width apart, hands resting on chair
2. Weight shift to your left leg, picking your right foot up off floor
3. Hold 10-15 seconds
4. Repeat on the other side
5. Repeat the exercise three to five times

### **Tips**

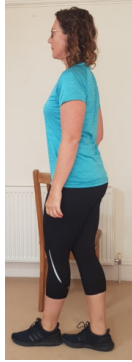
- Start with hands resting on chair and work up to balancing unsupported

### **To increase the challenge**

- Once you find balance on one leg, close your eyes



## **Tandem Stance Balance and Weight Shift**



1. Stand with feet shoulder width apart, Left hand resting on chair
2. Place your Right foot in front of your Left
3. Start with the placement of front heel 4-6" in front of rear toes. Work up to where the toes touch the heel of the front foot
4. Find your balance where weight is equally distributed on both feet
5. Weight shift to your front leg, feeling the transition from the back heel through the back toes to your front heel, lifting your back heel off floor
6. Slowly rock back onto the back heel, feeling weight transition and lifting front toes
7. Repeat the exercise three to five times
8. Repeat with your Left foot in front of your Right

### **Tips**

- Start with hands resting on chair and work up to balancing unsupported

### **To increase the challenge**

- Once you find balance on one leg, close your eyes

## **Walking Movements to Improve Agility and Balance**

### **Lateral Side Steps**



1. Step to the right with your right foot, at a distance that is comfortable for you. Then move your left foot to the right and set it down next to your right foot.
2. Now step back to where you started, moving the left foot first, then the right.
3. Repeat about 5 times back and forth.

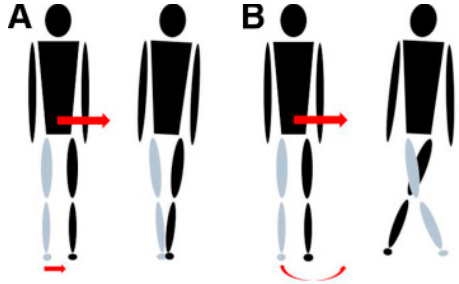


4. You can also take 5-10 steps with your right foot lead, then return with left foot lead.

### Tips

- Lengthen the stride to increase difficulty
- Bend your knees in a squat position as you step, as pictured below

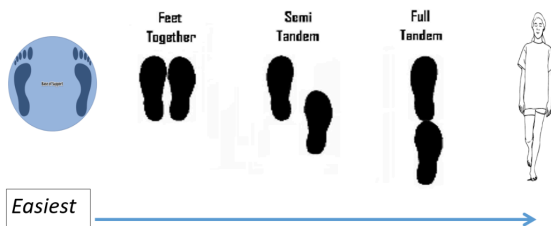
### Lateral Cross-Steps



1. Step to the right with your right foot, at a distance that is comfortable for you. Then move your left foot to the right, crossing over your right foot.
2. Transition your weight onto the left foot and return your right foot next to the left.
3. Alternate, crossing your left foot behind your right foot.
4. Repeat about 5 times crossing in front and in back.
5. Repeat stepping to the left, crossing your right foot in front and behind your left about 5 times.

### Tandem Stance Walk

Balance stance



1. Walk in a straight line placing one foot in front of the other.
2. Begin with placement of front heel 4-6" in front of rear toes. Work up to where the toes touch the heel of the front foot.
3. Repeat walking backwards with the toes of the back foot 4-6" behind and working toward touching the heel of the front foot
4. Repeat the exercise three to five times

### Tips

- Start with hands balancing on dresser or wall, and work up to unsupported
- Maintain your gaze on a stationary object in front of you with chin up and shoulders back

