Simple steps to

**STAY ON YOUR FEET®**

Please see your Doctor if you have concerns before starting. Before beginning each exercise make sure you are holding onto a sturdy support such as the kitchen bench or heavy table. Move slowly and stop if you feel faint or have any pain or discomfort.

**Feet Together**
- Hold onto a support and stand up tall with feet together.
- Hold for 10 seconds.
- Repeat twice.

**Make it harder**
1. Remove hand from support
2. Close your eyes
3. Increase to 15 seconds

**Step Forward**
- Hold onto a support and stand up tall with feet together.
- Take a step forward with your left leg.
- Hold for 10 seconds.
- Swap legs so your right leg is in front and begin again.
- Repeat twice on each leg.

**Make it harder**
1. Remove hand from support
2. Close your eyes
3. Increase to 15 seconds
Foot in Front

- Hold onto a support and stand up tall with feet together.
- Take a step forward with your right leg placing it directly in front of your left foot so the heel and big toe are touching.
- Hold for 10 seconds making sure your foot doesn’t rest against your other leg whilst balancing.
- Swap legs so your left leg is in front and begin again.
- Repeat twice.

Make it harder
1. Remove hand from support
2. Close your eyes
3. Increase to 15 seconds

Single Leg Standing

- Hold onto a support with both hands and stand up tall with feet together.
- Bend your right knee so your foot comes up off the ground.
- Hold for 10 seconds.
- Swap legs so your left foot is off the ground. Begin from the start.
- Repeat twice.

Make it harder
1. Remove hand from support
2. Close your eyes
3. Increase to 15 seconds

*Please see a health professional if you have any concerns before starting these activities.

To order this and other free Stay On Your Feet® resources visit www.injurymattersquickmail.com.au