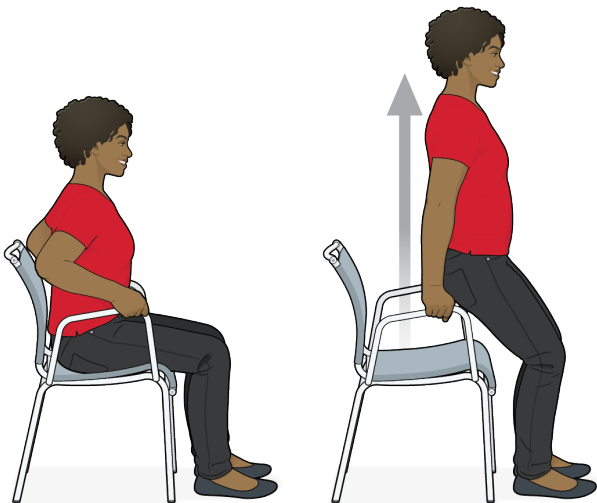


Resistance Exercises

To build some strength and muscle, add some resistance training at least 2 days per week. It is fine to start with wall push-ups and other easy activities that you can do during work breaks, at your desk or at home using household items.

Sit to Stand

- ❑ Push the back of a chair against a wall for stability.
- ❑ Sit toward the front of our chair.
- ❑ Keep your back and shoulders straight and lean forward slightly. Practice using only your legs to stand up slowly and to sit back down.
- ❑ Repeat 15 to 20 times.

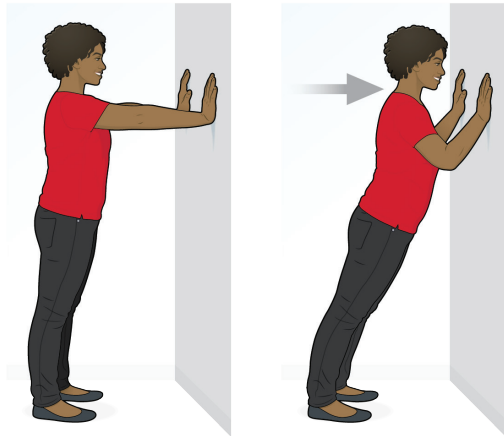


Chair Push-Ups

- ❑ Push the back of a chair against a wall for stability.
- ❑ Next, let's use your hands and grasp the arms of your chair.
- ❑ Slowly push your body as far as you can up off the chair.
- ❑ Hold your weight and then slowly lower yourself back down.
- ❑ Repeat 15 to 20 times.

Note: If you don't have a chair with arms, you can hold on to the sides of your chair.

Resistance Exercises

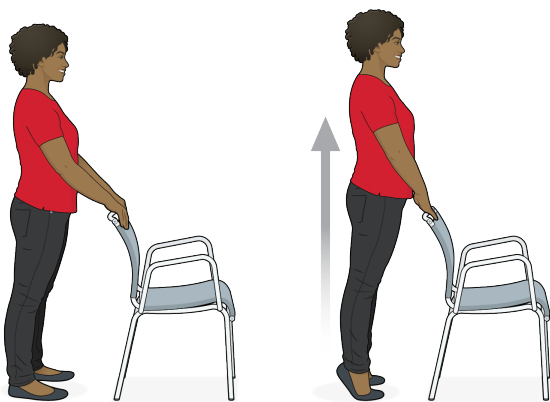


Wall Push-Ups

- Stand about 2 feet from a wall and place your hands on it about shoulder-width apart.
- Keep your body in a straight line and start to bend your elbows, bringing your head and shoulders toward the wall while keeping your back and legs straight.
- Now push your body back from the wall.
- Repeat these 20 times.

Standing Leg Curls

- Place your hands on the back of a chair.
- Keep your knees close together and bend your knee, lifting your right heel up toward your bottom.
- Hold your heel as close to your bottom as you can lift it for a few seconds before returning your foot slowly to the floor.
- Repeat 15 times.
- Now switch to your left leg and repeat 15 times.



Standing Calf Raises

- Stand behind a chair with your feet about shoulder-width apart.
- Keep your fingertips on the chair for support as you slowly raise your heels off the ground.
- Then, slowly lower your heels back to the ground.
- Repeat 20 times.