

# 5 Exercises To Improve Walking

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## 1. Heel Raise

Sturdy chair behind you.  
Stand with feet in comfortable position.  
Hands hovering over stable surface but not touching.  
Shift weight towards toes as **both** heels lift up. Slowly lower **both** heels until touching the ground.



## 2. Squats

Sturdy chair behind you.  
Stand with feet shoulder width apart with hands hovering over stable surface.  
Gently bend and straighten knees in a slow pace. Complete as instructed below.



### 3. Lunge

Stable chair behind you. Hands floating over stable surface. Take large step forward and hold lunge position for \_\_\_sec with knees slightly bent. Then take step back to starting position. Repeat with other leg.



### 4. Resisted Sidestep

Sturdy chair behind you. Hands resting on stable surface. Band around **lower thigh**. Stretch band by taking as large of sidestep as able. Then slowly return to starting position. Alternate steps



### 5. March

Sturdy chair behind you. Stand with hands floating over stable surface but not touching. March in place for duration written below.

