

Strength & Balance Exercises

Every other day

Talk with your doctor or physiotherapist prior to commencing any exercise program

				
Marching on the spot	Side hip strength	Tandem standing/walking	Calf raises	Sit to stand
				Be active-every move counts 
				Aim to do 3 lots of 10 minutes, building up to 30 minutes at a time.

More information? Web: healthpromotion.com.au/healthy-ageing
activeandhealthy.nsw.gov.au gethealthynsw.com.au
Phone: Central Coast Health Promotion Service (02) 4320 9700.

This written information is to support the discussions held with your healthcare provider



Strength, balance and exercises log

Tick the box when you have completed the exercises.

Strength and balance exercises - every other day

Physical activity - 5 days a week

	Marching on the spot	Side hip strength	Sit to stand	Tandem stand	Calf raises	Physical activity
Week 1	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐
Week 2	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐
Week 3	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐
Week 4	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐
Week 5	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐