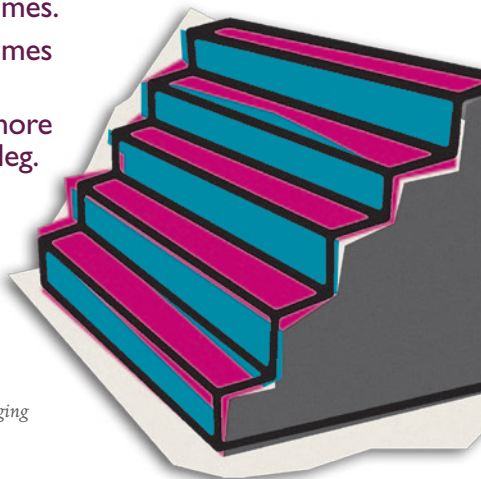


# WALKING STRONG

# BODY

The Leg Curl is designed to help make walking and climbing stairs easier for a senior:

1. Stand behind a sturdy chair, hold on for balance.  
Lift one leg straight back without bending your knee or pointing your toes. Breathe in slowly.
2. Breathe out as you slowly bring your heel up toward your buttocks as far as possible.
3. Bend only from your knee, and keep your hips still.  
The leg you are standing on should be slightly bent.
4. Hold position for 1 second.
5. Breathe in as you slowly lower your foot to the floor.
6. Repeat 10 - 15 times.
7. Repeat 10 - 15 times with other leg.
8. Repeat 10 - 15 more times with each leg.



*Source: National Institute on Aging*