

# STrength And Balance for Life (STABL)

## LEVEL 2 — STAND

These activities will help improve your strength and balance and lower your risk of falling and injury. **Start slowly and work up to doing these activities every day.**

To make sure you are starting with the best level for you, see the STABL Overview and Instructions handout.

If you have any questions, call HealthLink BC at 811 to talk to an exercise professional.

## ADVICE

### Get ready

- You will need a counter and a sturdy chair
- Have a phone or alert system close by in case you need help
- Wear comfortable clothes and closed toe/heel shoes with non-slip soles

### Start all activities by standing tall with both hands on a counter for support

- Feet shoulder distance apart
- Reach the top of your head towards the ceiling

### Breathe

- Make sure you are taking nice slow breaths during all activities

### Rest

- Take breaks between activities if you need to

### Stop

- Stop if you have new or more pain. If you have sudden chest or back pain or cannot breathe, call 911.



## 1) Heel and toe lifts



Stand tall with both hands on the counter



- Lift both heels off the floor and hold for 3 seconds
- Bring your heels back down
- Do this 4 to 6 times



- Lift toes of one foot off the floor and hold for 3 seconds
- Bring toes back down



- Do the toe lift with the other foot
- Do this 4 to 6 times with each foot

### For a challenge

- Try 8 to 12 times
- Try holding for longer
- Try using only your fingertips or one hand for support



## 2) Reach and row



- Stand tall with one hand on the counter
- Reach the other arm out in front of you, palm up



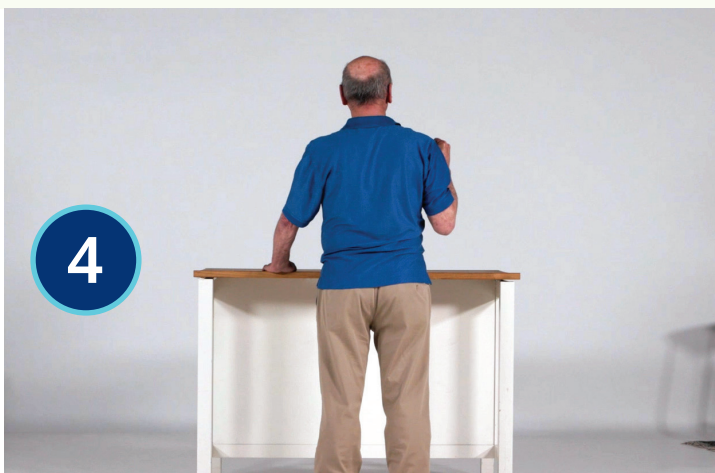
- Pull elbow back keeping it by your side
- Keep your shoulder down
- Do this with the other arm
- Do this 4 to 6 times with each arm

### For a challenge

- Try 8 to 12 times
- Try reaching your arm higher and wider to start
- Try using only your fingertips for support



Try reaching your arm higher and wider to start





### 3) Side step back step



Stand tall with both hands on the counter



- Step one foot to the side, like you are stepping over a small puddle
- Press your foot firmly into the floor



Step your foot to the start position



- Step your foot behind you and press it firmly into the floor
- Step your foot to the start position
- Do this with the other foot
- Do this 4 to 6 times with each foot

#### For a challenge

- Try 8 to 12 times
- Try stepping faster, like you are dancing
- Try using only your fingertips or one hand for support

## 4) Balance on one leg



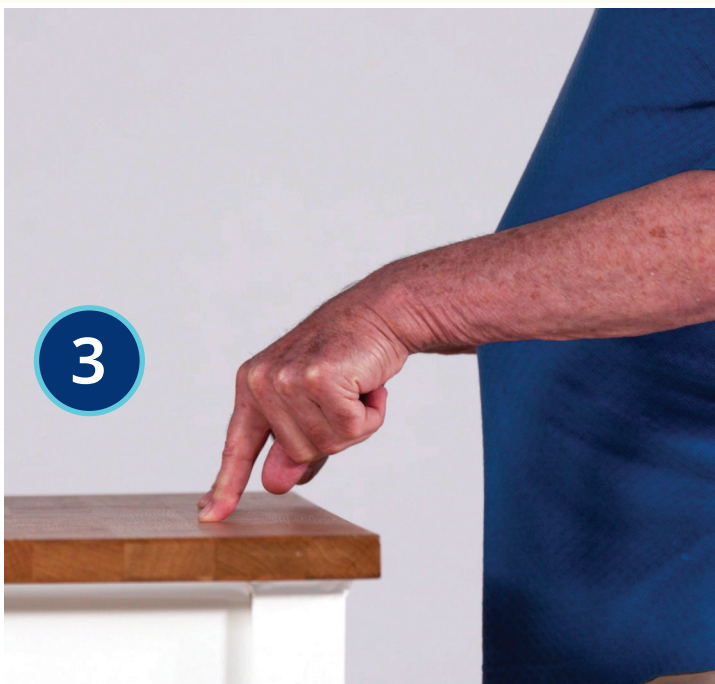
- Stand tall with both hands on the counter
- Bend one knee to lift your foot behind you
- Hold for 4 to 6 seconds or 3 slow breaths
- Balance on the other foot

### For a challenge

- Try balancing for longer
- Try using only your fingertips or just one hand for support



Try using only your fingertips or just one hand for support





## 5) Arm push Option 1—Chair with armrests



- Sit tall in a chair with feet flat on the floor
- Put your hands on the chair armrests



- Push down to try and straighten your arms
- Keep shoulders down



- Lower yourself into the chair
- Do this 4 to 6 times

If you don't have a chair with armrests, use the counter →

## 5) Arm push Option 2—Counter



- Stand tall facing the counter
- Put both hands on the counter with straight arms



- Bend your arms to bring your chest towards the counter
- Push away from the counter and straighten your arms



- Keep your back straight and shoulders down
- Do this 4 to 6 times

### For a challenge

- Try 8 to 12 times
- Try doing this slower



## 6) Sit to stand



Sit tall in a chair with both feet on the floor



Lean forward with a straight back



- Push down with both feet to stand up
- Slowly lower your hips back and down to sit
- Make sure you keep breathing
- Do this 4 to 6 times

### For a challenge

- Try 8 to 12 times
- Try sitting slower

### Sore knees?

- Put folded towels or blankets on the chair seat to make it higher
- Try using your arms for support



## 7) Calf stretch



- Step one foot behind you
- Make sure your toes point forward
- Hold for 4 to 6 seconds or 3 slow breaths



- Bend your back knee slightly to feel the stretch move lower
- Hold for 4 to 6 seconds or 3 slow breaths
- Switch legs

### For a challenge

- Try holding longer
- Try using only your fingertips or one hand for support

## Next Steps

If you can complete all the activities in Level 2 without holding on to a counter, then you can move on to Level 3. Level 3 is more challenging and includes standing and moving activities.

Go to [www.findingbalancebc.ca](http://www.findingbalancebc.ca) for the Level 3 activities and more resources.



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