

10

RECOMMENDED EXERCISES

to Maintain Healthy Legs



1

While sitting, lift one foot off the floor and alternate flexing and pointing your toes. Repeat with the other foot. (20x)



2

With both feet on the floor, extend one leg straight out in front of you, hold and contract your thigh muscle, then return foot to the floor. Repeat with the other leg. (10x)



3

In a seated position, lift one foot off the floor and draw your heel back towards the buttocks. Hold and contract hamstring muscle, then return foot to starting position. Repeat with the other leg. (10x)



4

March in place while loosely swinging your arms, lifting your knees as high as possible. (20x)



5

Lift one foot off the ground. With your toes pointed, form a figure eight pattern in the air. Repeat with the other leg. (10x)