



St. Michael's House
Services for people with intellectual disabilities

GET THE BALANCE RIGHT EXERCISE BOOKLET

Exercises for your body and mind.



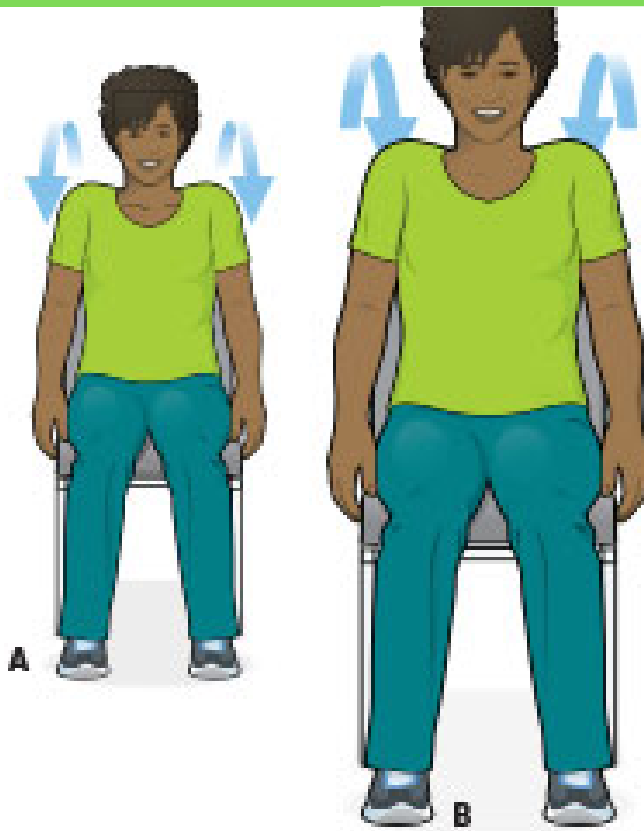
St. Michaels House Physiotherapy Department

Warm up

LETS GET MOVING!



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Roll your shoulders in both directions
10 times.

You can do it in sitting or standing.



March for 20 seconds.

You can do it in sitting or standing.



Punch out in front or above your head
for 20 seconds.

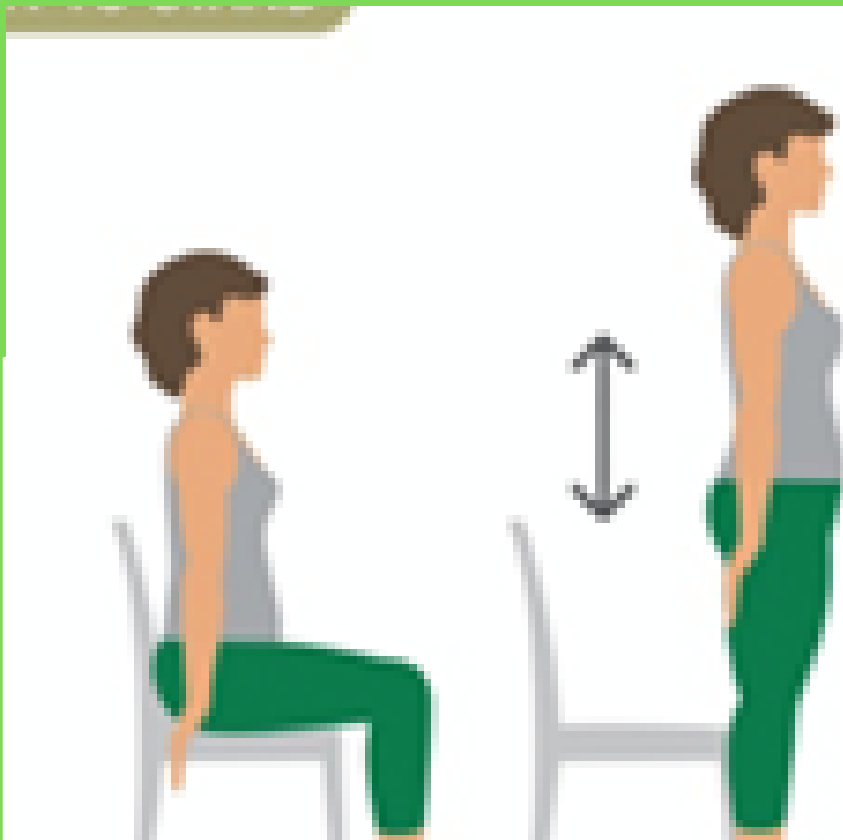
You can do it in sitting or standing.

Strengthening

KEEP YOUR MUSCLES STRONG!

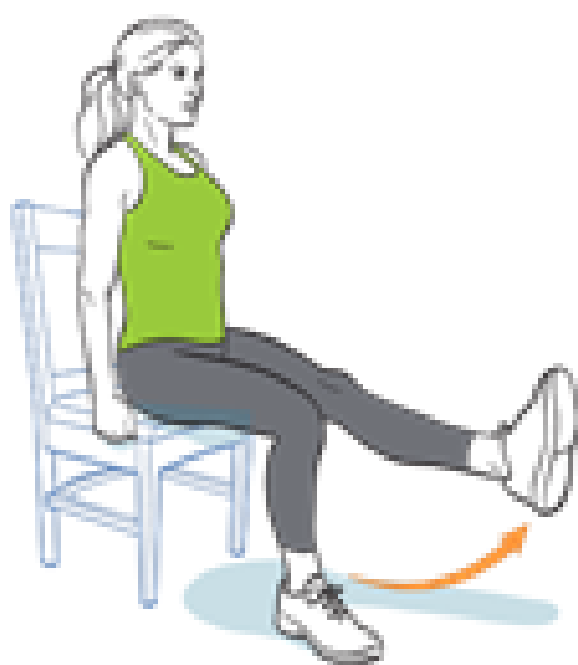


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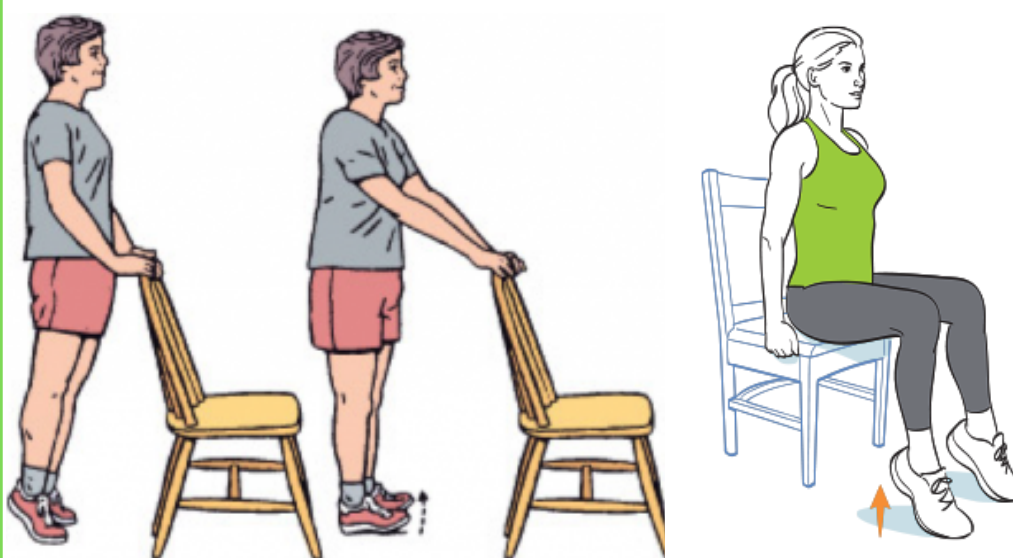
Slowly stand up from your chair.
Try to do it without using your arms.
Slowly sit back down again.

Repeat 10 times.



Slowly straighten one knee as
shown.
Bend your knee to return to the
starting position.

Repeat 5 times on each leg.



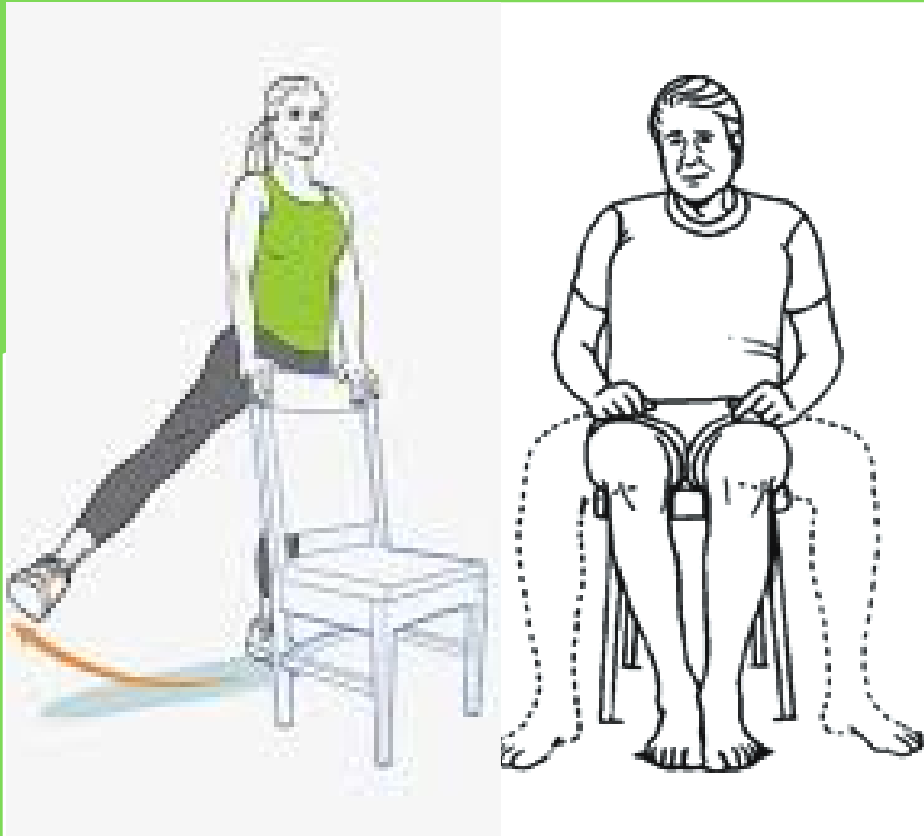
Keep your feet hips width apart.
Lift your heels up off the ground.
Return to the starting position.
Lift your toes up off the ground.
Repeat 10 times.
You can do it in sitting or standing.

Balance

IMPROVE YOUR BALANCE!



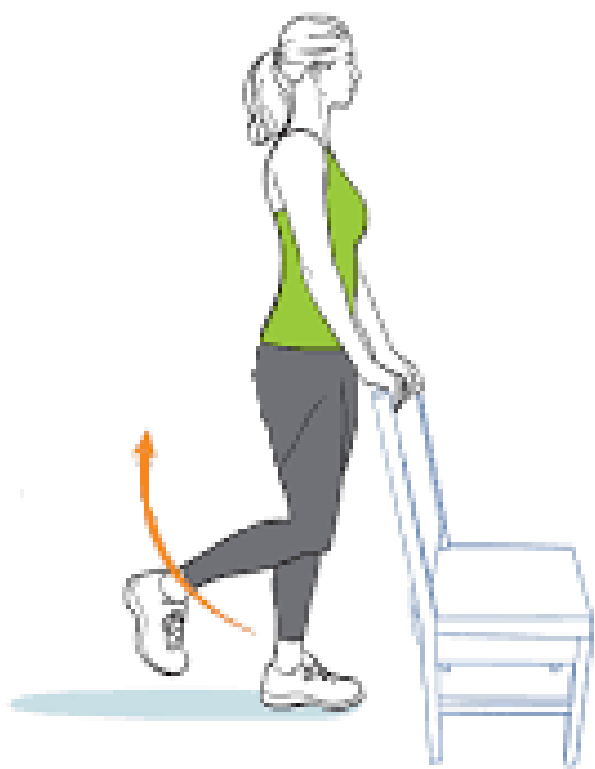
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Stand tall - Lift your leg out to the side and return to starting position.

You can also do it in sitting moving one leg out to the side.

Repeat 10 times on each leg.



Hold onto the back of your chair or a sturdy counter.

Lift one leg off the ground.

Try to hold for 5 seconds.

Repeat 5 times on each leg.



Stand tall and hold on to a sturdy support if needed.

Place one foot in front of the other. Hold for 5 seconds.

Return to the starting position.

Repeat 5 times with each leg.

My Diary

RECORD YOUR ACTIVITY!



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Record your exercise activity on the diary below.

Try to do the exercises everyday!

If you need more information or support contact your Physiotherapist.

Ex	1	2	3	4	5	6	7	8
Day								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								