



IN *The Villages*<sup>®</sup>

*America's Healthiest Hometown*

## Knee Curl



WHAT YOU NEED: Sturdy chair

TIP: As you progress, you may want to add ankle weights.

Walking and climbing stairs are easier when you do both the Knee Curl and the Leg Straightening exercises.

1. Stand behind a sturdy chair, holding 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. Bend only from your knee, and keep your hips still. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your foot to the floor.
5. Repeat 10–15 times.
6. Repeat 10–15 times with the other leg.
7. Repeat 10–15 more times with each leg.

Source: Go4Life from the National Institute on Aging at the National Institutes of Health