



IN *The Villages*<sup>®</sup>

*America's Healthiest Hometown*

## Side Leg Raise



WHAT YOU NEED: Sturdy chair

TARGETED MUSCLES: Hips, thighs, and buttocks

1. Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 10–15 times.
6. Repeat 10–15 times with the other leg.
7. Repeat 10–15 more times with each leg.