

Toe Stand



TARGETED MUSCLES: Calves and ankles

WHAT YOU NEED: Sturdy chair

TIP: As you progress, try doing the exercise standing on one leg at a time for a total of 10–15 times on each leg.

This exercise will help make walking easier by strengthening your calves and ankles. For an added challenge, you can modify the exercise to improve your balance.

1. Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly stand on tiptoes, as high as possible.
3. Hold position for 1 second.
4. Breathe in as you slowly lower heels to the floor.
5. Repeat 10–15 times.
6. Rest; then repeat 10–15 more times.