

THREE OSTEO-SAFE EXERCISES *for* BONE STRENGTHENING & BALANCE

HIP HINGE

For body awareness, posture, back and hip strength
Stand with feet parallel, hip distance apart.

1. Bend knees.
2. Hinge at hips, keeping back straight.
3. Unhinge, returning upright with bent knees.
4. Straighten knees to rise.

Repeat 10 times.



HEEL LIFTS

For balance and lower leg strength
Stand with feet pointing forward.

- Slowly lift and lower heels. Start holding onto a chair. For more challenge, use no assistance and/or turn your head.

Repeat 10-20 times.



SIDE STEPPING

For bone stimulation and hip strength

1. Stand tall.
2. Stomp 10 times sideways. Repeat in the opposite direction. Hold the back of a chair for support if needed.

Repeat several times.

