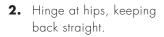
THREE OSTEO-SAFE EXERCISES for BONE STRENGTHENING & BALANCE

HIP HINGE

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

1. Bend knees.



3. Unhinge, returning upright with bent knees.

4. Straighten knees to rise.

Repeat 10 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.



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.



