

THE IDAHO COMMISSION ON AGING  
FALLS PREVENTION SEMINAR SERIES  
SIMPLE STEPS: INTERACTIVE EXERCISES WITH PICTURES

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"Do what you can"

Home base - stepping side-to-side

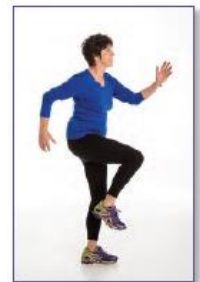
Number's game warm-up: 12 each, then call in order, then random

✧ 1. Little step with shoulder circles



✧ 2. Standing march with arms

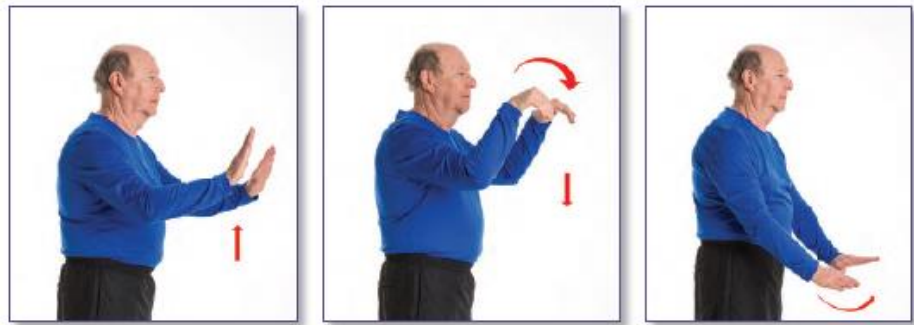
To boost challenge *overtime*, change pace or surface (hardwood to carpet, foam pad/pillow, grass)



✧ 3. Drum major Alternating arms/legs (boost= head turn)



✧ 4. Dolphin dives Dive hands down, fingers back toward face \*with home base



✧ 5. Sumo/big steps 1 leg up & over to side, squat, stand & repeat “over bathtub”



✧ Heel walking/Toe walking

✧ Tightrope walk Stride walk on a line (boost= backward)



Tandem

Tightrope

✧ Tandem walk Toe to heel (boost= add side-to-side head turn)

✧ Hip lift Stable core, lift flat foot 2”, 8-12/leg, repeat with other leg



✧ Side-to-side tic toc Rock slowly side-to-side while lifting opposite leg, alternating repeat (boost= hold balance every 3 rocks)



✧ Slap and Tap Same knee & hand, big toe of extended leg back, same arm up front, switch legs, repeat



✧ Step around the clock 12, 3, 6 and 12, 9, 6 then mix up clock times. (boost= add arm actions.)

✧ The clapper Sitting, clap hands over head, stand, clap hands behind back. (boost= How many in 30 seconds?)



✧ Cha-cha Forward-back-step-in-place or 1-2-cha-cha-cha

Begin with left leg, alternating with each step, repeat by alternating lead leg

✧ One-leg squat Bend knee & slowly lower body on one leg, repeat for both legs (boost= use paper plate for sliding leg circle)

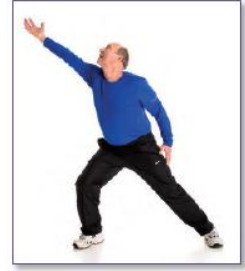


✧ Romberg Drill

- Feet few inches apart, side by side, hold.
  - Feet together, side by side, hold.
  - Feet semi-tandem, apart forward & back, hold.
  - Feet tandem, touching heel/toe, hold. Cross arms over chest or reach out to side for balance
- (Boost= may repeat sequence with eyes closed. Have someone else present.)



✧ TaDa Lift arm hard motion to one side with slight lunge, hips follow, opposite heel lifts from floor, repeat other side



✧ Holding up the sky Inhale one hand up/opposite palm pressing down, look over shoulder of the arm that is down, exhale slowly switch arms



✧ Tree pose Stable core, lift 1 knee placing sole of foot at ankle or calf, focus ahead, hands in prayer or overhead, hold 10-30 sec, repeat other leg



✧ Shirt pull Cross wrists in front of waist, raise arms up, stretch tall, lower arms/let shoulders drop away from ears

✧ Seated quad Outside leg back, knee down, hold 10-30 sec, switch legs



✧ Seated or standing hamstring Lean with chest, 10-30 sec, switch legs



✧ Ankle marathon (sit or stand)

- Circle without moving lower leg (clockwise, counterclockwise)
- Flex and extend ankle
- Tap toes & tap heels both. Then alternate toe-heel taps (boost= increase pace)
- Toes windshield wiper
- Heels windshield wiper
- Inch toe-heel-toe-heel right, then heel-toe-heel-toe left. Repeat other leg or do together
- Write “September” using big toe as a pen, repeat with other foot.

✧ 4-7-8 Relaxing Breath

Strong exhale “whoosh”. Inhale with mouth closed for count of 4, hold breath 7, exhale completely through mouth count of 8 “whoosh”. Repeat