

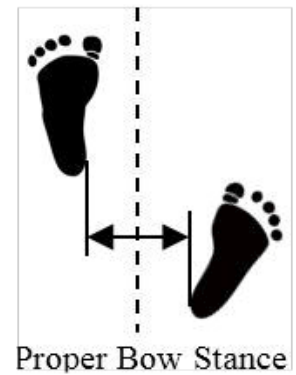
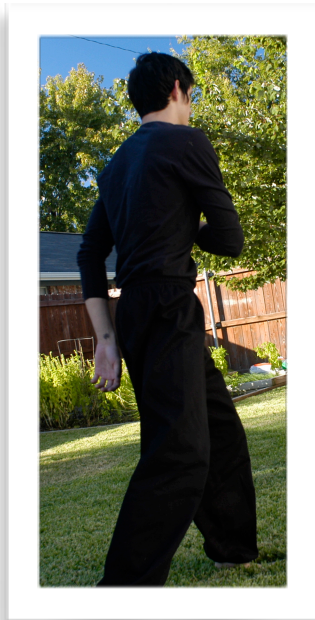
# “7 Minutes A Day”

## Tai Chi and Balance

Follow these simple protocols for seven minutes of exercise daily to increase leg strength, improve balance and prevent falls.

### Side-to-side.

Start by standing in the “mountain” position. Keep your feet shoulder width apart pointed straight ahead. Bend your knees and tuck your hips under. Keep your spine straight. Begin shifting weight and turning your waist in the direction of the weight shift. Now shift from side to side, back and forth slowly. Breathe in in one direction, and breathe out in the other. Match the pace of your breathing to your movements. Continue this exercise for approximately 2 minutes.



back. Breathe in slowly as you pull back. Pull your hands over a Tai Chi ball. Then, shift forward “rolling” onto the

front foot and Pushing the Tai Chi ball forward into the wall. Repeat this exercise for 1.5-2 minutes on each foot.

### Down and up

Start by standing in the “Mountain” position. Breathe out and sink down to a lowered position. Keep your hips tucked, your eyes on the horizon and only go as far down as feels comfortable. Then breathe in and come up. Repeat going down and up slowly six times in a row. Do a few Side-to-Side movements in between to relax your legs, and repeat until your seven minutes is up. Three sets of down and up should be sufficient.

Practicing these exercises for seven minutes once or twice a day is a simple way of increasing leg strength.

**If you feel unstable at all hold onto a countertop, the back of a chair or a handrail. Always be safe when exercising and follow any directions from your physician.**

### Push and Pull

Start with one foot forward and one foot back in the “Bow Stance” position. Point your front foot forward and your back foot toward the corner. Begin by pulling back your hands and your weight to put all the weight on the back foot. Let the toe of your front foot lift up as you pull