

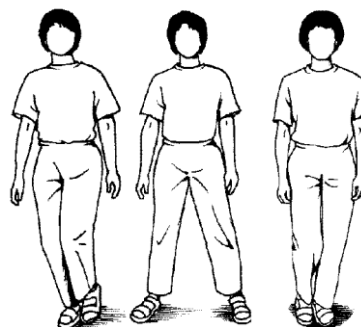




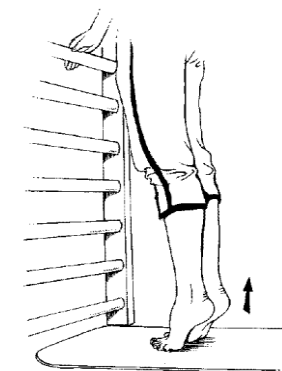
Keep your hands on the knees and keep your back in an upright position. Lean forward and rise partly. Sit down slowly. Repeat 5 to 10 times in 2 sets.



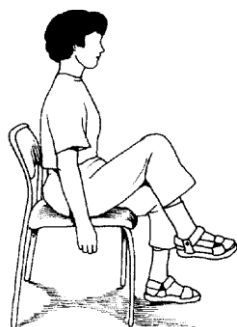
Walk a distance and count each step. Try to increase the step length and walk the same distance with fewer steps. Repeat 10 times in 2 sets.



Take one step to the left and then one step to the right. Stand with your feet together between each step. Repeat 5 to 10 times.



Calf raises. If possible, try to do the exercise on one leg. Repeat 15 to 20 times.



Raise your leg towards your stomach. Avoid contact with the backrest. Repeat 10 times with each leg.



Stand in a corner with your feet together. If possible, close your eyes and count as far as you can. Repeat 2 times.



Stand with your feet apart. Lift your arm and turn your body looking at your hand. Repeat on the other side. Repeat 5 to 10 times.



Walk at least 10 steps and turn your head to the left and to the right. Repeat.