

Gentle Standing Movement Stretch and Balance.

Maria's Place does not bear responsibility for any injury sustained while following our exercise programs.

Please consult your doctor before undertaking any new exercise routine and use common sense while exercising. Listen to your body and be mindful of any existing medical conditions.

Keep a chair nearby for support.

Between each movement, stand up and let your arms hang down by your sides. Hold stretches for 10 to 30 seconds, and keep your knees slightly bent.

Stand with your feet hip-width or wider apart and keep some buoyancy in the knees.

Breathe in and reach the arms up, then exhale and bring the arms back down. Repeat five times.

Reach both arms up and grab the wrist of one arm with the other hand. Bend your body slightly for a side stretch. Switch sides. The wrist that is held should be the side feeling the stretch.

Bring your arms straight out to a T shape. Feel the shoulder blades coming together. With straight arms, bring your arms forward until the fingertips touch. Bring your arms back out to the sides. Repeat five times.

Take the arms up overhead and take hold of your wrists or elbows. Gently bring the arms back as far as is comfortable. Stretch for a few seconds, then release your hands.

Place both hands on the back of a chair or countertop. While holding on, step back and hinge forward at the hips. Keep the knees slightly bent and the spine long and straight. Keep this pose for about a minute.

Stand up straight and hold the back of the chair with one hand for support. Step one leg back about a foot behind the other. Whichever leg has stepped back, reach the same side arm up and over the head into a side-body opening stretch. Repeat on the other side.

Stand with your feet a little wider than hip-width distance apart and hands on hips. Slowly bringing your hips to one side, back behind you, to the other side, and then forward. Repeat five times and then circle in the other direction.

Stand with your feet hip distance apart. Try to lift all ten toes up off the ground and place them back down. You should feel the arches in the center of the foot rise. Lift and lower the toes 5-10 times. See if you can spread the toes open as they lift before lowering them back down.

Lift the toes and try to place the toes down one at a time, from the big toe to the pinkie toe and then from the pinkie toe to the big toe.

With one or both hands on the back of your chair, lift your heels off the ground. Lift and lower the heels 10-20 times. Near the end, lower down very slowly to challenge the body a little more. Lower one heel at a time for the last two times and alternate. Once complete, shake out the feet and ankles one at a time.

Step the feet wider than the hips with the toes facing out. Bend the knees, look over one shoulder, and hold this position. If your legs get tired, stand up, stretch your hips side to side, and then come back down. Repeat with the head facing the other way.

Hold onto the chair with both hands. Cross one ankle behind the other, so the legs are crisscrossed, keep a bend in the knees, and lower your upper body forward towards your hands. Stay for a minute, roll up, and repeat with the opposite leg behind.

With feet hip distance apart, make hip circles one way and then the other. Rest your hands on hips or a chair.

Stand up straight and hold the back of the chair with one hand for support. Step one leg back behind the other, about a foot. Whichever leg has stepped back, reach the same side arm up and over the head into another side-body opening stretch. Repeat on the other side.

With your feet hip distance apart let your shoulders roll down, back, and around. Repeat in the opposite direction. Open the arms to a T, palms facing forward. Twist the hand, so the back of the hand faces forward and back again. Repeat five times.

Breathe in and reach the arms up, then exhale and bring the arms back down. Repeat five times. Shake out your hands, and you are done!