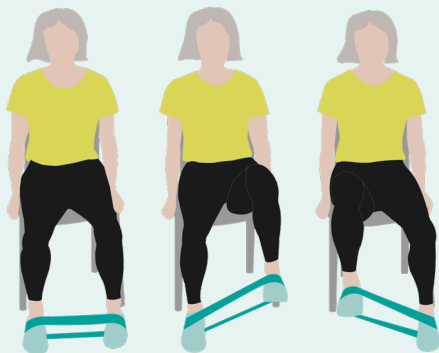


STAY ON YOUR FEET[®]

Move Improve Remove

RESISTANCE BAND USER GUIDE

A resistance band can be used to challenge and build strength. Please see a health professional if you have any concerns before starting. Make sure you have a sturdy chair or support, such as a kitchen bench, before beginning. Move slow and stop if you feel faint or have any pain or discomfort.



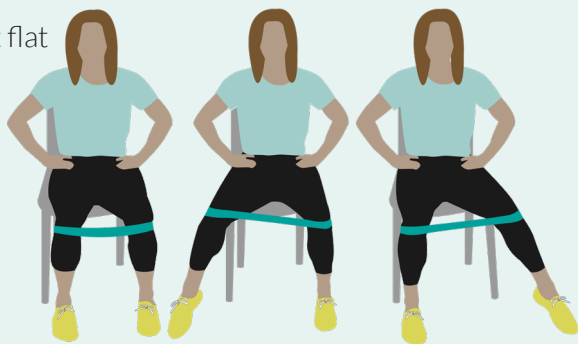
Seated Leg Raise

- Sit tall on a stable chair with feet flat on the ground, hip-width apart.
- Place the band around feet, and raise one foot, slightly off the floor.
- Push the other foot into the ground to keep the band stable.
- Repeat with the other leg.

Aim for 8 to 10 reps each leg.

Seated Side Tap

- Sit tall on a stable chair with feet flat on the ground, hip-width apart.
- Place the band around knees and move one knee toward the outside of the chair, and return slowly.
- Keep the other foot flat on the ground and knee stable.



Aim for 8 to 10 reps for each leg.



Sit to Stand

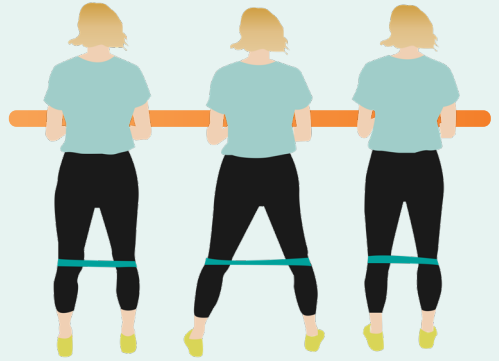
- Sit tall on a stable chair with feet flat on the ground, hip-width apart.
- Place the band around knees and push against the band to tighten.
- Complete a sit to stand, maintaining the tightness in the band.

Aim for 8 to 10 repetitions.

Standing Sidestep

- Stand tall next to a stable surface.
- Place the band around knees and push against the band to tighten.
- Take a small side step, keeping the band tight.
- Repeat to each side.

Aim for 6 to 8 repetitions.



For more information, visit www.stayonyourfeet.com.au or give us a call on **1300 30 35 40**.

Partner:



Department of
Health



Stay On Your Feet® is provided by Injury Matters and funded by the Western Australian Department of Health.

FALLS ARE PREVENTABLE

Information provided by Injury Matters is general in nature and does not consider individual circumstances. Injury Matters recommends that you consult a doctor or health care professional before commencing any exercise program. As with any exercise program, if at any point while exercising, you begin to feel faint, dizzy, or have physical discomfort, stop immediately and consult a doctor or health care professional.