

# Fall Prevention Challenge

with Coach Todd



Please print this sheet off and tape it to your fridge or bathroom mirror.

Check off each day after you complete the routine. Send us a note after you complete the challenge at [Todd@feelgoodlife.com](mailto:Todd@feelgoodlife.com).

Feel *Good* Life

MON

TUE

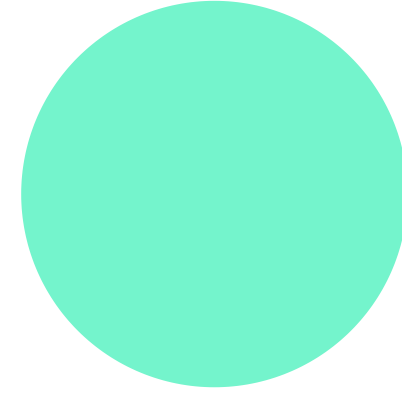
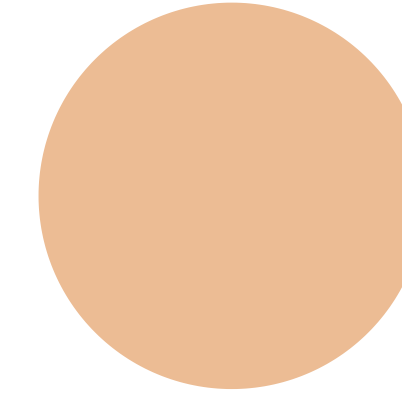
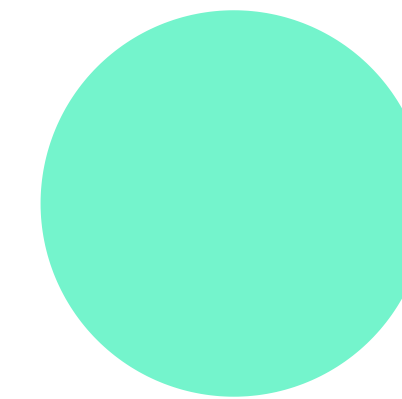
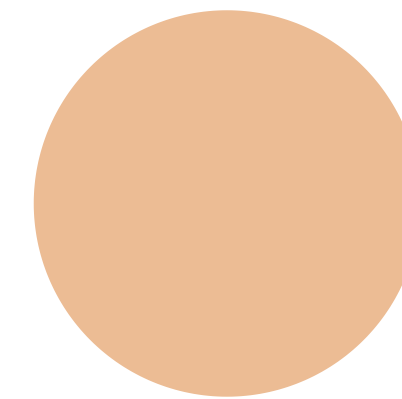
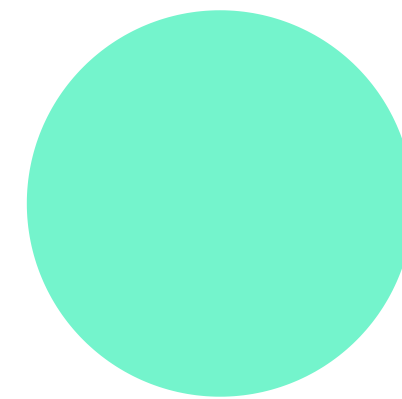
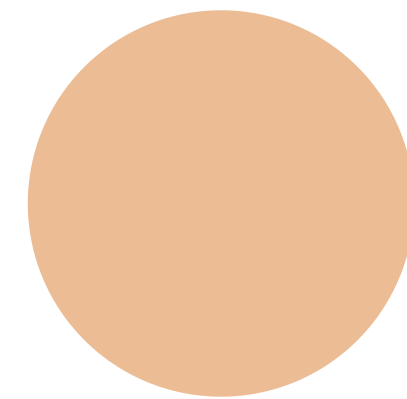
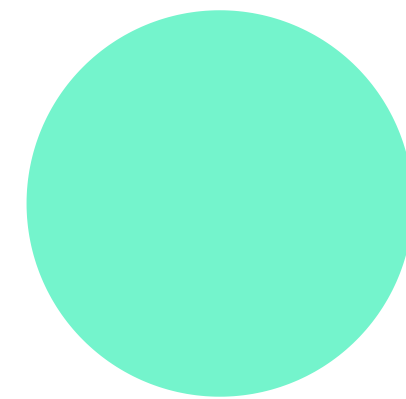
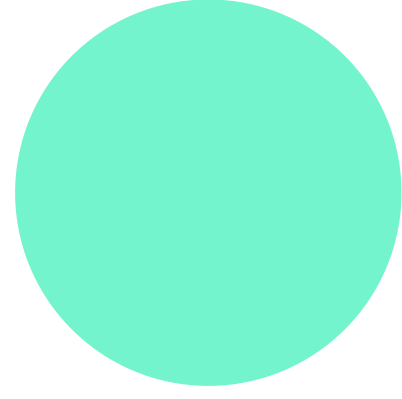
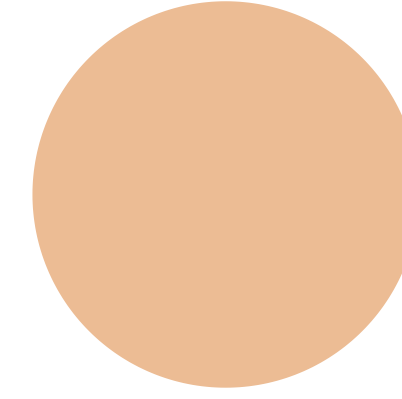
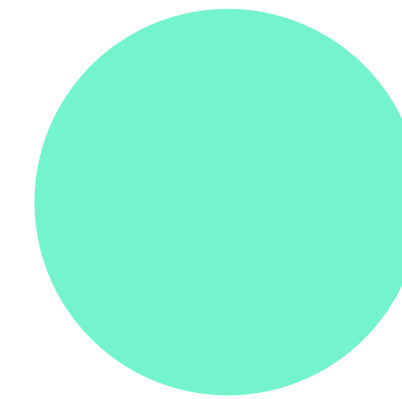
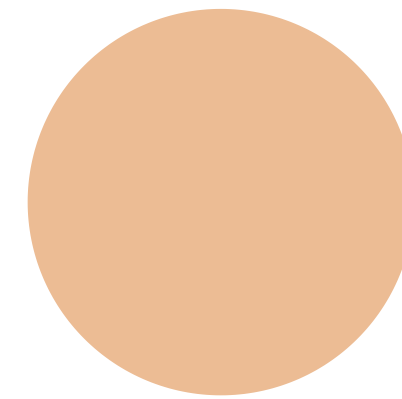
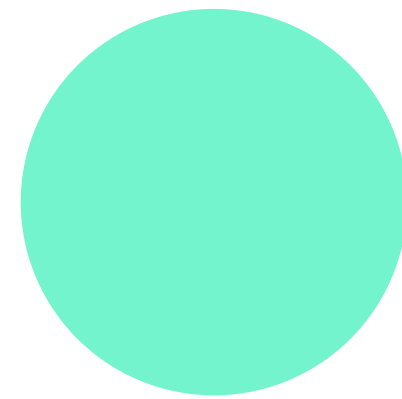
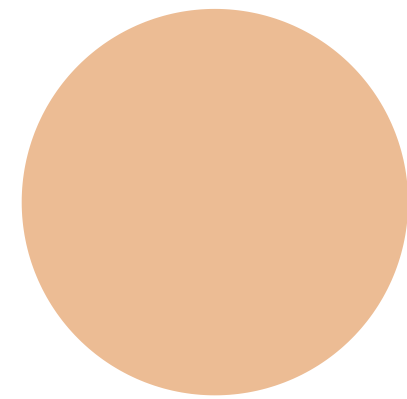
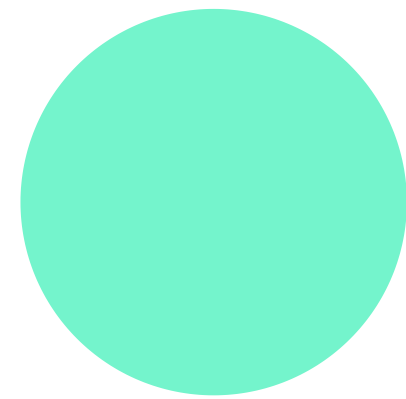
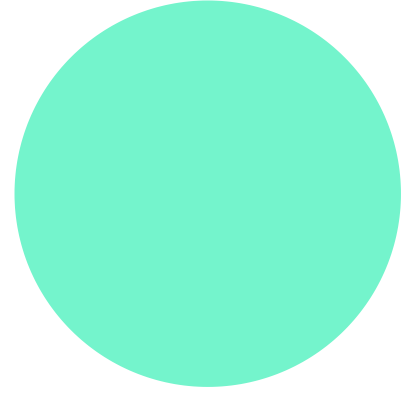
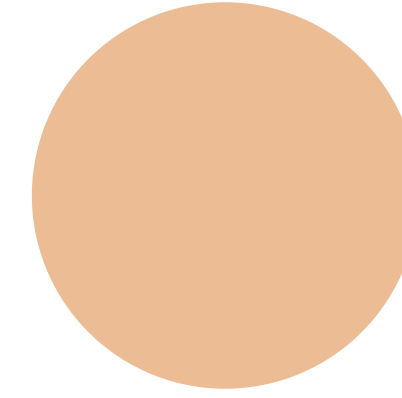
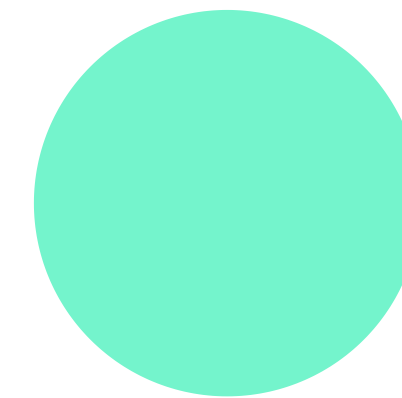
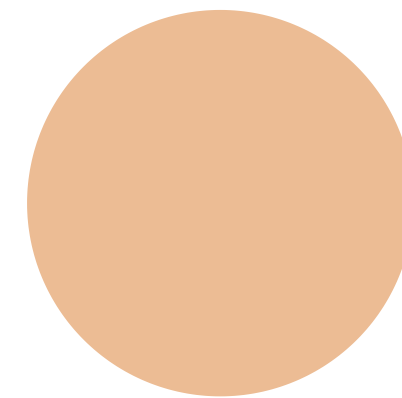
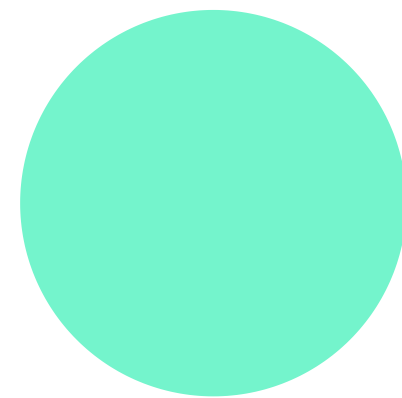
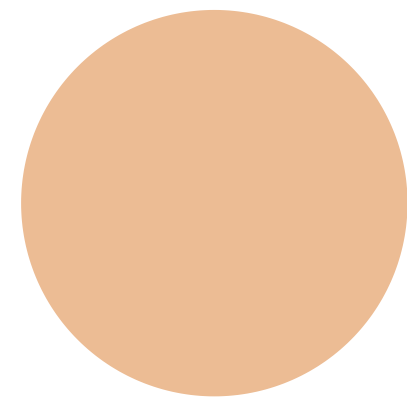
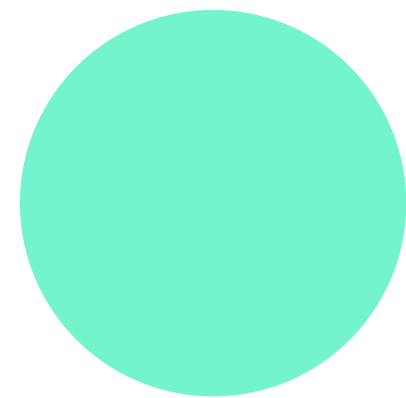
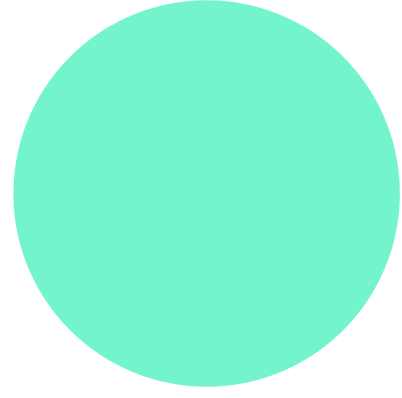
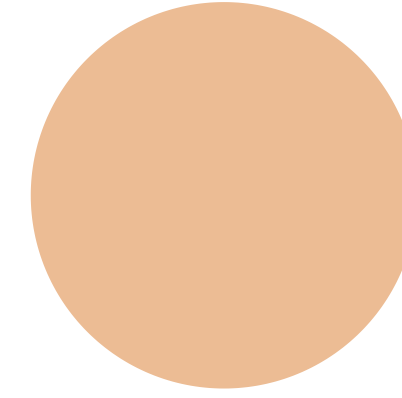
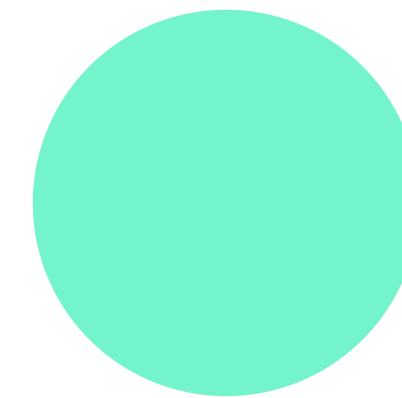
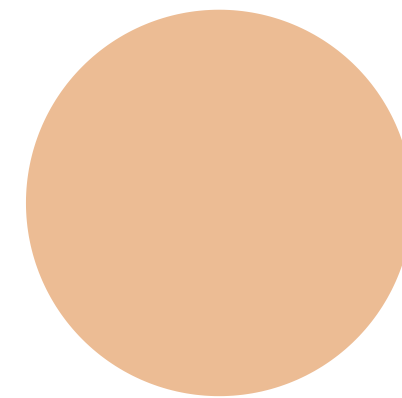
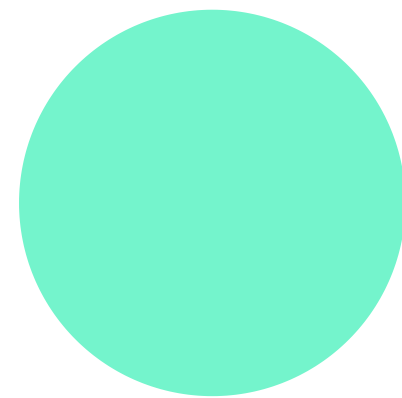
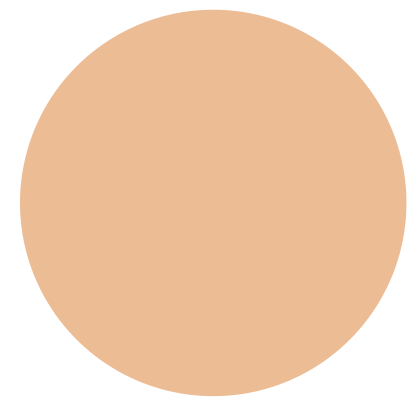
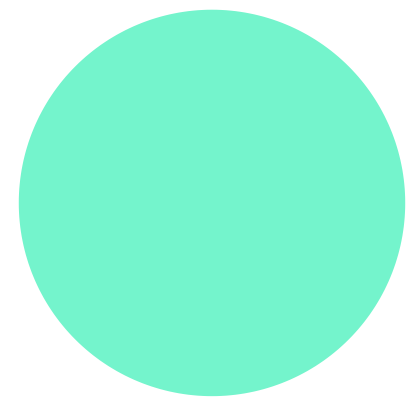
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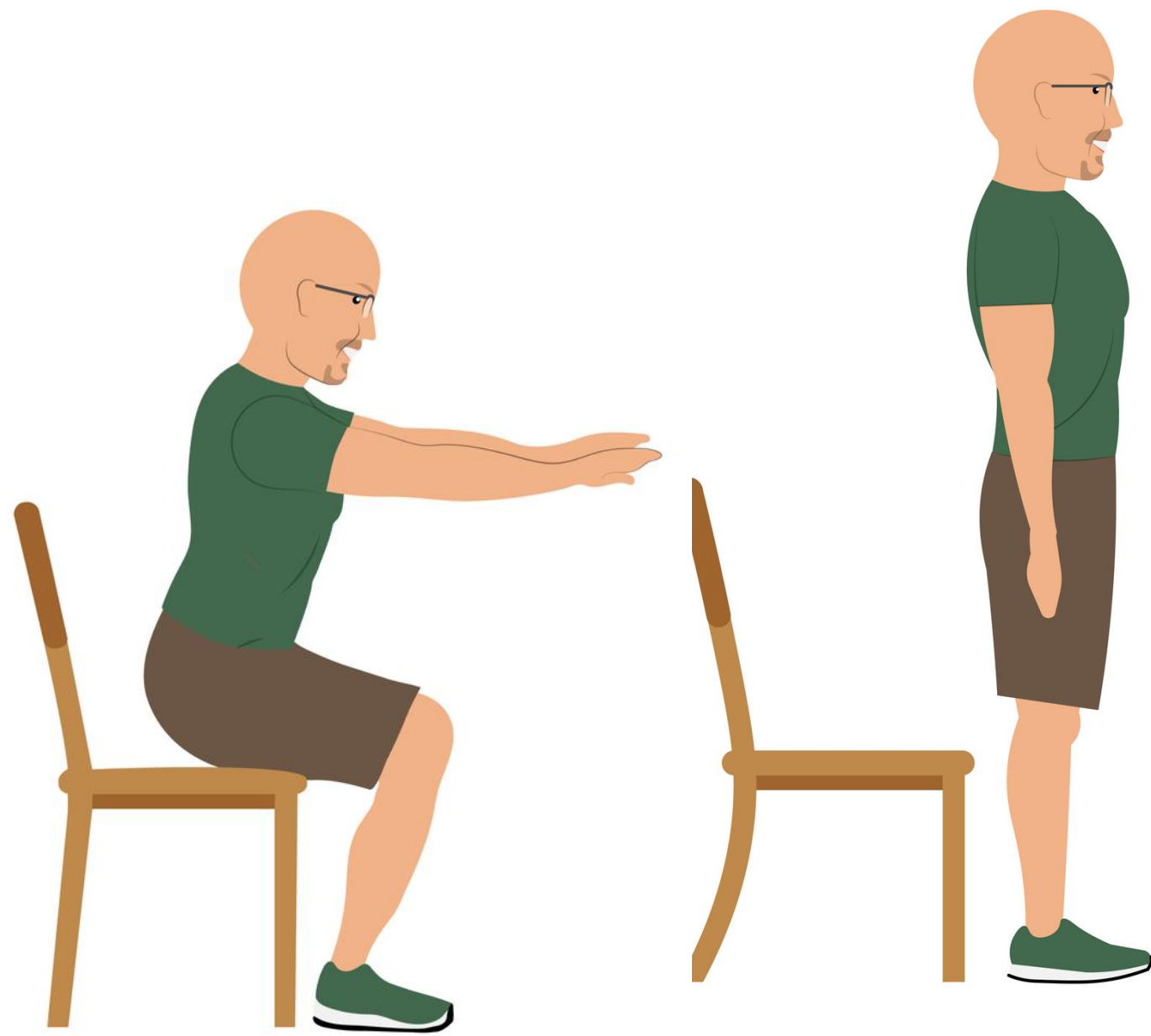
**WEEK 1:**  
6 REPS  
5 SEC HOLD

**WEEK 2:**  
8 REPS  
10 SEC HOLD

**WEEK 3:**  
10 REPS  
15 SEC HOLD

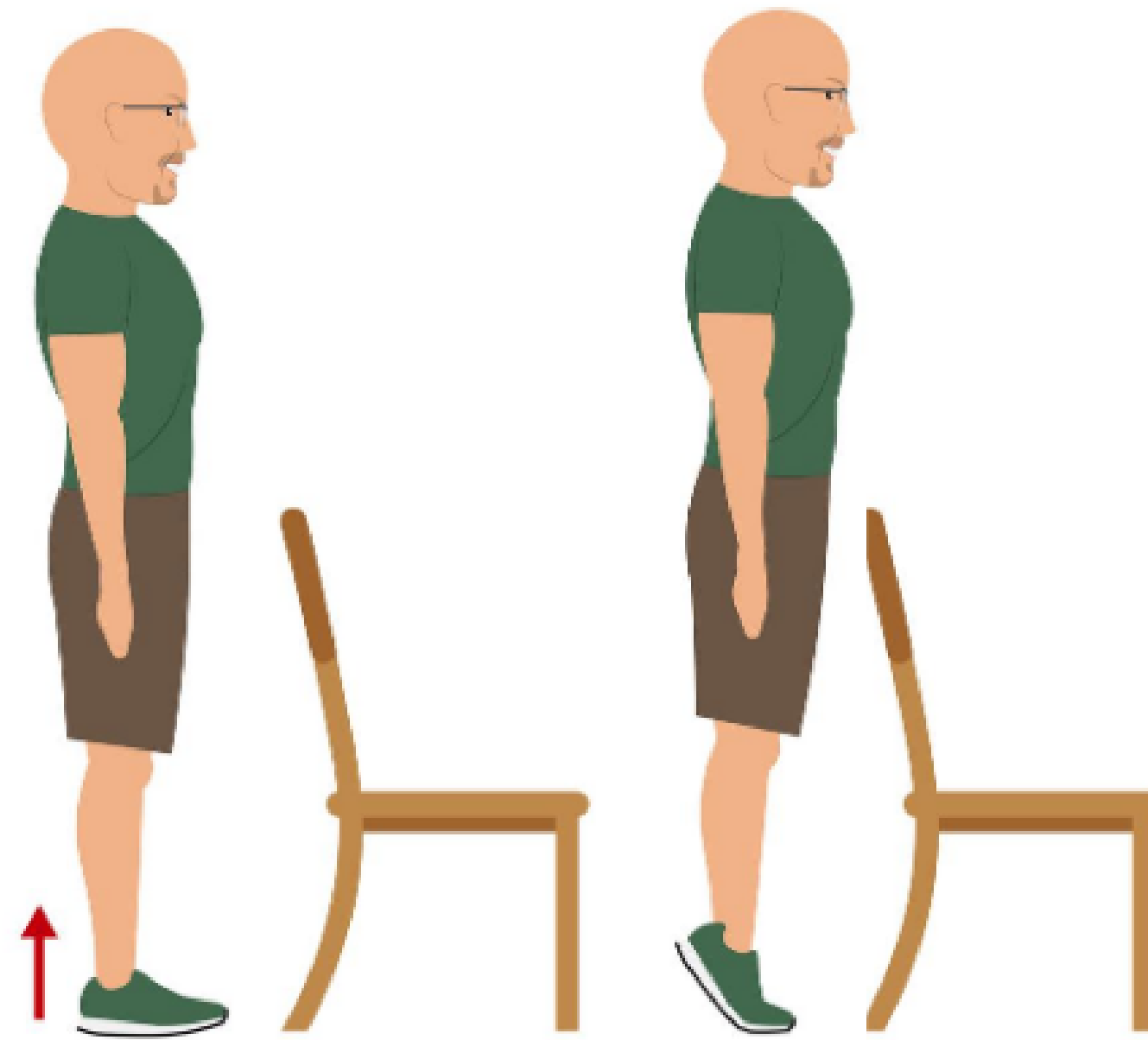
**WEEK 4:**  
12 REPS  
20 SEC HOLD

# EXERCISES FOR LEG STRENGTH



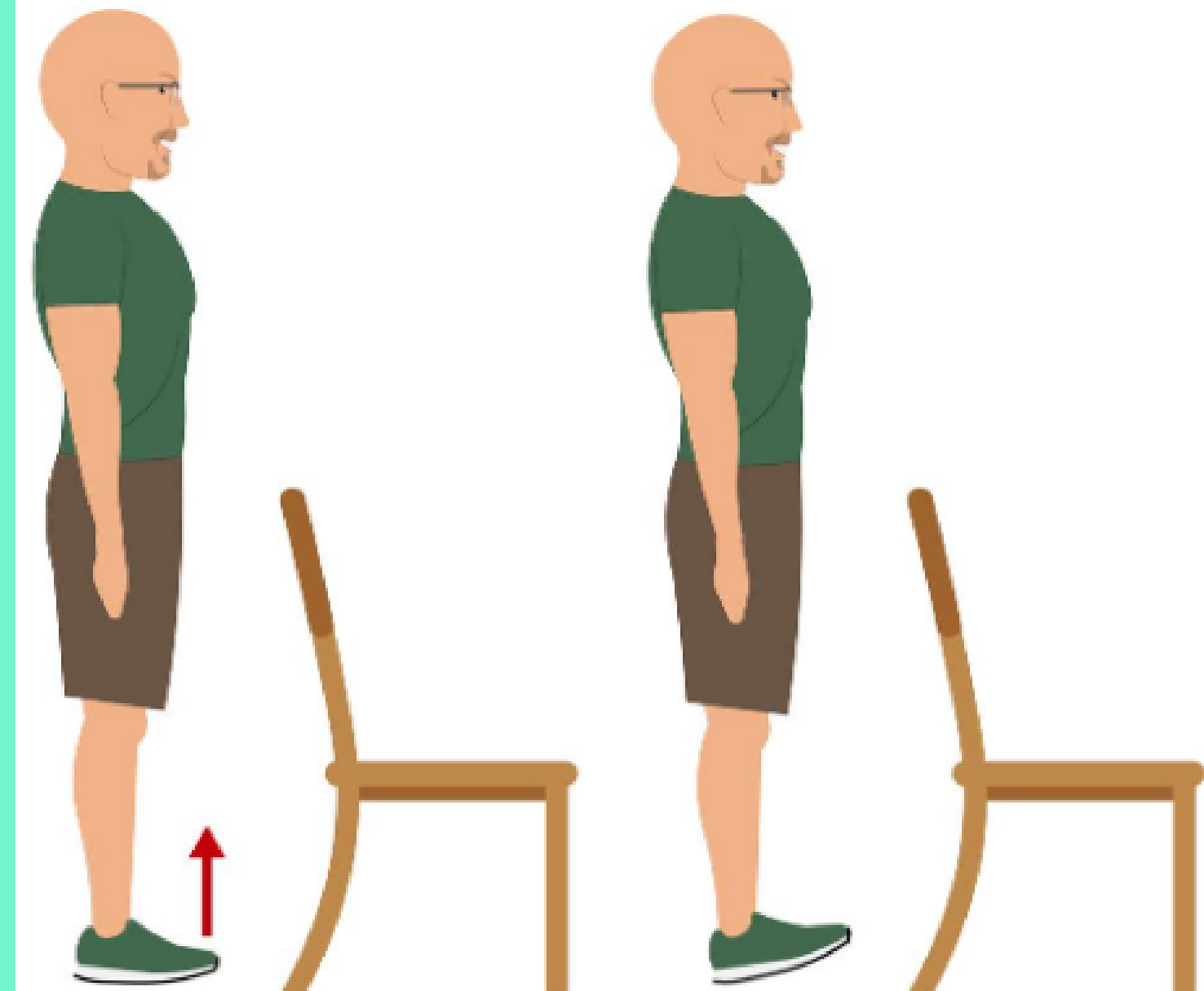
## SIT TO STAND

Begin sitting upright in a chair in a comfortable, tall position. Scooch yourself to the edge of the chair. Keep your feet flat on the ground and close to the chair to help create a solid base beneath you to stand. Lean forward and stand up.



## HEEL RAISES

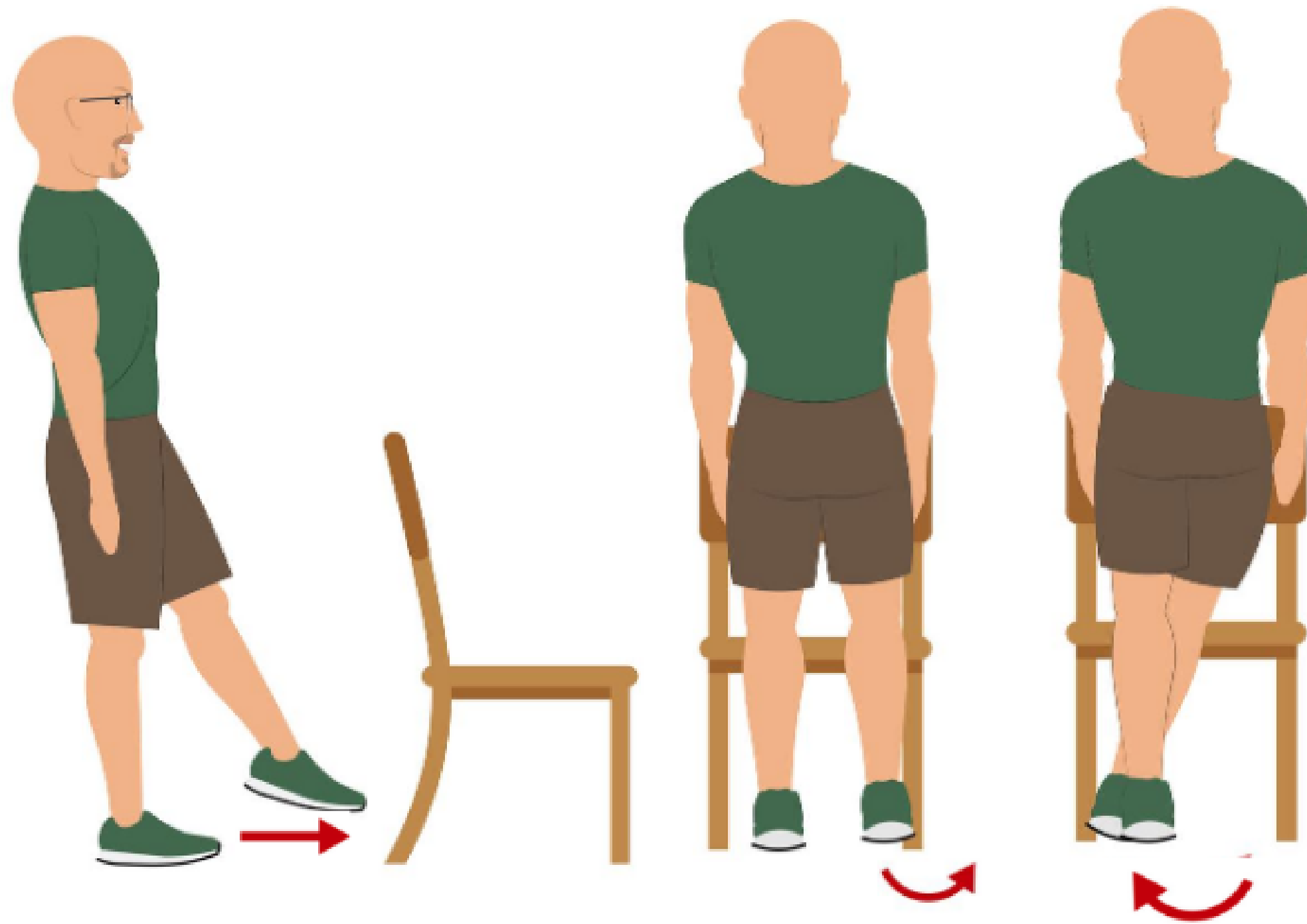
While standing behind the chair, and resting your hand on the back for support, slowly raise your heels off the ground without letting your ankles shift out to the sides at all. Rise as tall as comfortable before lowering back down in a controlled manner.



## TOE RAISES

In a similar starting position as the previous exercise, hold the back of a chair while raising the toes to the ceiling... again, without letting the ankles shift in any way. Avoid shifting your hips (or weight) backwards as this will result in a potential fall. Lift your toes as far as comfortable before coming back down.

# EXERCISES FOR FOOT/LEG AGILITY/COORDINATION



## LEG TAPS

Stand behind the chair and shift your weight over to your left leg. With your right leg:

- Tap the front

- Tap out to the right

- Tap to left by crossing in front of your standing leg.

Maintain erect posture the entire time. All three taps count as one total rep towards your weekly goal.

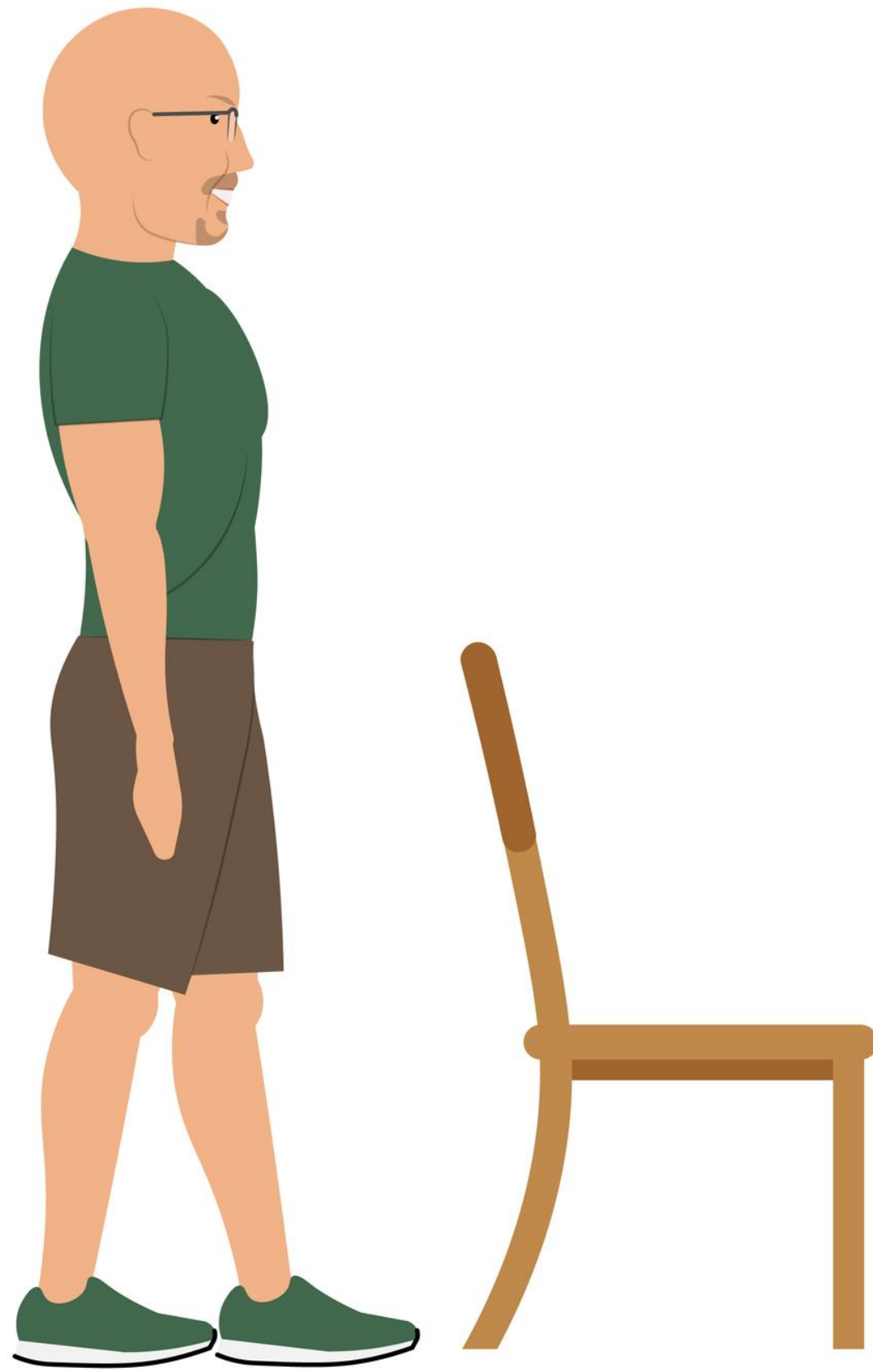
Repeat on the other side.



## TOE ALPHABET

While holding on to the chair with one arm, lift one foot ahead of you. Keep your leg as straight as possible while writing each letter of the alphabet with that foot. The movement is coming from your ankle. Repeat for reps before switching to the other side.

# EXERCISES TO IMPROVE EQUILIBRIUM



**HEEL/TOE STAND**

Shift your right foot forward until the heel is in line with the toes of your left foot. Stand in this split position before switching sides.



**ONE-LEGGED STAND**

Lift your right leg up off the ground and hold this position before switching sides.