

Level 1 Balance Exercise #3: Heel Raises

Objective: This exercise improves your balance and strengthens your calves. You will need a chair or counter.

How to begin:

1. **Begin standing tall behind a chair or at a counter, holding on if needed.**
2. **Raise yourself up on your toes as high as you can go, holding at the top for one second.**
3. **Gently lower back down to the starting position. Be sure to not lean too far forward on the chair or counter.**

How to progress:

1. If you hold on to the chair or counter, progress by holding on with only one hand.
2. Hold on with 2 or 3 fingers.
3. Hold on with one finger.
4. Do not hold on at all.

Goal:

1. **Complete ____ sets, ____ reps each time.**
2. **Aim to practice this balance exercise 2-3 days per week.**

