

# Fall Prevention Exercise Chart for Seniors (Free Printable)

Standing • A sturdy chair or counter to hold

Check with your doctor before starting a new exercise routine. Move slowly and stop any exercise that causes pain.

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## 1. Heel-to-Toe Stand



1. Hold the chair or counter with one hand.
2. Place one foot directly in front of the other, heel touching toe.
3. Hold steady, then switch which foot is in front.

**Aim for: Hold 10–20 seconds each side • 2 sets**

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## 2. Single-Leg Stand



1. Stand tall behind a chair, holding the back with both hands.
2. Lift one foot a few inches off the floor.
3. Hold, then lower. Switch feet.

**Aim for: Hold 10 seconds each leg • 2 sets**

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### 3. Clock Reach



1. Stand tall behind a chair, holding it with one hand.
2. Reach the opposite arm forward to 12 o'clock, then out to 3, then down to 6.
3. Return to center and switch hands.

**Aim for: 2 rounds each side • 1 set**

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## 4. Standing Side Leg Raise



1. Stand tall behind a chair, holding the back.
2. Lift one leg out to the side, keeping it straight and toes forward.
3. Lower it slowly. Keep your body upright.

**Aim for: 8-10 reps each leg • 2 sets**

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## 5. Standing Back Leg Raise

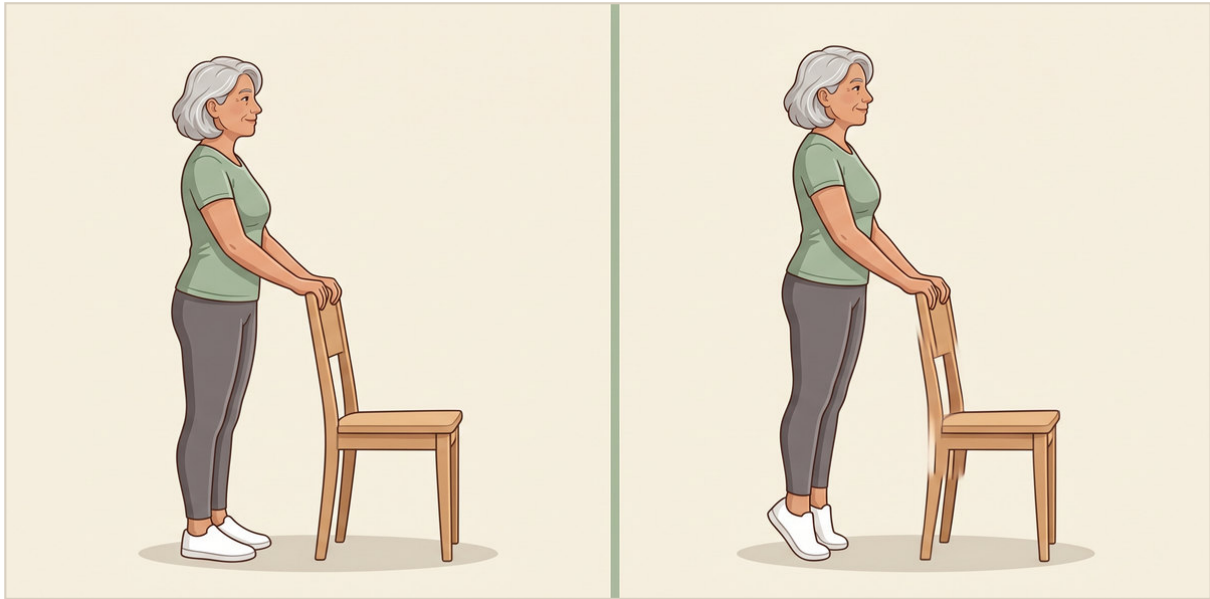


1. Stand tall behind a chair, holding the back.
2. Lift one leg slowly straight back without leaning forward.
3. Lower it with control and switch legs.

**Aim for: 8-10 reps each leg • 2 sets**

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## 6. Calf Raises



1. Stand tall behind a chair, hands resting on the back.
2. Rise up onto the balls of both feet.
3. Lower your heels slowly back to the floor.

**Aim for: 10-12 reps • 2 sets**

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## 7. Sit-to-Stand



1. Sit toward the front of the chair, feet flat and slightly back.
2. Lean forward and stand up, using hands on the chair only if needed.
3. Sit back down slowly with control.

**Aim for: 5–8 reps • 2 sets**