

Heel Raises

Get Ready

Sit or stand tall, shoulders over hips, abdominals in, shoulder blades back and down



The Moves

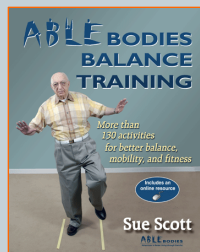
Sit tall with arms on chair.
Lift heels, hold a moment.
Lower heels. Repeat.

Try it Standing

Stand Tall with hands on sturdy
chair or railing.
Lift heels, hold a moment.
Lower heels. Repeat.

Be Safe

Use a sturdy chair or hand railing
Stop or adapt the activity if uncomfortable



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