



## Strength and Balance Exercises – with Resistance Band

Exercising with a resistance band is a good way to build strength and improve balance. Strong muscles and improved balance make it easier to do daily activities and help to prevent falls. Here are some example exercises.



### Before you start:

- ✓ If you are new to exercise or have not been active for some time, talk to your health care provider to see if these exercises are right for you.
- ✓ If you feel pain, shortness of breath or dizziness while doing these exercises stop and talk to your health care provider.
- ✓ When standing, keep your knees almost straight but not fully locked.
- ✓ Wear comfortable clothing and supportive footwear. A running or walking shoe is a good option.



### When you exercise:

- ✓ To help prevent injury, warm-up with 5 minutes of walking or marching on the spot.
- ✓ Take 5 minutes to cool down at the end.
- ✓ Listen to your body. If you feel pain, stop exercising.
- ✓ If you are worried about your balance while standing, hold the back of a stable chair (no wheels) for support.
- ✓ Use slow and controlled movements. Do not let the band snap back.
- ✓ Breathe slowly. Do not hold your breath.
- ✓ Keep your back straight, chest and head up during the whole exercise.
- ✓ Start by doing each exercise at least 5 times, and up to 15 times if you can.



### How you improve:

- ✓ The exercises will get easier as your strength improves. This means you are ready to do more!
- ✓ If you can do each exercise 15 times, repeat all the exercises a second and even a third time if you can.
- ✓ Increase the time you hold each position, up to 10 seconds.
- ✓ Try to do the exercises at least 3 times a week.
- ✓ Start with a low resistance band. Increase the resistance as you get stronger.

### Seated Leg Press



- ◆ Sit in a chair.
- ◆ Hold one end of the resistance band in your left hand and one end in your right hand.
- ◆ Place the middle of the resistance band under the middle of one foot.
- ◆ Straighten the leg that has the resistance band under the foot. Keep your other knee bent and your foot on the ground.
- ◆ Hold for 2 seconds and return to the starting position.
- ◆ Repeat using the other leg.

### Seated Side Arm Raise



- ◆ Sit in a chair.
- ◆ Place one end of the resistance band under your right foot. Hold the other end of the resistance band in your right hand. Keep your right arm straight and lift it up to shoulder level.
- ◆ Hold for 2 seconds and return to the starting position.
- ◆ Repeat using your left arm and foot.

### Side Leg Raise



- ◆ Tie the resistance band in a loop.
- ◆ Place the resistance band around your ankles.
- ◆ Stand with feet together.
- ◆ Slowly lift one leg out to the side.
- ◆ Hold for 2 seconds and return to the starting position.
- ◆ Repeat using the other leg.

### Back Leg Raise



- ◆ Tie the resistance band in a loop.
- ◆ Place the resistance band around your ankles.
- ◆ Stand with feet slightly apart.
- ◆ Slowly raise one leg straight back.
- ◆ Hold for 2 seconds and return to the starting position.
- ◆ Repeat using the other leg.

### Squat



- ◆ Tie the resistance band in a loop.
- ◆ Place the resistance band around your thighs, just above your knees.
- ◆ Stand with your feet slightly wider than shoulder width apart.
- ◆ Slowly push your buttocks back while bending your knees. Pretend that you are sitting on a chair.
- ◆ Hold for 2 seconds and return to standing position.

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