

## #7 ■ Toe Rises

**Why this exercise?** This exercise strengthens the muscles that help you run, jump, stand, and walk efficiently. These muscles play an important role in many daily activities and help you maintain good balance. This exercise will develop and define the muscles in the backs of your calves. You may perform this exercise with or without cuff weights around your ankles.

1. Stand. If you need help balancing, lightly place 1 or 2 fingers on the back of a sturdy chair or a counter. Tighten your stomach and tuck in your chin so that your back is straight. Breathe in (photo 1).
2. As you breathe out, slowly rise onto your toes (photo 2).
3. Slowly return to the starting position as you breathe in.

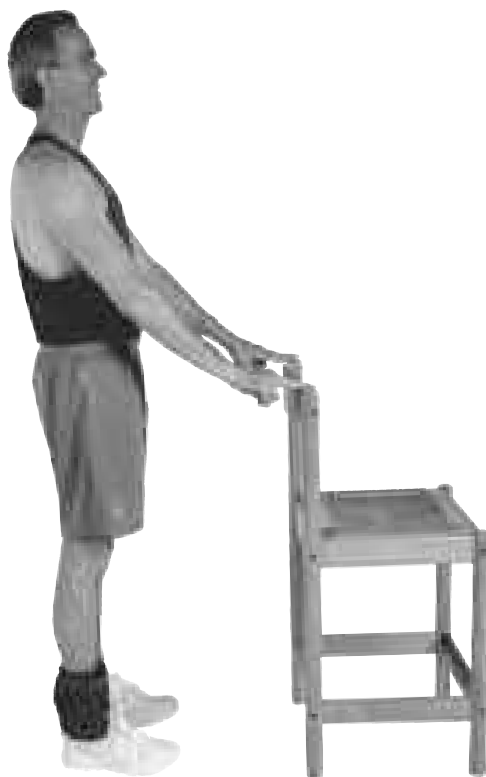


PHOTO 1



PHOTO 2

4. Build up to 50 repetitions of this exercise.
5. Perform this exercise 3 times a week, every other day.

**Note:**

exercise in 3 ways:

- Don't use the back of the chair or counter for support.
- Hold weights at your sides or on top of your shoulders.
- Perform the exercise balancing on 1 leg; keep the other off the floor.

During your day, you have many opportunities to strengthen these muscles:

- Do Toe Rises while you brush your teeth or wash your face.
- Walk on your toes several times a day.