

# THREE OSTEO-SAFE EXERCISES *for* BONE STRENGTHENING & BALANCE

## HIP HINGE

*For body awareness, posture, back and hip strength*  
Stand with feet parallel, hip distance apart.

1. Bend knees.
2. Hinge at hips, keeping back straight.
3. Unhinge, returning upright with bent knees.
4. Straighten knees to rise.

*Repeat 10 times.*



## HEEL LIFTS

*For balance and lower leg strength*  
Stand with feet pointing forward.

- Slowly lift and lower heels. Start holding onto a chair. For more challenge, use no assistance and/or turn your head.

*Repeat 10-20 times.*



## SIDE STEPPING

*For bone stimulation and hip strength*

1. Stand tall.
2. Stomp 10 times sideways. Repeat in the opposite direction. Hold the back of a chair for support if needed.

*Repeat several times.*

