FREE PRINTABLE EXERCISE SHEET FROM MOBILE PHYSIOTHERAPIST UK

Simple strength and balance exercises

Eight gentle exercises to do at home, with a record to tick off

For adults who want to feel steadier on their feet, and the people who help them. The exercises come from the NHS website. They are gentle, and suit people who have not been active for a while.

Check first. If you have not exercised for some time, or you have a health condition or worries, speak to a GP first. If you have just come home from hospital, or a physiotherapist or care team has given you exercises, follow their advice first.

Before you start

- Use a sturdy chair without wheels or arms, that will not slip.
- Do the standing exercises next to a wall or the chair, in case you lose your balance.
- Wear loose, comfortable clothes, and shoes or slippers that stay on and grip the floor. Keep a drink of water nearby.
- Start slowly with a few of each. Build up the number gradually over the weeks.
- Aim to do them on at least 2 days a week.
- If an exercise hurts too much, stop.

Stop and call 999 if you have

- Chest pain that does not go away, or chest pain with sweating, feeling sick, light-headed or short of breath.
- Severe difficulty breathing.
- A fall where you cannot get up, or you may have hurt your head, neck, back or hip.

If you fall and are hurt or in pain, but none of these apply, call NHS 111.

Strength: hold the back of a chair

Sit to stand

Sit on the front of the chair with your feet hip-width apart, leaning forward a little. Stand up using your legs, not your arms, and look ahead. Then sit back down slowly.

Do it 5 times. Slower is better.

Mini squats

Stand behind the chair holding its back, feet hip-width apart. Slowly bend your knees as far as is comfortable. Keep your knees pointing forward and your back straight. Gently stand up straight again.

Do it 5 times.

Calf raises

Stand behind the chair holding its back. Slowly lift both heels off the floor as far as is comfortable, then slowly lower them.

Do it 5 times.

Sideways leg lift

Stand up straight behind the chair, holding its back. Lift your right leg out to the side as far as is comfortable, keeping your back and hips straight. Lower it, then do the same with your left leg.

Do it 5 times on each leg.

Wall press-up

Stand an arm's length from a wall. Put your hands flat on the wall at chest height. Keeping your back straight, slowly bend your arms to bring your body towards the wall. Then slowly push back.

Do it 5 to 10 times.

Balance: stand next to a wall

Sideways walking

Stand with your feet together and knees slightly bent. Step to the side slowly with one foot, then bring the other foot to join it. Keep your hips level.

Do 10 steps each way.

Heel to toe walk

Stand up straight with your fingers touching the wall. Put your right heel just in front of your left toes. Then put your left heel just in front of your right toes. Keep looking ahead.

Do at least 5 steps. As you get steadier, use the wall less.

One leg stand

Face the wall with your arms out and your fingertips touching it. Lift one foot off the floor, keeping your hips level and a slight bend in the other knee. Put the foot down gently.

Hold for 5 to 10 seconds. Do it 3 times on each leg.

My exercise record

Tick the days you did the exercises. Aim for at least 2 days a week. In the notes, write how many you managed, or anything you want to ask about.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes
1								
2								
3								
4								
5								
6								
7								
8								

Coming home from hospital?

Our free hospital checklist covers what to sort before you leave, home safety, when to get medical help, and a 14-day diary: mobilephysiotherapist.co.uk/after-hospital-checklist.

General information, not a personal exercise plan. The exercises follow the NHS website's strength and balance exercises. Prepared by Mobile Physiotherapist UK. Sources checked 2 November 2026. Free to print, copy and share.