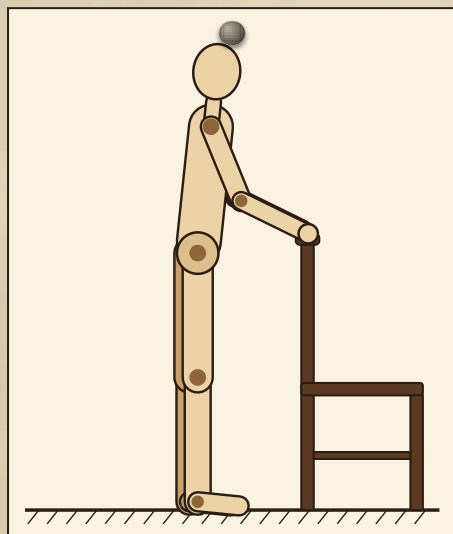


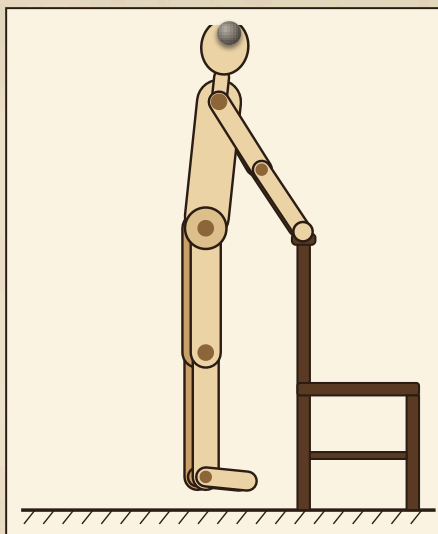


Heel-toe rock

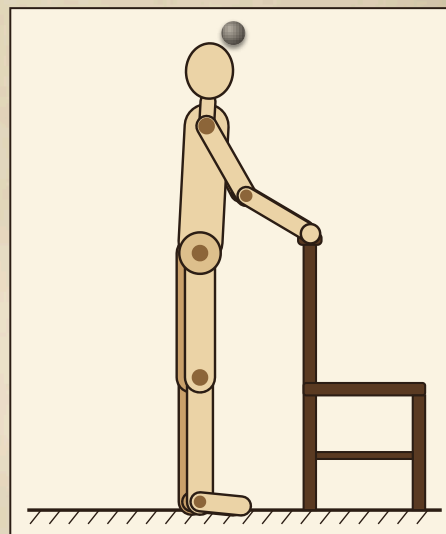
Rocking from toes to heels trains your ankles to catch you when you wobble. Hold a chair and rock slowly.

**1 Hold the chair**

Stand tall, weight even.

**2 Up on your toes**

Rise slowly.

**3 Back on your heels**

Toes up, then lower.

The beat

Slow and controlled, about 3 seconds each way. 10 rocks is one set. Rest a minute between sets.

How to do it

1. Stand behind a sturdy chair and hold the backrest with both hands.
2. Stand tall, feet hip-width apart, weight even.
3. Rise up onto your toes, then lower your heels back down.
4. Rock back onto your heels and lift your toes, then lower them.
5. Keep it slow and smooth, staying tall throughout.

Make it fit you

Easier

Make the rock smaller, lifting just a little each way.

Harder

Hold each end for two seconds, or hold on with one hand.

Balance

Keep hold of the chair. Stop if you feel dizzy.

Tally board

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set 1							
Set 2							
Set 3							

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.

Too stubborn to quit

Watch the video at stubborncarpenter.com/training/heel-toe-rock/ This is what worked for me, not medical advice. If you have a heart condition, have had surgery, or feel dizzy, chest pain or breathlessness, stop and check with your GP before carrying on.