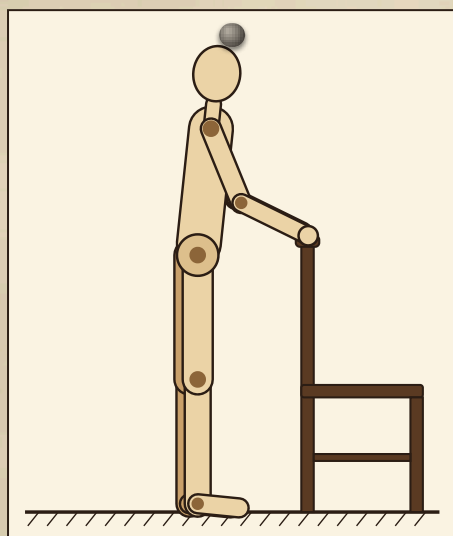


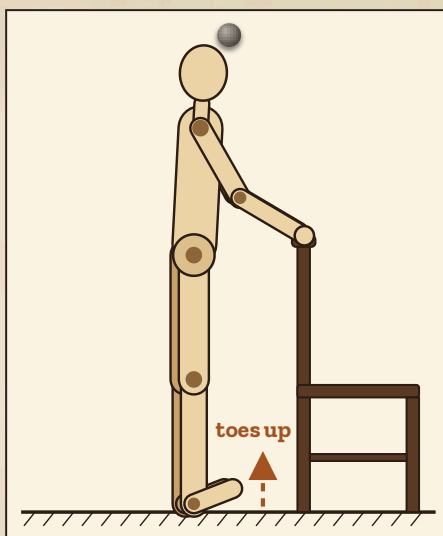


Toe raise

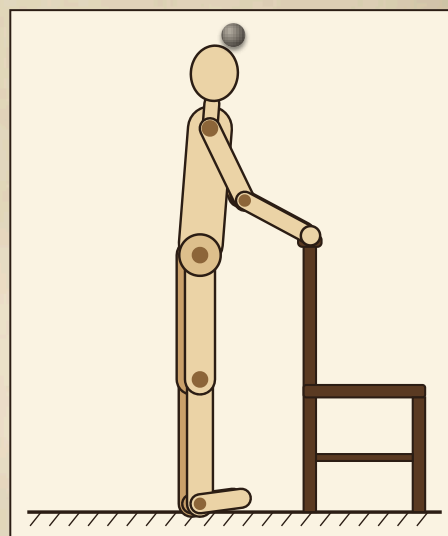
Strong shins help you lift your feet clear of kerbs, rugs and tree roots, so you're less likely to catch a toe and trip. Hold a chair and rock back on your heels.

**1 Hold the chair**

Stand tall, weight even.

**2 Toes up**

Rock back onto your heels.

**3 Lower slowly**

Two seconds, toes to the floor.

The beat

1 to 2 seconds up, a short hold, 2 seconds down. 12 raises 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. Rock back onto your heels and lift your toes off the floor.
4. Hold for a moment, keeping your legs straight and your bottom tucked in.
5. Lower your toes slowly back to the floor.

Make it fit you

Easier

Do them sitting down, lifting your toes with your heels on the floor.

Harder

One foot at a time, or slow the lowering to four seconds.

Balance

Your weight goes back on these, so keep hold of the chair.

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/toe-raise/ 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.