



bernard betel centre

Easy Exercises in Your Hotel Room

Strength, balance and flexibility exercises



Knee Flexion -- strengthens muscles in back of the thigh

1. Stand straight, hold onto table/chair for balance
2. Slowly bend knee as far as possible—bring foot up behind you
3. Hold position
4. Slowly lower foot all the way back down
5. Repeat with other leg



Knee Extension – strengthens muscles in front of thigh and shin

1. Sit in chair; if needed put rolled towel under knees
2. Slowly extend one leg as straight as possible
3. Hold position and flex foot to point toes toward head
4. Slowly lower leg back down
5. Repeat with other leg



Side leg raise – strengthens muscles at sides of hips and thighs

1. Stand straight, directly behind table/chair, feet slightly apart
2. Hold table/chair for balance
3. Slowly lift one leg to the side, 6 – 12 inches
4. Hold position
5. Slowly lower leg
6. Repeat with other leg
7. Keep back and both knees straight throughout exercise



Plantar Flexion – strengthens ankle and calf muscles

1. Stand straight, hold onto table/chair for balance
2. Slowly stand on tip toe, as high as possible
3. Hold position
4. Slowly lower heels all the way back down

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