



# SAIL® Home Activity Program – Level 3: Moving

Do only the activities you feel safe and comfortable doing.

- Stand tall through all the activities, feet shoulder width (about 12” or 30 cm) apart.
- Hold position means hold position for 3 seconds (count thousand 1, thousand 2, thousand 3).
- Over time, add more activities until you are doing all 7 of them.
- Keep breathing normally. Do not hold your breath.
- If necessary, begin with a few of the activities but do them several times each day.
- Over time, hold on less to the sink or counter.
  - Hold on with one hand and only a few fingers of the other hand.
  - Hold on with just a few fingers of each hand.
  - Hold on with only one hand.
  - Hold on with just a few fingers of one hand.
  - Keep hands close to the sink or counter but don't hold on unless you need to.
- Over time, do more of each activity.

If any of these activities add to your pain or shortness of breath, stop and rest. Do less another day. Talk with your doctor or other health care professional.

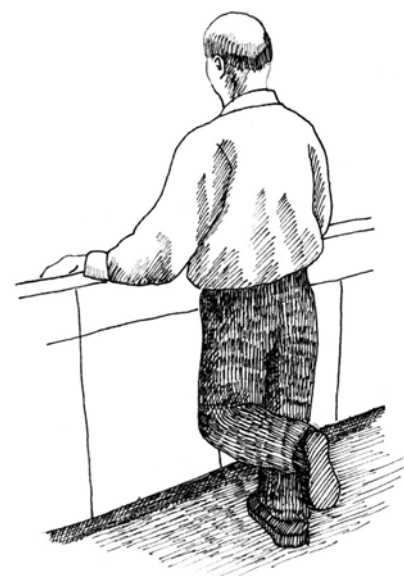
## 1. Standing on One Leg

Stand tall facing sink. Hold on with both hands.

1. Stand on one leg for 3-5 seconds. Rest.
  - Stand on other leg. Do 2-3 more times each leg.

### Too easy?

- Slowly stand on one leg longer (up to 30 seconds each leg.) Rest.
- Work up to standing on each leg for another 30 seconds.
- Slowly **hold on less** to the sink or counter.
- Sing a song or recite a poem while standing on one leg.





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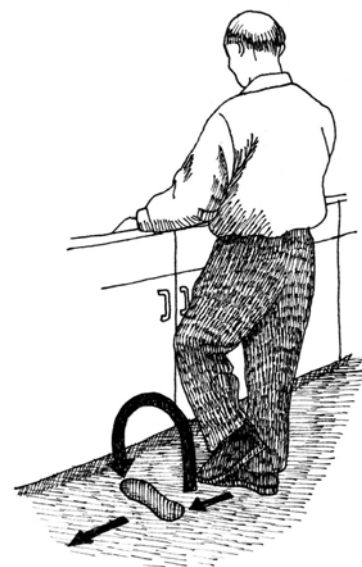
### 2. High Stepping Sideways Walk

Stand tall facing sink. Hold on to sink/counter for support.

1. Take two high steps **sideways** to the left.  
Move hands along the counter for support.
2. Take two high steps sideways to the right. Move hands along the counter for support.

#### Too easy?

- Slowly do more high steps sideways each direction as you have room and are able.
- Repeat up to 15 times.
- Say the days of the week forward, then backward, then the months of the year forward, then backward as you step.
- Slowly **hold on less** to the sink or counter.



### 3. Tap Dancing

Stand sideways to sink. Hold on with closest hand.

1. Tap **heel** of outside leg **forward** and **return**, **sideways** and return. Tap **toes** of outside leg **backwards** and return. Relax. Do 2-3 more times.
  - Turn and face other direction. Repeat with other leg.
2. Tap **once** with one heel, then **once** with other **heel** at different spots all around you. Do 2-3 more times.

#### Too easy?

- Slowly do more (up to 15 taps with each foot. Rest. Work up to doing another 15 more with each foot).
- Slowly **hold on less** to the sink or counter.





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### 4. Forward Lunge

Stand sideways to sink, holding on with one hand.

1. Step forward with one leg, keeping chest and head up.
2. Put most of your weight over your front leg, keeping both knees bent. Hold.
3. Step back with front leg to starting position.
  - Face other direction and repeat with other leg.
  - Do 2-3 more times with each leg.

#### Too easy?

- Slowly **do more** (up to 15 times each leg).
- Take a bigger step forward.
- Slowly **hold on less** to the sink or counter.



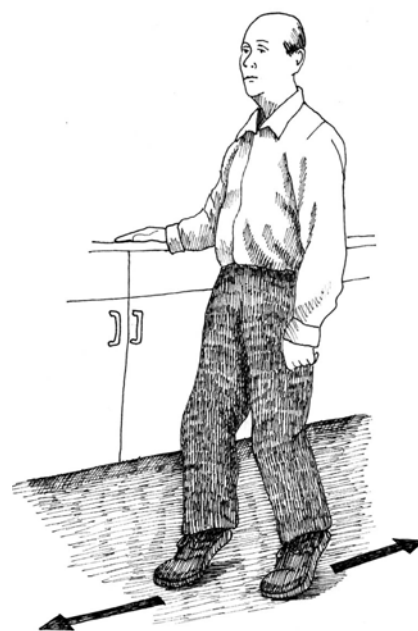
### 5. Forward and Backward Walk

Stand sideways to sink, holding on with one hand.

1. Walk **forward** on **toes** for 3-5 steps. Relax.
2. Walk **backward** on **toes** for 3-5 steps. Relax.
3. Walk **forward** on **heels** for 3-5 steps. Relax.
4. Walk **backward** on **heels** for 3-5 steps. Relax.
  - Do each of these 2-3 more times.

#### Too easy?

- Slowly **do more** (up to 15 times each direction).
- Slowly **hold on less** to the sink or counter.





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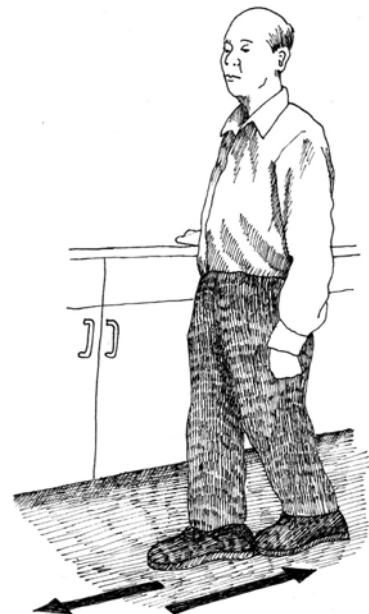
### 6. Heel to Toe Walk

Stand sideways to sink, holding on with one hand.

1. Walk forward, heel of one foot in line and touching toes of other foot for 3-5 steps.
  2. Walk backward, toes of one foot in line and touching heel of other foot for 3-5 steps.
- Do 2-3 more times each direction.

#### Too easy?

- Slowly **do more** (up to 15 times each way. Rest. Work up to doing another 15 times each way).
- Slowly **hold on less** to the sink or counter.



### 7. Sit to Stand

Sit tall in a firm chair with armrests. If you use a walker, put it in front of you and lock the brakes.

1. Using your **arms as little as possible**, stand up.
2. **Slowly sit** down, using your arms as little as possible.

#### Too easy?

- Slowly do more (up to 15 times stands. Rest. Work up to doing another 15 stands).
- Use your arms less until you don't use them at all.
- Stand up **faster** (while continuing to sit down slowly).
- Stand up with your **arms crossed** across your body (hands touching opposite shoulder).

