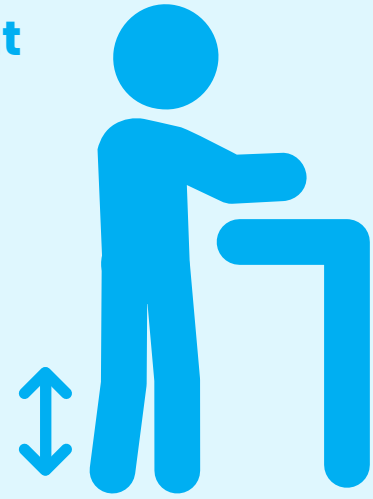
Got a moment to spare? Use it to improve your balance.

Try this exercise to get your body moving.

Calf raises

- Hold onto the counter, then lift both heels off the ground.
- Lower back to the floor. Repeat for 10-15 times.
- To make it more challenging, try standing on one leg and lifting your other heel. Repeat for an even number of times on each leg.

Repeat 10–15 times



For more tips visit **getactive.vic.gov.au**

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If you have any concerns or questions about your health before undergoing this activity, please consult with a physician or health-care professional first.