

Impact Exercise Progression

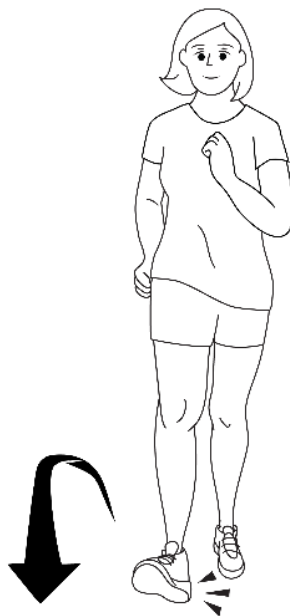
Here is an example of some great exercises to help you start to strengthen your bones. As with any exercise, you need to start slowly, increase gradually and STOP if you have any pain. Aim to perform these exercises for 5 minutes, 2-3 times a day.

Low Impact Exercises

Marching in place



Alternate Heel Tapping in Front



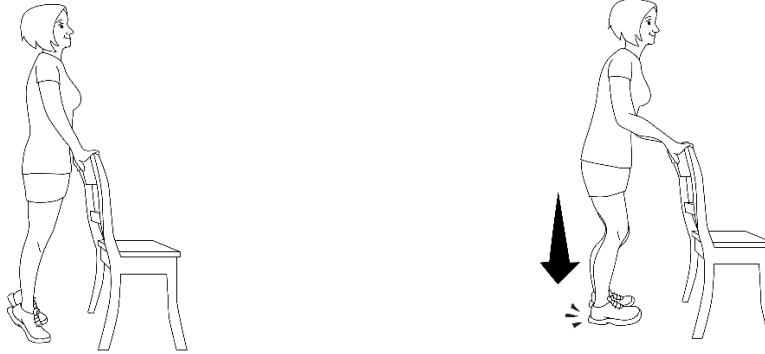
Alternate Side Stepping



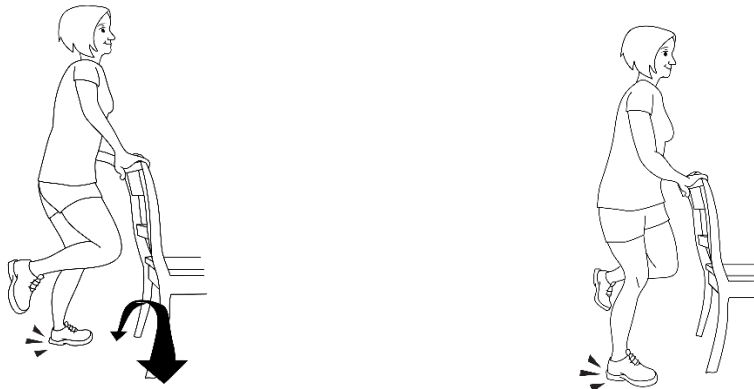
You can gradually begin to increase the impact of these exercises by placing more force through the foot hitting the ground.

Moderate Impact Exercises

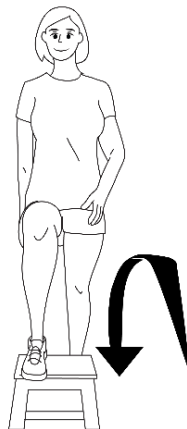
Heel strikes: Raise up on your toes, then let your heels drop down on the floor.



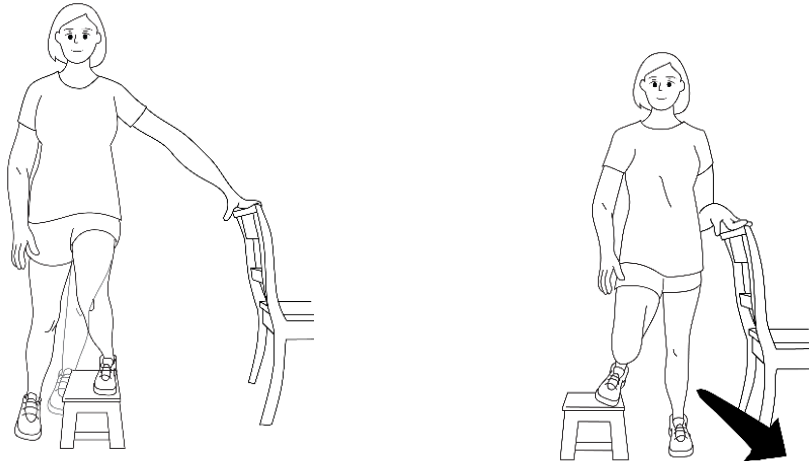
Supported Jumping: Holding on to a chair or counter top, slowly jump from one foot to the other.



Step ups Forward: Find a steady stool that is 6-8 inches high. Step up and down on the stool alternating legs. To ensure safety, use a chair or counter for support.



Step ups Side to Side: Step up and over the stool laterally. To ensure safety, you can use a chair for balance and support.



Jogging in Place:

