



A Simple 10-Minute Plan to Build Stamina + Stability

**Perform each exercise for 2 minutes*



Marching In Place

Stand tall and slowly march in place, lifting one knee at a time.

Focus on:

- Upright posture
- Controlled breathing
- Smooth rhythm

Why it helps: Gently raises heart rate and improves hip mobility, preparing your body for walking.



Calf Raises

Hold a counter or sturdy surface.

- Rise onto your toes
- Lower slowly

Why it helps: Strong calf muscles support push-off while walking and help maintain forward momentum on hills.



Backward Lunging

Step one foot back into a small lunge, then return to standing.

Alternate legs slowly.

Why it helps: Strengthens hips and thighs, which support endurance during longer walks.



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Side To Side Weightshifts

Shift your weight from one foot to the other while standing tall.

Progress by lifting the opposite foot slightly.

Why it helps: Improves lateral stability, which is essential for uneven terrain and hiking trails.



Heel To Toe (Tandem) Walking

Walk slowly in a straight line placing one foot directly in front of the other.

Use a hallway or counter for support if needed.

Why it helps: Challenges coordination and balance—skills that help when navigating narrow paths or obstacles.



*For educational purposes only. Not medical advice. Consult your healthcare provider before beginning any exercise program.