



Walk in Place

For strength and stamina



“I am capable.”

Stay in one spot as you walk at your own pace. Keep a steady breath as you lift the knees and swing the elbows back and forth. Do this exercise for 30 seconds, then stop and rest. Increase time as comfortable.

Caution: Be careful with heart, blood pressure, leg or hip issues. Avoid with pregnancy.

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Check with a healthcare professional to make sure these exercises are appropriate for you.