

**Healthy Congregations  
Day 1, 2, 3 and 4  
Perform each Exercise for:  
1 minute**



**Standing Ball Toss**

Balance on one leg with your opposite leg lifted 90 degrees at the hip and knee.

Use a tennis ball and toss the ball into each hand. Your eyes should follow the ball. Complete a set with each leg balancing.

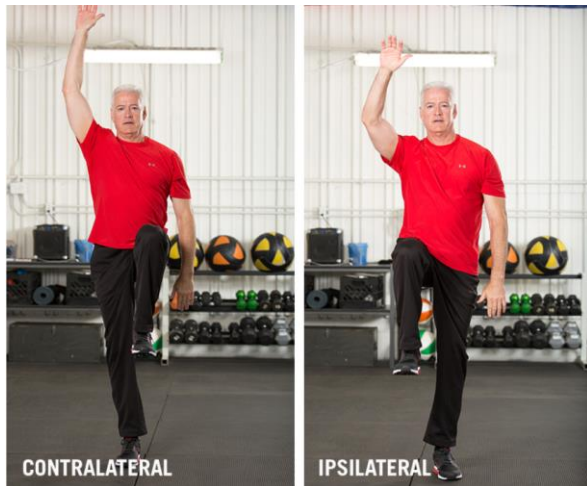


**Side “X” Balance Reach**

Stand on your right leg and lean your entire body toward the right. Abduct your right shoulder toward the sky and abduct your left hip just a bit so it loses contact with the floor. The body makes half of an “X” shape. Touch down as needed with the left toes. Balance on this side then change sides.

Healthy Congregations  
Day 5, 6, 7 and 8  
Perform each Exercise for:  
1.5 minutes

Plus Include the Exercises  
from  
Days 1 - 4



### Contralateral and Ipsilateral Marching

**Contralateral** - Raise your right arm overhead and simultaneously lift your left leg 90 degrees at the hip. Hold for three to five seconds and release to the starting position. Repeat on the opposite side.

**Ipsilateral** - Raise your right arm overhead and simultaneously lift your right leg 90 degrees at the hip. Hold for three to five seconds and lower to the starting position. Repeat on the opposite side.



### Stand and Twist

**Part 1 - Stand.** Begin standing on your left leg and raise the right knee up until your upper thigh is parallel to the floor, if possible. If this is too difficult, raise just the heel of the right foot.

**Part 2 - Twist.** Bring your hands together in and then point your fingers forward, away from the body. Twist to the right and left.

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**Healthy Congregations  
Day 9 and 10**  
**Perform each Exercise for:  
2 minutes**

**Plus Include the Exercises  
from  
Days 1 - 8**



### **Walk, Toss, and Catch**

With a partner walk back and forth while bouncing a tennis ball back and forth. If the ball is bounced too far in front, you must react with more effort in order to catch the ball.



### **Alphabet Leg Lifts**

- 1 - Stand upright with your core tight.
  - 2 - Raise one leg off the floor. Keeping your leg straight, draw the alphabet in capital letters from A to Z. For each stroke, raise your leg as high as possible.
- Between each letter, return to the start position.
  - Complete all reps on one side then switch legs.

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