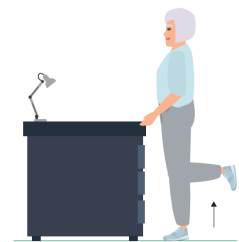
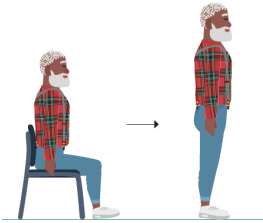


DE WEEK VAN DE VALPREVENTIE

PRAKTISCHE OEFENINGEN

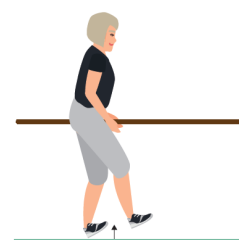
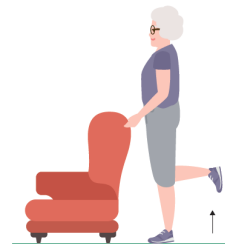
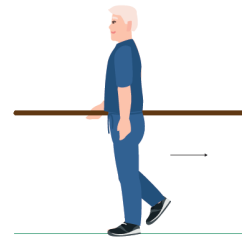
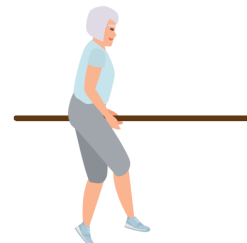
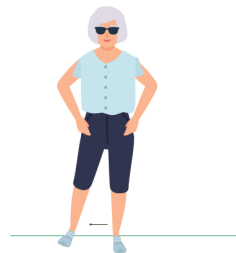
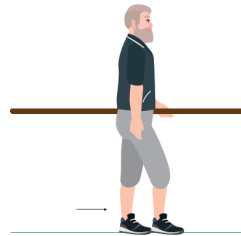
1 BEENSPIEREN VERSTERKEN (wissel links en rechts af)



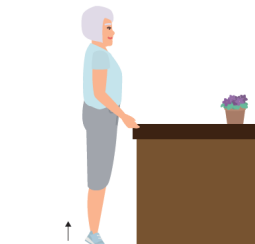
2 SCHEENBEEN- SPIEREN VERSTERKEN



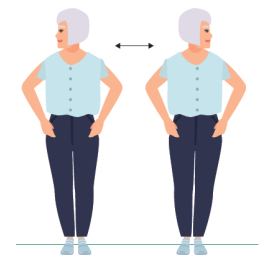
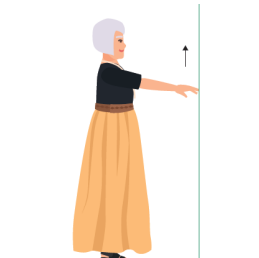
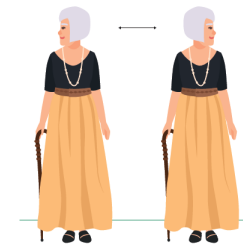
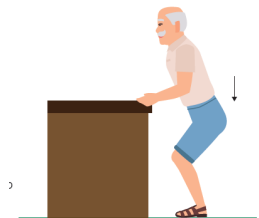
3 EVENWICHT (lopen, op één been staan, lopen op de hielen en op de tenen,...)



4 KUITSPIEREN VERSTERKEN (op de tenen staan)



5 LENIGHEID (nek, schouders, enkels, voeten,...)



EXTRA TIPS

- Doe elke oefening rustig en gecontroleerd
- Bij twijfel: hou je vast aan een tafel/meubel
- Indien mogelijk: na elke maaltijd